

The Weigh Station NEWSLETTER

CELEBRATING SUCCESS AND MAINTAINING MOMENTUM

Welcome back, everyone! We're thrilled to see such fantastic progress in our community. Congratulations to all of our new and returning patients for kicking off the year with a remarkable weight loss of 10-20 pounds or more! Your dedication is truly inspiring.

CONTINUED ACCOUNTABILITY FOR SUCCESSFUL WEIGHT LOSS

As we move through February, remember that the journey doesn't end with the first month's success. Here are some key points to keep in mind:

- **Avoid The Complacency Trap:** It's easy to relax once you see results, but consistency is key. Keep up with the habits that got you here.
- **Steer Clear Of Sugary Drinks:** The SALSA study from San Antonio has shown that even diet sodas can contribute to an increase in waist circumference over time. Opt for water or herbal teas instead.
- **Beware Of Processed Foods:** These are often high in sugars, fats, and salts that can derail your progress. Stick to whole foods (on the program) as much as possible.
- **Follow Your Prescribed Program:** Our tailored plans are designed to fit your lifestyle and needs. They've worked so far—keep following them for continued success.



CELEBRATING GOAL ACHIEVEMENTS

I want to give a special shout-out to our patients who have reached their goal weights recently. Just last week, it seemed like every other patient was meeting their target. The before and after photos, scans and labs are truly impressive, and it's incredibly rewarding for everyone involved. The benefits of healthy living extend far beyond only hitting these goal weights:

- **Medication Adjustments:** Daily, I've found myself reducing insulin doses, lowering blood pressure medication, decreasing statin doses, and even ending the need for anti-inflammatory medications for chronic joint pains. The health and wellness benefits from your success are vast.
- **Frequent Monitoring:** One of the great advantages here at The Weigh Station is our ability to see you frequently and make rapid adjustments to your treatment plan. Unlike many primary care physicians who might be constrained by scheduling, we can respond to your needs daily, ensuring you get the most out of your health journey.

OH MY, HOW DID THAT HAPPEN?

Many on the program do great initially but eventually encounter “oh my” moments when weight loss stalls due to subtle changes or common pitfalls. Here’s a list of some reasons and solutions:

- **Low-Fat Misconception:** Fat-free or low-fat foods often compensate for taste with carbs, leading to quick hunger rebounds. Watch out for hidden carbs in products, as they can turn into sugars in your body, promoting fat storage.
- **Sleep Deprivation:** Poor sleeping habits, especially during holidays, can lead to weight gain. Aim for 7-8 hours of sleep—both too little and too much can impact your weight.
- **Soda Sabotage:** Diet sodas might seem like a safe choice, but they can trigger hunger due to artificial sweeteners like aspartame. Stick to water. If not available, choose diet soda sparingly, and stick to the ones in the guide.
- **Eating Too Quickly:** Eating fast can lead to overeating before you feel full. Slow down. It takes 20 minutes for your brain to register fullness.
- **Skipping Meals:** This slows metabolism and increases hunger, leading to overeat at subsequent meals. Regular, balanced meals are crucial.
- **Lack of Exercise:** Exercise not only burns calories, but also helps manage stress, reducing the likelihood of emotional eating.
- **Inadequate Hydration:** Water intake is vital for metabolic functions—aim for nearly a gallon daily to boost weight loss.
- **Neglecting Physical Cues:** Regularly weighing yourself in office and measuring food portions reinforces good habits. Losing this routine can hinder progress.



HOW TO CHANGE BAD HABITS BACK TO GOOD ONES

- **Seek Support:** You’re not alone—ask for help when needed.
- **Set Goals:** Make realistic, short-term weight loss goals and reward yourself non-food items for achievements.
- **Self-Honesty:** Perfection isn’t required, but consistent effort is. View each day as practice toward better habits.
- **Surround Yourself with Support:** Spend time with those who support your health goals, not hinder them.
- **Track Your Progress:** Keep measuring your intake and activity to stay accountable.
- **Ask for Help:** We’re here to assist you every step of the way.

Great News on Food Safety

We're excited to share that the FDA has recently banned Red Dye No. 3 from food products, a decision long overdue given its links to health issues. This is a step forward in purifying our food supply from harmful chemicals. We look forward to continued efforts to eradicate other dangerous additives from our diets.

WHY CHOOSE THE WEIGH STATION?

In a town where fly-by-night diet clinics and imitators abound, we stand out for our *commitment to integrity, science, and personalized care*. You've chosen the real deal, and we're honored to have you.



Volunteers Wanted for Our Media Day!

We're on the lookout for volunteers to join our next round of tips and tricks videos, share success stories, and participate in other exciting media opportunities. We're hosting a Media Day toward the end of February, and we'd love for you to be part of it. If you're interested in sharing your journey and inspiring others, please let our staff know, and we'll get you all set up. Your truth and story might just be the beacon of hope for someone else embarking on their health journey, mirroring the success many of you have already achieved.

CHANGING HABITS, CHANGING LIVES

Remember, every small, positive change in your habits contributes to a larger transformation in your life. Let's keep this momentum going, support each other and make 2025 the year of lasting change.

Stay committed, stay healthy, and we look forward to celebrating more milestones with you in the coming months!

..... *Justin Lindsey, DO*

