

# Weighing In: September 2012

## The relentless pursuit of the hammock

Many years ago a friend of mine named Tim Brennerman brought me a hammock from Guatemala as he returned from a recent mission's trip to an orphanage. While he was with the children he said the Lord laid on his heart that he was suppose to bring me a hammock.

Tim suffered from a heart disease known as Eisenmenger's syndrome..He always had such a great attitude you would have never known he knew his death was close..he had the mindset that he could just rest in God and life would be great..He passed away at 32 years of age... He said every time I saw my hammock I should remember that "God has it always under control "and I should just "rest in him". And resting in him was lying back in the hammock.

Since, that day I've always had a hammock at my house. I set it up this summer as so many factors were affecting The Weigh Station... And I was allowing the cares of the world to consume me. Some of you fail to realize that the program is not meant to be a burden to you, we want you to learn to relax in your journey.

Understanding that food is nourishment...not the answer to life's problems. If you would just commit yourselves to relaxing, allowing your body to adjust to your new lifestyle, your weight will just basically fall off. I recently met Betsy who is a restart patient. Betsy came about four years ago... she weighed about 259lb.. She stopped coming when she got down to 175.. She returned about a year ago... she had drift back to old habits so far we have been up and down within 10 pounds of her original weight.

She always has a reason why she's gone up ....the reason why she's gone down. Why she's goes back up...why she's going back down. I feel like I'm playing a tennis match when I talk to her, she continues to volley the excuse. So, many of her friends know that she's following The Weigh Station program and during the summer sports activities the other mothers noted that Betsy drinks Mountain Dew by the gallons.

She'll never admit that she's been drinking Mountain Dew she's always blaming the program. There's always a reason why it doesn't work. If I could just get her to relax and follow the book and the directions that we give she would lose your weight again.

Some patient's come here are **relentless** ...what a great word.... They want their weight off no matter what...! They want to lose inches they want to exercise; they want to get back to who they were before all of this weight gain.

They understand they have a disease! The disease is obesity and they are relentless in their attitude towards winning the fight ....

If you look in the dictionary and look up the word relentless here's what it says. "**Mercilessness characterized by a unwillingness to relent or let up**" "**it means not letting go of a dream or vision you have for yourself. It means never giving up.**"

Playing football you don't drop to the ground as soon as you get hit. No, you keep moving your legs towards the goal line. A relentless pursuit means you don't let things get in your way. Temptations and discouragements may hit you but they'll never stop you.

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Your eyes are fixed on a goal and nothing is going to bring you down. Satan employs every device at his command to harass, tempt, thwart and hurt the true people of God. His attack is relentless. A man on a relentless pursuit was the apostle Paul

The Apostle Paul wrote, " We wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. " (Ephesians 6:12)What are you fighting? Your weight or yourself?...do you know which one?

When you're on a relentless pursuit, you shove things out of your way. I'll never forget the first time I was on the receiving end of a good old-fashioned football "stiff arm". Much bigger fellow was running the ball and I was the last thing between him and the goal line was me. As I closed in on him, there was a loud crunch I didn't know what hit me.

I was flat on my back and he was celebrating in the end zone. He was on a relentless pursuit, he certainly wasn't going to let a small kid from West Virginia stopped him.

So many people stop when they get to a certain point in their weight loss, so many give the excuse, so many give up! I have never understood giving up when you give up you accomplish nothing. You started out great ..you have been losing and then all of a sudden it just doesn't go your way so you quit.

Here is where persistence must pay off. You must relentlessly push forward to stick to the program no matter what the cost. You relentlessly push forward towards the prize. Then you can relax in the hammock.

Maybe, hammock sales will go up suddenly in this area I hope so. Find something you can focus on that you look forward to. Then, when you have succeeded in losing 1 pound to 20 pounds you can celebrate your accomplishment and be glad that you're making progress.

There are always reasons for failure; we are here to help you no matter what the cost we will stand by you until you reach your goal.

So the next time you think about throwing in the towel and calling it quits.... Remember the story of the hammock. Set back and relax and watch you melt away.... And we will both rejoice over your accomplishment.

Chuck Shaffer M.D.

