

# Weighing In: November 2012



## Determination....

### How to Succeed with Your Weight Loss!

Dr. Dums and I have just returned from the obesity conference in Orlando this year. Together we picked up some really good points on helping others reach their goals, including some new lab tests we will be ordering over the next few months in order to see if you qualify for changes in therapy.

As many of you have already seen accountability has been one of the greatest factors in maintaining or losing weight at a good rate. Many patients give excuses when they lack the determination to continue. Many of them give their selves a way out by saying "I have done well for so long, a few bites of this won't hurt." Well you just hurt yourself.

Common challenges that go against us each and every day are our habits and rituals, the environment that we are in, what others do or say to us, our stress, mood, anxiety and compulsion, and our good friend, addiction. There is lack of boundary setting in your life and the misperception of external cues.

There is dissociation between hunger and eating. It's highly variable from one to another. We fail to look at how we are responding when we are really hungry. What are our outside cues? When you're able to recognize what is causing you to reach for that doughnut or Diet Coke, you just made a huge leap in holding yourself accountable and then your determination can now take you on to succeed. Recently, someone gave me this anonymous story about one pound of fat. I placed it here for you to review.

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*Hello, do you know me?*

*If you don't, you should. I'm a pound of fat,*

*And I'm the HAPPIEST pound of fat that you would ever want to meet.*

*Want to know why?*

*It's because no one ever wants to lose me;*

*I'm ONLY ONE POUND, just a pound!*

*Everyone wants to lose three pounds, five pounds, or fifteen pounds, but never only one.*

*So I just stick around and happily keep you fat.*

*Then I add to myself, ever so shyly, so that you never seem to notice it.*

*That is, until I've grown to ten, twenty, thirty or even more pounds in weight.*

*Yes, it's fun being ONLY ONE POUND OF FAT, left to do as I please.*

*So, when you weigh in, keep right on saying, "Oh, I only lost one pound."*

*For you see, if you do this, you'll encourage others to keep me around because they'll think I'm not worth losing.*

*And, I love being around you - your arms, your legs, your chin, your hips and every part of you.*

*Happy Days!!!*

*After all, I'm ONLY ONE POUND OF FAT!!!*

*- Author Unknown*

It is extremely easy to gain weight. In fact, it is always surprising to see how a 100 gram chocolate bar can turn into a two pound gain overnight. Losing weight is another matter. You have to work hard at it and usually give up before you have even started. People who have achieved weight loss success are people who decided that they want to lose weight and stuck to that decision for as long as it took.

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Determination is the only thing that will keep you on track to a weight loss success story. In order to ensure that your determination does not flounder, you will need to enlist the help of all those who are around you - your family, your friends, your boss and colleagues. In other words, everyone. Like you would fight an addiction, this struggle has to be a collective one if you want to ensure that you meet with complete weight loss success.

Nothing makes us happier at the Weigh Station than your success. As Dr. Dums and I look at what we're going to do in the future, we will be adding to the program some modifications that will be sure to delight many of you. As you approach the holidays, remember the determination to get through the holidays will pay off great dividends in the following months. Restarting, and restarting, and restarting is not failure. Only when you stop do you fail.

Remember to vote. Hopefully you'll vote for the right person. Remember, the vote you cast can change the course of this country forever. You're also accountable to the Lord your God for the vote that you cast. You can read my comments on the Weigh Station Winner's page. Whether you agree with me or not doesn't really matter to me. What matters to me more is the truth!

Also please don't forget the Metabolic Symposium which is on November 17 from 8 AM to 1 PM I would like as many of you to come as possible. You can look on the webpage for directions and a brief overview of the program. Please sign up! We would like to see over 100 of you there.

Blessings

Chuck Shaffer M.D.

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## **Recipe of the Month! Vegetable and Turkey Soup**

Serves 8 to 10

Nourishing and delicious, this Italian-inspired soup packs a healthy dose of vitamins, minerals and fiber. Use whatever vegetables are in season and try a variety of ingredients to keep the recipe fresh. Make it on a Sunday afternoon so you can enjoy it all week long.

