



Accountability and What It Can Do For You

Dr. Charles Shaffer

This month has been a conglomeration of people coming back, some from as far as 2007. Those who have returned display tenacity and strength. These characteristics are what separates those who are successful from those who are not.

“Accountability” is just one word among millions. However, this word holds significant meaning and impact for many. A number of patients report that weekly accountability makes a remarkable difference in their lives.

Some patients have joined other weight loss programs in an attempt to be prescribed larger amounts of phentermine. I have warned of the outcome of this practice: a tolerance will be built. . Once a tolerance is built to phentermine, it no longer works or produces the desired results. Almost as soon as patients quit their medications, their tolerance goes through the roof.

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Unfortunately, their weight came back even more than what they'd lost previously. I could tell by their faces the frustration they were experiencing. Phentermine is an excellent drug if used properly. It not meant to take permanently. Instead, it is meant to help you start losing weight and uses your own appetite suppression to assist you.

Many patients come in demanding phentermine, thinking it is the answer to all of their problems. In reality, it is not. They become disappointed that their weight came back. There are some items that cannot be eaten due to it interfering with the metabolic rate of weight loss.

For my carbohydrate-addicted patients, I prefer Cell Press for a plethora of reasons. First, I like that it suppresses, and has no side effects. Second, it can be taken as needed and offers flexibility. Carbohydrate-addicted patients do not eat a lot, they just eat the wrong things. Teaching these patients has been one of my greatest joys in helping them learn how to keep the weight off, permanently.

Recently, a gentleman was sent to us by his cardiologist. He weighed 530 pounds. He had tried multiple diets and was considering gastric bypass, but because his BMI was much too high, they would not accept him as a patient.

When we reviewed his eating history, it became evident his carbohydrate addiction was running his life. The following is what he ate for breakfast, it is not so much the amount of food that he ate, but what he ate: biscuits and gravy with a large orange juice. Around 10 o'clock, he would have two pop tarts or a honeybun. A liter of Pepsi would be consumed between 7 am and 12 o'clock. Lunch was usually had at a fast-food restaurant with a double cheeseburger, fries, and a Pepsi or Coke. In the afternoon, a bag of potato chips or Fritos would suffice as a snack. Dinner consisted of a large plate of pasta or an entire pizza. At the same time, he would continue to polish off another liter of Pepsi.

His blood sugars ranged approximately from 250 to 400 as he was also on diabetes medications. Even though he was on three different blood pressure medications, his blood pressure was 140/97. Together, we came up with a plan to help him start losing weight. I made him promise he see me once a week. The first week he came back, he was down 1 pound. So, I asked him what he had done. He said he had been trying to cut down on Pepsi but was not following the program. He convinced himself it was too difficult, and he could not do it. Once again, together we made a plan for him. We agreed to see him daily for accountability, have him weight in and offer encouragement.

The accountability for the first week worked extremely well: he had lost 14 pounds! Once he realized he could lose weight, we had him come on a weekly basis. After one month, he is now down 36 pounds.

He's delighted that his blood sugars have started to fall in the normal range, and we have been able to reduce some of his medications. We are many months from where he needs to be, but we have a good start.

You see, accountability really does count for somethings. There is no doubt that medications work. However, accountability works much better and is useful for those who want to submit to it.

The next time you are in the office and we ask about what you have been doing or why your weight has gone up, please be honest. Hold yourself accountable, we are only wanting to help you. Being accountable will not only help yourself, but others around you.

I will leave you with the following though ... "human nature in itself does not relish accountability. Accountability to God is the fundamental thing that is the enabler for all other levels of accountability in our lives".

Blessings,
Chuck Shaffer MD

The Recipe of the Month

Asian Lettuce Cups with Spicy Ground Turkey Filling

**Makes 4 - 6 servings*

Ingredients

- 1 Tbsp coconut oil
- 3 Tbsp minced red onion or shallots
- 2 Tbsp minced garlic
- 2 Tbsp grated ginger root
- 1 1/2 lbs ground turkey
- 4 Tbsp soy sauce
- 1 Tbsp canned chilies
- 1 C chopped fresh cilantro
- 1/3 C chopped almonds
- 1 head iceberg lettuce

Directions

Chop the onion and set aside. Peel ginger root, then grate with the large side of a cheese grater, and chop garlic. Heat the oil in a large non-stick frying pan, add onion and saute for about 2 minutes. Next, add garlic and ginger root and saute about one minute more.

Add ground turkey to frying pan (with a bit more oil if needed) and break apart. Spread out and add soy sauce and canned chilies. Cook until the turkey is brown and crumbling apart, and the sauce is slightly reduced, about 5 minutes.

While the turkey cooks, wash and chop fresh cilantro to make 1 cup. Remove the core end from lettuce, separate leaves, and wash in salad spinner and spin dry. Chop almonds and put in small bowl to serve.

When turkey is done, add chopped cilantro and cook 1-2 minutes more. Serve filling and lettuce leaves in separate bowls. Each person takes a lettuce leaf, fills with desired amount of turkey mixture, adds almonds, then folds cup over to eat. Enjoy!



**Light, Flavorful,
Delicious.**