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## RECIPE OF THE MONTH:

### Grilled Chicken and Peaches with Green Beans:

8 oz green beans, trimmed (about 2.5 cups)

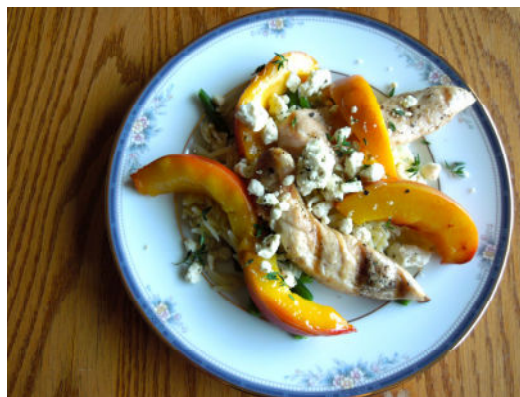
1 lb chicken tenders

2 peaches, cut in wedges

2 tbsp olive oil

1 oz feta cheese

fresh thyme



Lightly brush chicken and peaches with oil, season with salt and pepper. Grill over medium heat for 4-6 minutes, until no pink remains in chicken and peaches are tender and grill marked. In a large bowl, combine chicken, green beans and peaches with the feta. Drizzle with remaining olive oil; sprinkle with thyme.

Makes four, 4 ounce servings with 1/2 serving of fruit and 1 vegetable serving per portion

## **Forks over Knives Review:**

After hearing about the documentary Forks over Knives I was intrigued to see it. One morning, before work I actually downloaded it on my Kindle Fire and watched it while getting ready. A few things stood out to me almost instantly.

The movie opened with the host of the documentary driving to a doctor's appointment to get some baseline labs drawn. During that time he stated that he had consumed two red bulls and some Coke on the way. When the Doctor's checked his blood pressure it was elevated. I couldn't help but wonder if those drinks may have contributed to this. I shrugged it off and continued to watch.

As the movie continued, more and more comments were made that made me scratch my head. The first being a doctor who stated that all plant based foods, even the ones lowest in protein provided adequate protein to meet people's needs. He used potatoes as an example sighting that they are about eight percent protein. Yes, potatoes do contain about eight percent protein but this eight percent actually accounts for less than two grams of protein per potato. I'm not sure how he's doing his math but most people need about fifteen to twenty percent of protein in their diet and two grams isn't close to cutting it. The average number is actually closer to fifteen to twenty grams of protein per meal or sixty to seventy grams per day!

In addition, plant based proteins are incomplete. Complete proteins are made up of all the essential amino acids that our bodies can't make on their own. There are 16 essential amino acids. Foods that contain all 16 amino acids in the right amounts are considered to have a high biological value. Many plant based proteins have some of these amino acids but are missing others. Those following a plant based diet must be careful to pair the foods carefully so that they are getting all 16 amino acids. It's not as simple as just eating whatever is plant based.

For example, eggs have a biological value of 100, meaning that they contain all of the essential amino acids while most legumes are lacking in one or more of the amino acids. Even complete plant based proteins fail to provide 100 percent biological value. According to a study published in the September 2004 issue of "Journal of Sports Science and Medicine," soy protein has a biological value of 74. It provides all of the amino acids but not in the ideal quantities found in an egg.

The documentary also cited dietary cholesterol as a culprit in increasing total cholesterol and therefore causing heart disease. This is old science!! In fact new research has shown that dietary cholesterol typically does not raise cholesterol at all. Here is a summary of several studies:

{“Dr. Maria Luz Fernandez of the University of Connecticut's Department of Nutritional Sciences summarized the results of a number of studies testing the effects of egg consumption on blood cholesterol levels. In children aged 10-12, in men aged 20-50, in premenopausal and postmenopausal women, in whites and Hispanics, the same basic finding persists: two or three eggs per day has little or no effect on the blood cholesterol levels of over two thirds of the population.

Less than a third of the populations, by contrast, are termed "hyper-responders." When these people eat egg yolks, their cholesterol levels do go up. LDL, the so-called "bad cholesterol," and HDL, the so-called "good cholesterol" both go up equally, so there is no change in the ratio of LDL to HDL, or of LDL to total cholesterol, both of which are considered better measures of the risk of heart disease than the total concentration of cholesterol. Moreover, the actual number of LDL particles does not change at all; they just get bigger.” (1)}  
The bigger the particles, the less health risk one has. What does affect cholesterol you may ask, trans fat and inflammation are two main culprits. Inflammation can come from different things including too many omega 6 fats and or refined starches.

