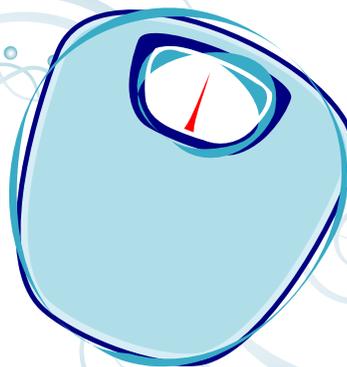


# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

## STRESS AND WEIGHT



**M**ost of us are feeling an increased level of stress these days because of tough economic times and a general sense of uncertainty in many areas of our lives. The American Psychological Association has identified the current economic downturn as a major source of stress for all Americans—not just those who have lost their homes or their jobs.

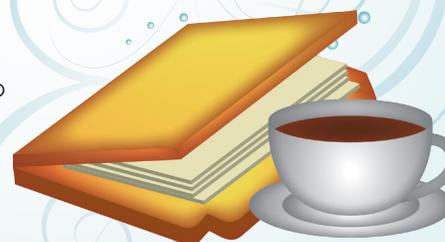
### **Stress is anything that is perceived to be stressful by an individual.**

Change of any kind, positive as well as negative, can cause stress due to perceived fears of the unknown, fears of rejection, uneasiness about risk taking, the inability to cope with new circumstances, or feelings of insecurity or vulnerability. It's not only the stressful events that happen in our lives, but our reaction to them. We react to stressful situations based upon our genetics and our life experiences. Some of us have higher tolerances for risk and do not experience stress at the same level as those with a low tolerance for risk or change. Because stress is based upon perceptions, it can be altered or minimized through management.

*(Stress & Weight, Continued on page 2)*

### Tips To Manage Stress And Control Stress Eating

- Eating in response to stress is a learned habit. Break the habit by recognizing it, and when cravings come, engage in another activity (walking, showering, calling a friend). After 10-15 minutes the urge to eat usually subsides enough to resist.
- Achieve a sense of control by planning ahead; lay out a strategy. Consider a part-time job to build a nest egg, network with others, sell items that you don't need—having a plan diminishes the sense of vulnerability.
- Regular exercise can help to decrease stress hormones and make you feel better.
- Get enough sleep. Lack of sleep increases cravings for simple carbohydrate foods.
- Studies have shown that prayer or meditation can significantly reduce stress.
- Talk about the stress that you are feeling with a trusted friend or family member.
- Soothe yourself in non-food ways; music, hobbies, reading, a bubble bath or a quiet walk in a park might be helpful.
- Keep busy with friends and family. If finances are an issue, get together and play board games or cards, run through a sprinkler, share a meal or just hang out together.



**Stress is a normal response. Our bodies are wired with a stress response as a way to protect us from perceived threats.**

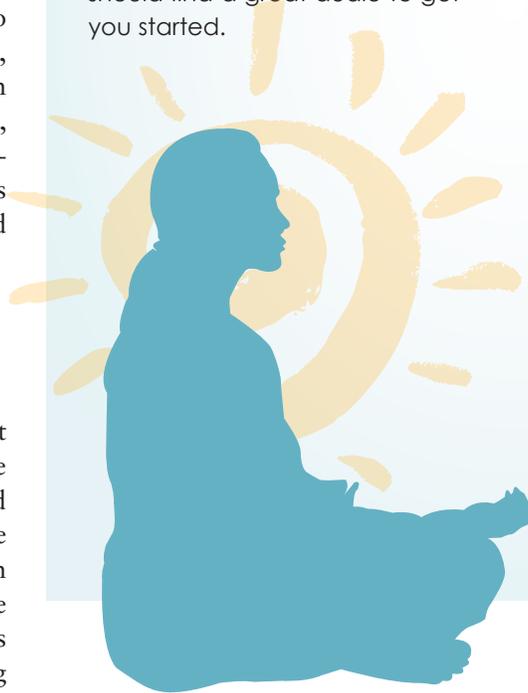
In past generations, the perceived threats often came from predators or aggressors. In today's world, the threats may include juggling a huge workload, financial difficulties, rush hour driving, family situations, and other daily stressors. The body's stress system is typically self-regulating. A threat is perceived and the body responds with a surge of hormones including adrenaline and cortisol. These elevate blood pressure, heart rate and energy supplies as well as shut down non-essential functions (such as digestion, reproduction and growth processes). As the threat subsides, hormones return to normal. When the stressors are chronic, the stress response can remain in high gear, leading to feelings of tension, nervousness or edginess. This long-term overexposure to stress hormones can increase the risk for physical and psychological health problems.

