

THE BARIX™ SUPPORT GROUP GUIDE

For Education and Support of all Barix Clinics Patients



ENERGY BOOSTERS

Lifestyle Choices that FUEL Your Body and BOOST Your Energy

Having a high level of energy throughout the day for work, taking care of family needs, and enjoyment activities enhances the quality of life. Have you noticed how some people seem to naturally bubble with energy? How can you tap into that energy and feel vibrant throughout the day, being more effective and finding more enjoyment in all that you do? Lifestyle choices can make an impact on your energy level. Choose those that fuel the body with energy and avoid those that zap energy. Check out the ideas below and see how you can boost your energy.

EAT SIX SMALL MEALS

Eating small frequent meals helps to keep your blood sugar level optimal for high energy by providing your body with the fuel it needs in small bursts. You avoid the energy zapping that occurs when large meals are eaten and blood flows to the digestive system, leaving less to provide your cells with oxygen and fuel needed to keep energy levels high. Avoid the temptation to skip breakfast—your body needs a new supply of energy to get up and going.

AVOID SWEETS

The flu-like symptoms of dumping syndrome are a definite energy zapper. But even if you tolerate foods high in simple sugars, they can cause wild

swings in energy. The high blood sugar/low blood sugar cycle that occurs from eating sweets zaps energy and leaves you hungry again a short time later.

CHOOSE FOODS WISELY

- Set yourself up for success by having healthful foods and beverages for meals and snacks readily available.
- Pair a food high in protein with a food that is mostly carbohydrate to keep blood sugar levels even. Try peanut butter on an apple or cottage cheese with peaches for a longer energy boost.
- Eat your foods as close to their natural state as possible to benefit from the nutrients nature provides. As foods become more processed, they often contain less nutrients and more unhealthy additives. Think about an apple compared to apple pie.
- Foods with a higher fiber content slow down absorption and help you to feel satisfied for a longer period of time. Choose fresh fruits, vegetables and whole grains to increase dietary fiber.

LIMIT CAFFEINE

Caffeine can give you an energy boost. Unfortunately, your body comes to depend on the caffeine and may require increasing amounts to obtain the same energy level. If that same caffeine intake is not consumed, headaches and

“The future is not some place we are going to, but one we are creating. The paths are not to be *found*, but *made*, and the activity of making them, changes both the maker and the destination. **”**

—John Schaar, futurist

sluggishness occur. Avoid caffeine later in the day so it does not interfere with a good night's sleep.

KEEP WELL HYDRATED

Dehydration can lead to fatigue. Drink at least 64 oz of fluid daily. Most of your beverages should be calorie free.

REGULAR EXERCISE

Regular exercise allows your body to become more efficient at carrying oxygen and nutrients to all of the cells of your body. The chemical reactions that occur enhance your energy level and your mood while decreasing stress levels. What an awesome energy booster! Studies have shown that exercise allows you to be more efficient. You feel better and accomplish more with your day. Taking the time to walk, ride a bike or any other form of activity is an investment of time and energy that pays off in a big way.



TAKE ACTIVITY BREAKS THROUGHOUT THE DAY

Three 10-minute bouts of exercise throughout the day will lift your energy level and clear your head. Get up and walk through the office, hop on your treadmill at home or take the stairs and leave the elevator behind.

KEEP UP ON VITAMIN/MINERAL SUPPLEMENTS

Deficiencies of any essential nutrient will cause your body to function at less than optimal performance. Choose a variety of healthful foods and take the recommended vitamin and mineral supplements daily to ensure adequate intake. Remember to have a lab test every three months for the first year and annually thereafter to identify any deficiencies that may occur.

DECREASE STRESS

A certain amount of stress is helpful and healthful, but when stress levels get too high the body begins to suffer. Some life stressors are not under our control. Finding healthful ways of dealing with these stressors is your best bet to minimize the effects on the body.