### ***Ingredients:***

- 20 ounces lean ground turkey
  - 8 cups chicken or vegetable broth
  - 3 ounces bacon
  - 2 tbsp olive oil
  - 1 small onion, finely diced
  - 1/2 cup celery, finely sliced
  - 1/2 cup peppers, diced
  - 3 cloves garlic, minced
  - 4 cups baby spinach
  - 1 cup fresh flat-leaf parsley, chopped
  - 2 zucchini, trimmed, diced
  - 1 (15 ounce) can roasted red peppers
- Freshly grated Parmesan cheese

### ***Directions:***

In a pan over medium-high heat, cook the bacon until crisp. Remove it from pot and place it on paper towels to drain. Then add turkey and cook until brown. (set aside)

Heat the olive oil and add onion, celery and peppers. Cook, stirring often, until the vegetables are softened, about 5 minutes. Add garlic and cook, stirring, for 1 to 2 minutes. Add zucchini, roasted peppers, spinach, parsley, turkey and broth. Reduce heat to medium-low and simmer for 20 minutes. Crumble the bacon and add it to the soup towards the end of the 20 minutes.

## **Eating Well for the Holiday Season:**

The holidays are just around the corner! If you are attending the Weigh Station during this time, you may be worried about continuing to make progress toward your goal without going backwards. Prevent Thanksgiving and holiday weight gain with these seven simple tips.

### **1) Set a Goal**

You may already have a goal weight in mind but I think during the holidays, it's just as important to set a holiday goal weight! Holiday months are an excellent time to set new goals. Don't just wait around for the New Year!

Start by thinking of where you would like to be weight wise by the week of Thanksgiving. Then make a plan of action. The Weigh Station has some great holiday recipe handouts available to give you ideas that will keep you on track and not deprived! If you will be traveling, plan accordingly. Offer to cook your favorite Weigh Station friendly recipe at your in laws house, even if it means an extra trip to the store!

### **2) Choose the Least of Two Evils**

For example, if you have a choice between turkey and honey baked ham, choose the turkey! Try to opt for organic and free-range whenever you have the choice. If you don't have control over the type of meat, minimize intake of non-organic meats since they will most likely have unwanted hormones and other chemicals in them.

With the holidays also comes an overabundance of devilish food choices. These high-carb, sugary foods will cause major problems with your insulin levels and affect your fat loss progress! High-carb foods cause a big jump in insulin, which tells the body to move the sugar out of the blood stream. This leads to a drop in blood sugar and increases your cravings for more high carb foods. These type of foods provide little nutritional value but cause a terrible cycle of cravings and weight gain. Just say NO!

Finally fill up on turkey and green bean salad, eliminate the high-carb choices as much as possible. You can even try one of our pumpkin recipes that we included just for the holidays!

### **3) Eat Breakfast**

Many people skip breakfast on the day of thanksgiving anticipating a feast later. Don't fall into this way of thinking! Eat breakfast, saving calories for later is just going to set you up for failure. If you skip breakfast, you will be starving by the time all the tempting foods are in front of you and you will have less will power to avoid them. Instead approach the day by eating a small amount of protein with a low-glycemic food for breakfast like turkey and apple slices to fill you up.

Research shows that eating protein for breakfast reduces the brain signals that control food motivation and reward-driven eating behaviors. A protein-rich breakfast will decrease cravings for high-carb foods during the holiday meal. Eat this way and you won't be famished and feel the need to eat everything in sight.

### **4) Make Sleep a priority!**

There is a lot of research showing that sleep-deprived people are fatter than well-rested people, but we also know that being tired can lead people to eat more, particularly foods with more saturated fat.

Sleep deprivation can cause a number of hormonal imbalances including elevated cortisol, and lower growth hormone, serotonin, and melatonin. According to research, even short-term sleep deprivation can result in individuals eating significantly more calories than they would if they slept longer, and it leads to a major increase in saturated fat and overall fat intake. In one study, participants who were sleep-deprived burned 300 fewer calories a day because they were less active than if they got their regular amount of sleep. An increase in calories and saturated fat paired with less physical activity will make it difficult to reach your goals!

Something as simple as having good sleep hygiene (sleeping in complete darkness, avoiding the TV right before bed and eliminating alcohol) will help you beat holiday weight gain. Use this evidence to make sleep a priority over the holidays, even if it means leaving a party a little earlier than you would normally. Being well rested will help you make better food choices and will ensure you get your walking in. If you suffer from insomnia, supplementing with magnesium may be helpful.

### **5) Get Your Omega-3s**

I love recommending an omega-3 supplement. Since most of us don't eat our share of cod liver oil, these supplements will aid in a better insulin response and less inflammation. They also help to burn more fat if you take the right amounts (2000 mg a day is a good start).

Omega-3s will increase your levels of serotonin (the hormone that makes you feel good), and decrease depression and anxiety. They also turn on the lipolytic genes (which burn fat), turn off the lipogenic genes (which store fat), and reduce carb cravings.