**Stress, if not managed, can affect our health in many ways.**

It can put us at higher risk for heart disease, sleep problems, digestive problems, depression, obesity, and memory impairment, and it can cause an increase in symptoms of many health conditions that we already have. Denise Lamothe, a clinical psychologist, states that half of us eat more when feeling stressed. As feelings of fear and anxiety increase, people strive for relief and may find it in the form of high sugar, high fat and salty foods and snacks. Others may tense up, become impatient, get angry, cry, give up, let negative thoughts take over, or turn to alcohol or drugs. Stress is a given, but rather than giving in to unhealthy means of dealing with it, find healthy ways to cope and move forward.

## More Tips To Manage Stress And Control Stress Eating

- Brainstorm with others. Ideas often come from talking with others.
- Develop a barter system with your friends. Spend one night each week working on a project at one person's house, the next week someone else's house. Everyone gets more done and benefits from the sense of community.
- Practice relaxation techniques such as deep breathing or the relaxation response. Try searching the Internet for "free audio relaxation response" and you should find a great audio to get you started.
- Find smaller and better ways to treat yourself with food—a sugar free fudgesicle, bite size sugar free candies, a small packet of nuts, a latte made with sugar free syrup and skim milk, a sugar free ice cream float.
- Check your attitude. If negative thinking is taking over, replace those thoughts with powerful positive thinking. How we feel emotionally often depends upon our outlook on life.
- Focus on all of the things that are going right. Often the bad stuff gets all of our attention and we forget about the good stuff.
- Keep organized. Disorganization can breed stress.
- Try to understand the situation. This will decrease the fear of the unknown and possibly provide you with some options to control, change or adjust to the situation.
- Assess your reaction to stressful situations. Stress isn't an event or situation; it comes from your reaction to that event or situation.



**Stress is a given,  
but rather than giving in  
to unhealthy means of  
dealing with it, find healthy ways  
to cope and move forward.**



# CONSIDERING SURGERY

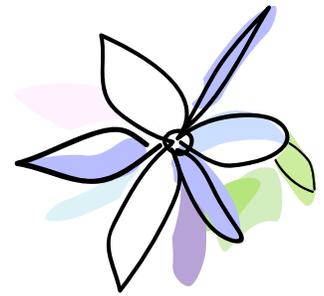
One lifestyle habit that can take time to change after surgery is eating six small meals. Plan to get started on that eating pattern now, before your surgery, and you'll have the habit firmly in place by the time your surgery date arrives. Eating six small meals helps to keep blood sugar levels on an even keel—minimizing large swings in blood sugar levels and avoiding hunger spikes

and mood swings. This eating pattern can also minimize the tendency to graze during the evening hours. Think about six mini meals—choosing healthy foods rather than snack type foods. Incorporate a protein source at each meal. The best sources of protein are found in low fat meat/fish/poultry, low fat dairy products and protein supplements.

## Below are a couple of meal plans to get you started.

- Breakfast:** Special K High Protein cereal/skim milk
- Snack:** cottage cheese and fresh fruit
- Lunch:** romaine salad greens and chicken breast
- Snack:** 1 oz almonds
- Dinner:** broiled fish and green beans
- Snack:** saltines with peanut butter

- Breakfast:** No-Added-Sugar Carnation Instant Breakfast
- Snack:** yogurt (no added sugar)
- Lunch:** 1/2 turkey sandwich, fresh fruit
- Snack:** 1/2 turkey sandwich, carrot sticks
- Dinner:** lean roast beef, cooked carrots, small potato
- Snack:** no added sugar pudding



**"Yesterday is gone.  
Tomorrow has not  
yet come. We have  
only today.  
Let us begin."**

-Mother Teresa



# WHAT'S NEW?

Back and better than ever with unbreakable packaging—achievONE®. achievONE® is the premium nutrition drink pack with 15 grams of protein, 18 essential vitamins, and healthy nutrients. Enjoy and energize on-the-go anytime. achievONE is perfect for a healthy boost – at the office, at school, with your workout, to support weight management, you name it.

Enjoy the creamy, rich flavor you want from a coffee drink minus the high

fat and sugar contained in most coffee beverages. achievONE is a unique blend of premium coffee with 15 grams of protein, only 5 grams of carbs, no fat and 18 essential vitamins and minerals. achievONE is available in four delicious flavors: cappuccino, vanilla, hazelnut and mocha.

**Now available with no coffee in two flavors: chocolate and vanilla.**

**AchieveONE: 15 Grams of Protein, 5 Carbs, Fat Free, No Added Sugar.**





## REWARD YOURSELF

This month, you could earn a SPECIAL GIFT 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 special gift from our online store. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. Tips must be submitted by March 31, 2009. Please send comments, ideas, recipes and “It Worked For Me” tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).

