

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



## BODY IMAGE

How we feel about ourselves and the way we look can affect who we are and how we interact with our world.

### Body image

doesn't have as much  
to do with the  
**actual** size, shape  
and **appearance** of  
your body as it does  
with how you  
**view** your body.

If you were to write a letter and in it describe your best friend, a favorite relative, a great teacher and a respected doctor, what would you write? What are the characteristics that you most cherish and admire in each of them? What words would you use to best describe them to someone who had not had the opportunity to meet them? Would you say they were affectionate, attentive, brilliant, considerate, dependable, easygoing, encouraging, energetic, expert, funny, giving, grateful, happy, healthy, helpful, honest, humorous, imaginative, industrious, intelligent, kind, loving, loyal, positive, proud, quiet, responsible, sweet, talented, thankful, thoughtful, tolerant, trustworthy, warm or wise? Would your description mention their weights? Probably not—our body weights really are not that important in who we are as mothers, daughters, fathers, sons, friends, sisters, professionals, confidants, co-workers and the many other roles that we live. There are so many more important aspects to each of us. Our bodies do not define who we are. However, how we feel about ourselves and the way we look can affect who we are and how we interact with our world.

### Perception of Body Image

Body image doesn't have as much to do with the actual size, shape and appearance of your body as it does with how you view your body. It is your perception of how your body looks and how you think others view your body that forms your body image. For instance, a beautifully shaped ballerina may have a negative body image due to her and others' expectations of "perfection." On the other hand, an average middle-aged woman may have come to terms with societal expectations and have a very positive body image. Although intellectually we understand that the emphasis in our society on picture-perfect bodies is unrealistic, emotionally it can take a toll. A study by the University of Missouri, which found that women of all sizes felt more negative about their bodies after viewing models in magazine ads, illustrates the negative affect the media can have on our psyches.

### Body Weight, Composition and Shape

Body weight, composition and shape are determined by calorie intake, type and amount of exercise and activity, body type, bone structure, genetics and

*(Body Image Continued on page 2)*

metabolism. Some of these factors can be manipulated, others cannot. Only about 5% of women have the body type that appears almost exclusively in the media—expecting this “perfect” result from weight loss surgery is unrealistic and leads to a negative body image. Similarly, most men do not have the genetics to develop the muscular body of many male models and actors even with a disciplined exercise and eating program.

### Weight Loss Surgery

Studies indicate that weight loss surgery can have a very positive influence on body image. Katie King, a graduate student at Rochester College in Rochester, MI conducted a survey of almost 1000 Barix Clinics patients. Her research found that in addition to the improvements in every area of physical health, patients upgraded their quality of life. This included a 48% improvement in physical appearance (body image) and a 40% increase in self-esteem. Another study revealed significant improvements in perceptions of body image over time following bariatric surgery, demonstrating the impact of surgery (and subsequent weight loss) on psychosocial health.

### Emotional Growth

Everyone understands that bariatric surgeons make physical changes that enable the body to lose excess fat. But surgeons do not remove the emotional ties to food and unhealthy behaviors. Nor can they remove the past hurts or a constant feed of negative self-talk. These do not automatically go away as the pounds drop. Phantom fat is a term used to describe the delay of the mind in catching up with body changes. Taking clothing 4 sizes too big into the dressing room, filling your plate with large portions, looking in the mirror and seeing the former heavier self or feeling fat and unacceptable despite weight loss are all signs of a

## Get Started On Your Journey To A Healthy Body And Mind:

### ■ Barix Support Group

Your Barix support group may be a place for you to express your feelings with people who are in the same spot. Those who have “been there” truly know how it feels and can provide insights.

### ■ Barix Message Boards

The Barix message boards are a great place to develop relationships and discuss body image and other issues in a “safe” place.

### ■ Professional Therapist

A professional therapist, especially one who specializes in eating disorders and body image, may expedite your journey to self-acceptance.

### ■ Gratitude List

Make a list of the things that you are grateful for and post it somewhere that you will see during the day. Read it, take a moment to meditate on the list, visualize those wonderful aspects of your life, and enjoy a sense of gratitude. When we focus on the good things in our lives, we stop focusing on all the “what ifs” and have a deeper sense of satisfaction.

### ■ Be Positive

Focus on the parts of your body that you like the most. Highlight your best features.