Finally, other reviews on this documentary have cautioned viewers to carefully consider the validity of some of the studies shared in this documentary. It seems that important details were left out. For example the doctor's in this film were trying to persuade people not to drink milk because it caused cancer tumors to grow in mice. They stated that the mice fed a sole diet of 20% casein (a milk derived protein) developed cancer tumors while the mice fed only a 5% casein diet did not develop these tumors. All mice were exposed to a cancer toxin, what they failed to report was that the mice fed a low casein diet actually died of malnutrition far before the mice fed high casein diets died! These mice therefore did not live long enough to have the opportunity to develop cancerous tumors they were too malnourished!

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They also went on to explain that low fat and fat free milk were more dangerous because they had a “higher protein content compared to whole milk”...say what? This is completely incorrect; actually the protein content remains the same whether you are drinking whole milk, one percent, two percent or skim milk. I found it interesting that this “expert” lacked the basic knowledge of the macronutrient content of milk! On a side note, I know we don’t condone milk on our diet plan either but it’s certainly not because the casein in it causes cancer!

There were some other red flags brought up in these critiques as well. For a more in depth look please visit: <http://articles.mercola.com/sites/articles/archive/2011/10/13/vegetarian-movie-forks-over-knives--critically-reviewed.aspx>

Forks over Knives did present some interesting statistics and information about our nation’s dietary habits but with any documentary or scientific research it is important to always keep a critical eye on the content and educate yourself. Yes, a plant based diet can be healthy that is why at the Weigh Station we recommend so many fresh fruits and vegetables. Although plants provide some protein, much of it is not as biologically available for our bodies to use. I believe choosing quality meats, fish and eggs is also a very important part of a well rounded diet.

-Tricia Foley, MS, RD

1. Fernandez ML. Dietary cholesterol provided by eggs and plasma lipoproteins in healthy populations. *Curr Opin Clin Nutr Metab Care.* 2006;9:8-12.

<b>Body Fit Studio Schedule - September 2012</b>						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM - 7:30 AM		<b>Low Impact Cardio (Javan)</b>		<b>Low Impact Cardio (Javan)</b>		
7:30 AM - 8:00 AM		<b>Pilates Mix (Tricia)</b>		<b>Pilates Mix (Tricia)</b>		
8:00 AM - 9:00 AM						<b>Low Impact Cardio (Javan)</b>
9:00 AM - 10:00 AM						<b>Zumba (Paige)</b>
10:30 AM - 11:00 AM	<b>Healthy Backs (Paige)</b>	<b>Core Fusion (Tricia)</b>	<b>Healthy Backs (Paige)</b>	<b>Core Fusion (Tricia)</b>	<b>Healthy Backs (Paige)</b>	
11:00 AM - 12:00 PM	<b>Tone &amp; Sculpt (Paige)</b>	<b>Reserved</b>	<b>Tone &amp; Sculpt (Paige)</b>	<b>Reserved</b>	<b>Tone &amp; Sculpt (Paige)</b>	
12:00 PM - 12:30 PM	<b>Core Strength (Paige)</b>	<b>Reserved</b>	<b>Core Strength (Paige)</b>	<b>Reserved</b>	<b>Core Strength (Paige)</b>	
1:30 PM - 3:00 PM		<b>Reserved</b>		<b>Reserved</b>		
4:00 PM - 4:45 PM						
5:30 PM - 6:15 PM	<b>Zumba (Hope)</b>	<b>Zumba (Kim)</b>	<b>Zumba (Hope)</b>		<b>Zumba (Kim)</b>	
6:15 PM - 7:00 PM	<b>Beach Bodies (Robbie)</b>	<b>Cardio Kickboxing (Sara)</b>	<b>Tone &amp; Sculpt (Hope)</b>	<b>Cardio Kickboxing (Sara)</b>		

**For more information on classes, contact Javan Baldwin at [jbaldwin@weighstation.net](mailto:jbaldwin@weighstation.net) or**