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## IN THE NEWS

Obesity decreases the likelihood of osteoporosis and obese people tend to have greater bone density than those at a healthy weight. It is thought that bones become stronger to support the additional weight. As weight is lost, bones tend to lose density. Another study by doctors at Mayo Clinic was recently published. The study compared 300 people who had gastric bypass surgery to a group that had not. They found a much higher risk for hand and foot fractures in those who had undergone gastric bypass surgery. Dr. Jackie Clowes, a Mayo Clinic bone-metabolism expert comments that the study poses the question whether gastric bypass patients really end up with weaker bones permanently or whether the weakness is part of a transition as the bones adjust to the patient’s new body size.

As researchers look for answers be sure to take action to protect your bone health by consuming 3-8oz servings of low fat milk or yogurt



daily and/or take 1500 mg–2000 mg of calcium citrate (adjustable gastric band recommendations are 1500 mg calcium citrate daily) and 2000 IU of vitamin D daily. Regular weight bearing exercise has been shown to have a positive effect on bone density, too—just another reason to lace up those shoes and get moving. Both Bariatric Advantage and Celebrate Vitamins have developed calcium / vitamin D supplements specifically for the needs of post bariatric surgery patients.

## IT WORKED FOR ME

*Wisdom from the Barix Clinics Message Boards-Barix Patients Supporting Barix Patients*

*Submitted by Deb H.*



I start my day with a “health drink.”

It goes beyond a protein drink and really helps me to start my day right. I start with a raspberry flavored protein powder (vanilla works well too) and add 6 oz water, 1 oz Fiber-Stat, 1 packet Calcium Crystals (Bariatric Advantage), and 6 frozen strawberries.

The Fiber-Stat not only provides 15 grams of fiber, but also contains an ingredient (fructo-oligosaccharides) that promotes good bacteria in the intestine.

This satisfying health drink helps me to reach my protein goal, gets me a great start on my calcium and vitamin D needs, and gives me a healthy dose of much needed dietary fiber.

# SUBSCRIBE

to

On Track With Barix

[www.barixclinicsstore.com/  
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# RECONSTRUCTIVE SURGERY

To receive a **FREE RECONSTRUCTIVE SURGERY** guide, call 800-282-0066 or send us an email at [rc@barixclinics.com](mailto:rc@barixclinics.com) with your name and contact information. Our reconstructive surgery program is currently performed at our centers in Michigan, Ohio, and Pennsylvania. *Call us today for more information!*

# OTHERS CARE PLEASE SHARE

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story to [http://www.barixclinicsstore.com/share\\_your\\_story.html](http://www.barixclinicsstore.com/share_your_story.html). What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

# QUESTIONS ABOUT FINANCING YOUR SURGERY?

Call a Barix Patient Service Representative at 800-282-0066

# RECIPES

## STRAWBERRY PIE

- 24 ounces strawberries, hulled and sliced
- 8 fresh strawberries
- 1 (2.1 ounce) package, cook and serve vanilla pudding, no added sugar
- 1 (0.6 ounce) package strawberry gelatin, sugar free
- 2 cups water
- 1 cup whipped topping, sugar free



Layer strawberry slices in the bottom of a 10" pie pan. In a medium saucepan, combine pudding mix, gelatin mix and water; stir well. Continue to stir as you bring the mixture to a full boil. Pour over strawberries and refrigerate for 4-6 hours. Garnish with a dollop of sugar free whipped topping and a fresh strawberry before serving. Makes 8 servings.

**Nutrition information per serving:**  
**83 calories, 2 grams protein, 1 gram fat, 16 grams carbohydrates, 187 mg sodium.**



## APPLESAUCE CAKE

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- 1 ½ cups unsweetened applesauce
- ¾ cup brown sugar twin
- 2 eggs
- 1 teaspoon vanilla extract
- ½ cup raisins

Preheat oven to 350 degrees F. Spray an 8 x 4 inch loaf pan with cooking spray. Sift together the flour, baking powder, baking soda, cinnamon, nutmeg and salt—set aside.

Beat eggs; stir in sugar twin and mix, then add applesauce and vanilla. Add flour mixture to applesauce mixture and beat until smooth. Add raisins.

Pour batter into loaf pan and bake at 350 degrees F for 1 hour or until a toothpick inserted into the center comes out clean. Makes 12 servings.

**Nutrition information per serving:**  
**125 calories, 3 grams protein, 1 gram fat, 26 grams carbohydrates, 263 mg sodium.**