Research shows that because omega-3s trigger fat burning they also help minimize the amount of insulin made by the pancreas. Less insulin is a good thing, and there is also evidence that omega-3s improve glucose metabolism and help the cells be more sensitive to insulin.

### **6) Pass up Processed Foods: Opt for Whole Organic Foods**

When possible, avoid processed foods. I know everyone is on a budget, especially during the holidays, but it pays to go organic in my opinion. These foods have a higher thermic effect meaning you will burn more calories by simply eating these foods versus the more processed ones. Research shows that processed foods will have a significantly lower diet-induced thermic effect than eating whole foods.

The thermic effect of food is the amount of calories required to break down food, synthesize enzymes, and perform metabolic processes. It is typically about 10 percent of daily energy expenditure. Protein burns the most calories, followed by carbohydrates and then fats.

In a recent study, researchers compared the effect of eating a whole food meal with a processed food meal, both with equal calorie and macronutrient content. The thermic effect for the participants who ate the whole food meal was almost 50 percent higher than the thermic effect for the individuals who ate the processed food meal. Plus, the participants who ate the processed food meal had their metabolism drop below their average basal metabolic rate (BMR)—the average energy needed to keep the body functioning at rest—during the sixth hour after eating, while the whole food meal group never fell below the BMR.

The reason for the dramatic difference in calorie burn for the two meal types is due to variation in the quality of the ingredients and fiber content between the two meals. The processed food meal contained refined grains without bran or germ and about one-third of the fiber of the whole food meal. The refined quality of the processed food ingredients means it is more easily broken down by the body, requires less enzyme production, ultimately burning fewer calories in the process. Keep this in mind for when you reach maintenance, if you choose to add starches back to your diet this is the way to do it!

You can also apply this to your Thanksgiving meal by eating more organic high-protein foods. Stay away from processed foods such as white bread, stuffing, and anything that is store bought. Choose homemade foods, opt for vegetables even if they may be cooked in fat.

### **7) Minimize "Cheating"**

The best way to get rid of your cravings is to remove the problem foods from your diet. You already know this since you have been on the program! However, these trigger foods can sometimes sneak back in

during the holidays. Don't let this happen! Getting rid of these enticing foods for good will allow you to no longer crave those foods. Research shows that if your body is carb intolerant, by minimizing your carb intake and eating a high-protein diet with healthy fats, you will decrease cravings for carbs and feel less hunger... sound familiar?

By following these tips you will get through the holidays leaner and healthier than you started. Remember, you don't have to feel deprived to eat delicious foods and still lose weight! Have a wonderful holiday season!!!

-Tricia Foley, MS, RD

References:

<http://www.charlespoliquin.com/Blog/tabid/130/EntryId/798/Holiday-Weight-Management-Ten-Simple-Tips-to-Beat-Holiday-Weight-Gain.aspx>

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## The Metabolic Symposium

Nutrition, Exercise and Holistic approaches to managing and improving conditions such as: obesity, TIIDM, insulin resistance, high cholesterol and hypertension.

**Who Should Attend:** Health professionals and their patients who have a vested interest in improving the overall health and well being of themselves and others.

**When:** Saturday, Nov. 17<sup>th</sup> from 8:00 to 1:00.

**Where:** VCOM II 2280 Kraft Dr Blacksburg

### Course Agenda:

**Discover evidence based research on low carb diets and the treatment of obesity related conditions.** - Eric Westman, MD

**Discuss the clinical improvements seen in patients following low carb diets.** -Eric Westman, MD

**Discuss the latest research and treatment of childhood obesity and other related health conditions.** -David Berry, DO

**Learn highly relevant approaches to managing blood sugar values through exercise.** -Dan Foley, ME

**Gain knowledge of holistic therapies for treating neuropathy and other circulatory disorders through chiropractic care.** -Lee Matthis, DC

**Case Studies.** -Robert Dums, MD, David Berry, DO and Charles Shaffer, MD

8:00 a.m. - 8:30 a.m. Breakfast and networking (Eggs, bacon, sausage & fruit will be provided)	11:45 am-12:00 p.m. break
8:30 a.m.-9:30 a.m. E. Westman, MD	12:00 p.m.-12:30 p.m. Case Studies (D. Berry, DO, R. Dums MD, & C. Shaffer, MD)
9:30 a.m. - 11:00 a.m. D. Berry, DO	12:30 p.m.-12:50 p.m. Q&A Panel (all speakers)
11:00 a.m.-11:45 a.m. D. Foley, ME & L. Matthis, DC	12:50 p.m.-1:00 p.m. Closing

Register at [www.weighstation.net](http://www.weighstation.net)