- Do something physical—take a walk, plant a garden, paint a room, repair a deck
- Talk about it with a trusted friend
- Pray—more and more scientific studies are linking prayer with healing and a sense of peace
- Take time to pamper yourself in healthful ways, a candlelit bath, a dinner at your favorite restaurant, a show

Most stressors are well within our control if we are totally honest about it. An unfulfilling job can be remedied by taking classes to enhance job opportunities and finding more fulfilling work. Overwhelming demands between home and work can often be balanced by requiring family members to contribute more, arranging a flexible work schedule, and learning to live more simply. Take an honest look at the stressors in your life. How could you rearrange things to make life less pressured and more enjoyable?

LIMIT ALCOHOL

Using alcohol to relax and escape from life's stresses may appear to be effective, but any temporary relief from stress is short lived because nothing has been done to change the underlying causes of the stress. Alcohol is a depressant, which zaps energy and B vitamins from your body. Watch out for the quick intoxicating affects of alcohol after bariatric surgery.

MAINTAIN A POSITIVE ATTITUDE

This quote by author Charles Swindoll sums up the importance of a positive attitude.

“Words can never adequately convey the incredible impact of our attitudes toward life. The longer I live the more convinced I become that life is 10 percent of what happens to us and 90 percent how we respond to it. Attitude is more important than the past, than education, than money, than circumstances, than what people do or say. It is more important than appearance, giftedness, or skill. We cannot change our past. We can not change the fact that people act in a certain way. We can not change the inevitable. The only thing we can do is play on the one string we have and that is our attitude.”

SLEEP

Adequate sleep is essential for good health and high-energy living. Find the amount of sleep that feels right to you and strive to sleep that amount each night. Short naps may help to revive energy, while longer naps may leave you feeling even more groggy and tired. Playing catch up on sleep doesn't often work well either, although sleeping an hour later than normal on occasion is a wonderful indulgence.

LIMIT TV

TV watching is a major energy zapper. Not only is metabolism slowed down to a sluggish stall but also, time is lost for more energy enhancing activities.



Kee your blood sugar within a normal range by eating six small high protein meals (or snacks) throughout the day. Pair foods that are mostly carbohydrates (fruits, grains, and vegetables) with a protein or fat source to raise blood sugar levels slowly and maintain them longer. Try an apple with peanut butter, crackers with cheese, fresh veggies and dip, fresh fruit with yogurt, ¼ of a turkey sandwich, pita bread with hummus, a cream cheese dip with fresh fruit, or cottage cheese and fruit.



Symptoms of low blood sugar may include headache, confusion, fatigue, anxiety, amnesia, dizziness, increased heart rate, or muscle trembling. If you experience symptoms of low blood sugar, choose a quick carbohydrate source to normalize blood sugar levels. Good sources include 100% juice, milk, or sugar free pudding. Traditional remedies like glucose tablets, hard candies, sugar or honey may actually lower blood sugar levels further after gastric exclusion surgery.

IT WORKED — FOR ME!

Get to know the people in your exercise class, especially if you don't have an exercise partner. If you get to know others, they will make a point of checking in with you when you miss a day. Knowing that someone notices can help to motivate you to get to the gym more often.

— Submitted by Janine M.

WHAT'S NEW?

In the news...researchers reported in the *New England Journal of Medicine* that six patients with hypoglycemia (low blood sugar) that had previously undergone gastric bypass surgery were found to have pancreases that secreted excessive

amounts of insulin. This resulted in low blood sugar levels following meals. The symptoms of low blood sugar resolved after a portion of the pancreas was removed. The researchers speculate that gastric bypass surgery somehow led to an over secretion of insulin in these patients. This report was on a very small number of patients. More

research is needed to confirm if and how gastric bypass surgery may cause low blood sugar in a small number of patients. If you have symptoms of low blood sugar, contact your Barix nutritionist. She will assess your current eating patterns and suggest ways to keep your blood sugar levels even and your energy level high.