## Be Positive

Learn to recognize your negative self-talk and replace it with positive statements.

### ■ Focus on the Positive

Learn to dress in a way that enhances your appearance. Accept the fact that there are some things about your body that you cannot change—and that is okay.

### ■ Appreciate Your Body

Think about what your body does for you, especially as you near a healthy weight. Can you walk without being winded, complete an entire cardio class, cross your legs, ride a bike, fix up your home, garden, dance the night away, have arms wrapped all the way around you in a hug? Your body is an amazing creation. Learn to appreciate all it does for you.

### ■ Focus on Yourself

Stop comparing yourself to others. Concentrate on the positive aspects of your body, your weight loss, your life.

### ■ Character Attributes

Your value is not a number on a scale. Look at the positive character attributes at the beginning of this article. Which of them describe you? Look beyond your weight to determine your value as a person.

“To accomplish **great things**, we must not only act, but also **dream**, not only plan, but also **believe**. ”

-Anatole France

## Get Started

(Body Image, Continued from page 2)

phenomenon called phantom fat. It is not unusual for people to become even more preoccupied with weight as they reach a healthy weight. This may be spurred by a fear of regaining the weight. Others may be disappointed to find that although they are at a healthy weight, they have excess skin or a less than perfect body.

So what do you do if you find that although you have reached a healthy weight, are physically healthier than you have been in years, and have more energy than ever, you still feel like the shunned thirteen-year-old who never got invited to parties? If you work through

those feelings, rather than ignore them, you may reach a place of inner peace and happiness much sooner. This type of personal work is just as important as reaching protein goals, avoiding added sugars and limiting portion sizes. It is often the hardest work that you will do to achieve a healthy body image and self esteem.

Without the emotional growth, the physical improvements may be more difficult to accept or even to obtain. After all, if you feel good about who you are and how you look, you are more motivated to take good care of yourself.

**"Remember happiness  
doesn't depend upon **who**  
you are or **what** you have;  
it depends solely  
on **what** you think."**

**-Dale Carnegie**



**News**

## IN THE NEWS

Stanford University School of Medicine conducted research that found those patients undergoing gastric bypass surgery who took probiotics lost significantly more weight than those in a control group who did not take probiotics. Probiotics are dietary supplements of live microorganisms thought to promote health. Probiotics are often added to yogurt in varying amounts. The Stanford study utilized an oral supplement from Puritan's Pride of 2.4 billion lactobaccillus.

The study was conducted to see if probiotic supplementation would help to prevent bacterial overgrowth in the intestinal tract and increase mobility of food through the intestinal tract. The increase in weight loss came as a surprise. In addition to the expedited weight loss, these patients had higher levels of vitamin B12—another bonus, since vitamin B12 is a nutrient at high risk for deficiency after gastric bypass surgery. The study also found a decrease in bacterial overgrowth—the original premise of the researchers.

## IT WORKED FOR ME

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

Posted by "Skinny" on the  
Barix message boards.

Always looking for quick, tasty protein  
treats? Here is a great one.

### **Baked Ricotta**

8 oz of ricotta cheese  
1/2 cup grated  
parmesan cheese  
1 large egg, beaten  
1 teaspoon Italian seasoning  
salt, pepper to taste  
1/2 cup marinara sauce  
1/2 cup shredded mozzarella cheese



Mix ricotta cheese, parmesan, beaten egg, seasonings together and place in an ovenproof dish. Pour marinara on top and top with mozzarella cheese. Bake it in the oven @ 450 for about 20-25 minutes (best) or nuke it till hot and bubbly.

**"Attitude  
is a little thing  
that makes a  
big difference."**

**-Winston Churchill**





# SUMMER SALAD RECIPES

## SOUTHWEST CHICKEN SALAD

- 1/4 cup fat-free mayonnaise or Miracle Whip®
- 1/4 cup plain, nonfat yogurt, drained
- 1 tsp lime juice
- 1 1/2 tsp cumin, or to taste
- 2 cups chopped cooked skinless chicken breast
- 1/2 cup chopped red pepper
- 1/2 cup black beans, drained
- 1/2 cup frozen sweet corn, thawed
- 1/4 cup red onion, finely chopped
- 1 medium tomato, chopped

In a small bowl, blend mayonnaise, yogurt, lime juice and cumin. In a separate bowl, combine chicken, pepper, black beans, sweet corn, red onion and tomato. Stir in dressing. Serve on a bed of spinach leaves or make a wrap using a low fat, whole wheat tortilla. Makes 4 servings.

