

The Weigh Station NEWSLETTER



MARCH 2025

SPRING GREETINGS FROM THE WEIGH STATION!

Hello, Weigh Station crew! March brings spring vibes, and we're here to spark your fresh start. Patients often ask, "Why skip processed breads and pastas?"—we'll dive into that. Plus, a massive thank you to our Video Day stars last month. Your energy made it a hit, and we're so grateful you showed up!

WHY WE WAVE GOODBYE TO PROCESSED BREAD AND PASTA

Picture this: you're grabbing a loaf of bread or a box of pasta off the shelf, thinking it's a simple staple. But here's the twist—those processed goodies often come with hidden passengers. In the USA, commercial baking leans on conditioners like azodicarbonamide and potassium bromate to make dough stretchy, fluffy, and long-lasting. They're wizards at texture, but there's a catch. Research flags these additives—legal here but banned in Europe and Asia—for potential cancer risks. Azodicarbonamide, a dough bleacher, turns heads with links to carcinogens, while potassium bromate, a rising champ, has been red-listed overseas since the '90s.

Why the divide? The USA calls them "generally safe" under tight limits, but Europe and Asia hit pause, prioritizing caution over convenience. That means your morning toast or spaghetti might carry more than just flour and water—it's processed with stuff other countries won't touch. At The Weigh Station, we steer you toward whole, unprocessed foods because they skip this chemical baggage. It's not just about weight; it's about dodging what doesn't serve your body long-term. Next time you're tempted, think: less processing, less guessing, more thriving!



Thank You, Video Day Stars!

To everyone who rocked Video Day—**thank you!** Your stories and smiles lit up the room, and we're still buzzing. **Missed it? The clips will be posted to our YouTube and our website soon!**

EMOTIONAL EATING: SPRING RESET

Ever catch yourself munching through a tough day? You're not alone—emotional eating sneaks in when triggers hit. Spotting the pattern (stress, boredom, sadness) is step one, but by then, the habit's often dug in deep. The real trick? Swapping it out. Next time you're reaching for a snack to soothe, try this instead: jog or walk it off, call a friend, write that letter you've been meaning to, or tackle some housework, laundry, or yard work. These little pivots can break the cycle and spring you toward control. What's your go-to swap? Let us know!

MOVE OF THE MONTH: THREE LEG EXERCISES

Get those legs spring-ready with these no-fuss moves:



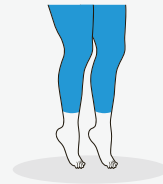
SQUATS

Feet apart, sit back like into a chair, then rise. **10-15 reps** for quads and glutes.



LUNGES

Step forward, dip 'til the back knee hovers, switch. **8-12 reps** per side for thighs and balance.



CALF RAISES

Up on toes, hold, then down. **15-20 reps** for calf strength and bounce!

Recipe of the Month: BREAKFAST BOWLS

START STRONG WITH THESE NO-BREAD BOWLS—SERVES 5-6:

***Ingredients:** 2 tbsp coconut oil, 3 minced garlic cloves, 1 diced yellow bell pepper, 1 diced red bell pepper, 1 diced yellow onion, 1 lb ground turkey, ½ lb mild Italian pork sausage, 1 tsp garlic powder, 1 tsp cayenne, ½ tsp each oregano, parsley, thyme, rosemary, 2 (16 oz) cans roasted red peppers (pureed), ½ cup chopped fresh basil, salt/pepper, 5-6 eggs.

***Directions:** Preheat oven to 350°F. In a large saucepan over medium heat, melt coconut oil, sauté garlic, bell peppers, and onion with salt/pepper until onions go clear. Add turkey and sausage, breaking it up. Sprinkle in spices as it cooks. When nearly done, stir in pureed roasted peppers, season again, simmer for 5-7 minutes. Add basil, spoon into baking dishes, make a well in each, crack an egg in, and bake for 8-10 minutes until eggs are your style. Dig in!