REWARD Yourself!

This month, you could earn a **\$25 GIFT CERTIFICATE** for your "It Worked for Me" tips or recipes! Just submit as many recipes and "It worked for me" tips as you like, the most original and creative will be awarded a \$25.00 gift certificate. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. Tips must be submitted by September 30, 2005. This month, thanks to Janine M. for the tip. Please send comments, ideas, recipes, and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

Key Lime Pie Bars

8 whole graham crackers
1/4 cup SLENDA® No Calorie Sweetener, Granular
1/8 teaspoon ground cinnamon
2 tablespoons margarine, melted

1 1/2 cup SLENDA® No Calorie Sweetener, Granular
1/3 cup Key lime juice
2 cups plain low-fat yogurt
1 cup reduced-fat frozen whipped topping, thawed

Spray an 8- x 8- inch square pan with vegetable cooking spray. Set aside. Crush graham crackers; reserving 2 tablespoons. Combine graham cracker crumbs, 1/4 cup SLENDA® Granular, cinnamon, and margarine, mixing well. Firmly press mixture evenly in bottom of prepared pan; set aside.

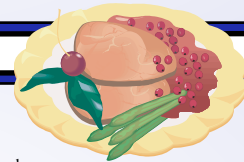
Combine 1 1/2 cups SLENDA® Granular and lime juice in a heavy saucepan. Bring mixture to a boil, reduce heat and cook about 5 minutes or until mixture is reduced by half. Set aside to cool. Stir yogurt into SLENDA® Granular and lime mixture; fold in whipped topping. Spoon mixture over graham cracker crust; sprinkle with reserved graham cracker crumbs. Cover and freeze at least 4 hours or until firm. Let stand at room temperature 10 minutes before cutting into bars. Makes 9 bars.

NUTRITION INFORMATION PER SERVING: 150 calories; 4 grams protein; 22 grams carbohydrate; 5 grams fat; 150 mg sodium.

CranApple Pork Tenderloins

1 cup cranberries, fresh
1 cup cooking apples, coarsely chopped and peeled
2/3 cup Splenda®
1/2 cup water
1/4 cup onion, chopped
1 tablespoon fresh ginger, minced and peeled

1 teaspoon curry powder
1/8 teaspoon ground red pepper
2 (3/4-pound) pork tenderloins
1/4 teaspoon salt
1/4 teaspoon black pepper
cooking spray



Preheat oven to 350°. Combine the first 8 ingredients in a small saucepan and bring to a boil. Reduce heat, cover and simmer for 20 minutes. Uncover and simmer for 2 minutes or until thick. Cool 10 minutes. Place mixture in a blender or food processor and process until smooth. Trim fat from pork and sprinkle with salt and pepper. Divide cranberry mixture in half. Brush pork with half of the cranberry mixture.

Place pork on a broiler pan coated with cooking spray. Bake at 350° for 30 minutes or until thermometer registers 160°. (Slightly pink). Serve pork with remaining cranberry sauce. Makes 6 servings.

NUTRITION INFORMATION PER SERVING: 243 calories; 24 grams protein; 3 grams fat, 30 grams carbohydrate; 164 mg sodium.

OTHERS CARE. PLEASE SHARE.

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story on the "Share Your Success" section of the Patient website. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

REFER a Friend: Call 800-282-0066 or REQUEST a FREE INFORMATION GUIDE for a FRIEND: www.barixinfo.com/sgg



To receive a free **RECONSTRUCTIVE SURGERY GUIDE**, CALL 800-282-0066 or send us an email at rc@barixclinics.com with your name and contact information.

Our reconstructive surgery program is currently performed at our centers in Michigan, Ohio, Illinois, Pennsylvania, and Texas—and we are planning to expand our program at our Scottsdale, AZ, facility in the next few months.

BARIX CLINICS™
America's Leader in Bariatric Surgery