**Nutrition information per serving: 166 calories, 23 grams protein, 2 grams fat, 15 grams carbohydrate, 245 mg sodium.**

## CHICKEN CAESAR SALAD

- 1 large head of romaine lettuce, torn
- 2 cups chopped, cooked, skinless chicken breast
- 1 cup fat-free or low fat croutons
- 1/4 cup freshly grated parmesan cheese

### Dressing:

- 1/3 cup plain nonfat yogurt, drained  
(or fat-free mayonnaise)
- 2 Tbsp fresh lemon juice
- 1 tsp olive oil
- 1 tsp white wine vinegar
- 1 tsp Dijon mustard
- 1 tsp anchovy paste (optional)
- 1 tsp Worcestershire sauce
- 1 garlic clove, crushed



Arrange torn Romaine lettuce in a big serving bowl. Top with chicken, croutons and sprinkle with cheese. Whisk dressing ingredients together and drizzle over salad. Gently toss until combined. Add freshly ground black pepper to taste. Makes 4 servings.

**Nutrition information per serving: 188 calories, 26 grams protein, 5 grams fat, 11 grams carbohydrate, 328 mg sodium.**

# WHAT'S NEW?

**Oh Yeah Protein Shakes** are now available in 3 new flavors and a new size. Added to Vanilla and Chocolate are the new flavors Strawberry, Cookies and Cream, and Bananas and Cream. In addition to the 14 oz ready to drink bottle, Oh Yeah Protein Shakes are now available in a smaller 8 oz size—just right for an on-the-go protein boost. The 8 oz bottles have 130 calories and 18 grams of protein.

# 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).

## REQUEST A FREE BROCHURE

for you  
or a friend  
at 800-282-0066,  
or [www.barixinfo.com](http://www.barixinfo.com)



# SUBSCRIBE to

On Track With Barix

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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

## MORE SALAD RECIPES

### TUNA SPINACH SALAD

- 6 cups baby spinach
- 1 cup canned white beans, rinsed and drained
- 4 ounces sliced mushrooms
- 1 15-ounce can artichoke hearts, drained and halved
- 2 7-ounce packs chunk white tuna
- 1 Tbsp extra virgin olive oil
- 2 Tbsp white wine vinegar
- 1 Tbsp lemon juice
- 1 Tbsp water



Wash and dry baby spinach leaves.

Place in a large bowl with tomatoes, white beans, mushrooms, artichoke hearts and tuna. Whisk oil, vinegar, lemon juice and water, or place in a small screw-top jar and shake vigorously. Drizzle over salad and toss well. Makes 5 servings.

**Nutrition information per serving: 203 calories, 23 grams protein, 3 grams fat, 20 grams carbohydrate, 575 mg sodium.**



### SOUTHWEST BEAN SALAD

- 2 cups frozen corn kernels, thawed
- 2 cups low-sodium black beans
- 2 cups grape tomatoes, halved
- Jalapeno pepper, finely chopped
- 1/4 cup finely chopped cilantro
- 1 Tbsp olive oil
- Juice of 1 large lime
- 1 tsp cumin

Combine corn, black beans, tomatoes, jalapeno pepper and cilantro in a medium bowl. Whisk oil, lime juice and cumin together. Drizzle over salad and toss until coated. Makes 6 servings.

**Nutrition information per serving: 141 calories, 5 grams protein, 3 grams fat, 23 grams carbohydrate, 157 mg sodium.**

### CHICKEN AND BLACK BEAN SALAD

- 2 cups cooked skinless chicken breast
- 1 15-ounce reduced sodium black beans, rinsed and drained
- 1 red pepper, chopped
- 1 cup fresh salsa
- 6 cups baby spinach, washed
- 4 Tbsp fat-free sour cream (optional)

In a large bowl, combine chopped chicken, drained black beans, chopped pepper and salsa. Place 1 1/2 cups of baby spinach on each of four plates. Top with chicken and black bean salad mix. Add 1 Tbsp sour cream if desired, and as an optional extra, a handful of baked tortilla chips. Makes 6 servings.

**Nutrition information per serving: 197 calories, 27 grams protein, 3 grams fat, 15 grams carbohydrate, 355 mg sodium.**

