

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Probiotics FOR LIFE

In July of this year, researchers from Stanford University conducted a study on 44 patients who underwent gastric bypass surgery. They were trying to determine if daily probiotic supplementation would minimize GI (gastrointestinal) complaints (abdominal pain, bloating, increased flatulence, diarrhea and constipation) after surgery. They found that this may be the case, although more surprisingly, they found that those taking the daily probiotic supplements initially lost more weight and had higher levels of vitamin B12.

A Finnish study completed this year found that pregnant women taking supplements of the probiotics Lactobacillus and Bifidobacterium were less likely to develop obesity during pregnancy. It is also thought

that because these healthy bacteria are passed from mother to infant, there may be a protective effect against obesity for the infant later in life. These studies are very interesting and will no doubt spur further studies looking for a link between probiotics and weight.

Probiotics are "live microorganisms administered in adequate amounts which provide a beneficial health effect on the host." Most probiotics are bacteria. Bacteria are so prevalent in the human body that it is thought that our bodies contain more bacteria than cells. There are a high number of these microbes in the intestine with a much greater concentration in the lower small intestine and the large intestine, where the environment is more bacteria-friendly.

These microbes finish the digestive process of any food components that reach the large intestine intact, produce vitamins (vitamin K is a well-known vitamin that is produced by microbes in the intestine), enhance the immune system, and act on pre-carcinogenic compounds (some microbes have a positive impact, others a negative one).

In addition to maintaining health, probiotics are being looked at to treat diseases. The most common use for probiotics is to treat post-antibiotic diarrhea. Antibiotics often upset the natural balance of intestinal organisms (the microflora), allowing harmful bacteria to flourish. Restoration of healthy microflora may also decrease the risk of other infections, such as vaginal yeast, urinary tract infections and intestinal infections.

(Continued on page 2)

The word
"probiotics"
comes from
pro and biota,
meaning
"For Life"

Potential Health Benefits of Probiotics

Researchers are studying the use of probiotics to treat or prevent a host of other health concerns.

They hope to:

- limit the symptoms of inflammatory bowel disease
- prevent colon cancer
- reduce the symptoms of irritable bowel syndrome (IBS)
- delay the development of allergies in children
- treat or prevent urinary and vaginal infections in women
- reduce bladder cancer recurrence
- shorten the duration of intestinal infections
- prevent and treat inflammation following colon surgery (pouchitis)
- prevent eczema in children
- reduce tooth decay and periodontal disease
- promote general health through enhanced immune response
- decrease infections caused by Helicobacter pylori, a bacteria that causes most ulcers and stomach inflammation
- decrease stomach and respiratory infections that children acquire in daycares
- decrease stomach and respiratory infections that children acquire in daycares
- treat skin infections
- increase the bioavailability and absorption of certain nutrients (calcium, vitamin B 12, iron)

(*Probiotics, from page 1*)

In addition to these potential health benefits, gastric bypass patients specifically may benefit from the supplementation of probiotics to reduce the risk of bacterial overgrowth (BO) in the small intestine, enhance the absorption of vitamin B12, decrease GI symptoms (gas, bloating, discomfort, diarrhea, constipation), and speed early weight loss.

Supplementing the diet with probiotics is generally considered safe; after all, an estimated 100 trillion microbes of 500-plus different species inhabit a healthy bowel. For those who make the decision to supplement their diet with probiotics, two main options are available—consume foods containing probiotics or take probiotic supplements.

Yogurt is the most common probiotic-containing food available.

A Live and Active Culture seal by the National Yogurt Association insures that the yogurt will contain at least 100 million live cultures per gram at the time of manufacture. This translates to 17 billion live cultures in a 6 oz carton of yogurt. This level stays fairly consistent through the expiration date 2-3 weeks later and then diminishes. This seal refers to the probiotic cultures of *Lactobacillus bulgaricus* and *Streptococcus thermophilus* which convert milk into yogurt. All yogurts are required to use these two cultures. In addition, some yogurts contain *Lactobacillus acidophilus*, *Bifidobacterium* and other cultures.

There are many options for supplemental probiotics. They come in liquid, capsule, chewable and now pearl form. There is a wide range in both the type and amount of bacteria. Probiotics are sold as dietary supplements, leaving the

manufacturers with the responsibility to insure that the supplement contains the cultures as described on the label, and the safety of the supplement. Keep in mind that health benefits may be bacteria-strain-specific, and not all strains are necessarily useful. There is some evidence that a combination of probiotic strains may be more beneficial than single strains. Capsule, pill and chewable forms contain live, although dormant, cultures that become active when they reach the moist environment inside the body.

The Stanford study with gastric bypass patients used a daily supplement with 2.4 billion active cultures of *Lactobacillus* from Puritan's Pride. The researcher in this study now recommends probiotic supplements to his patients. Since we have more to learn about probiotic supplementation, if you decide to supplement, it may make sense to start with a level of supplementation that has shown some effectiveness.



WHAT'S NEW

We've added Celebrate Bariatric Supplements to our product line. Celebrate Bariatric Supplements have been developed to provide surgical weight loss patients with the optimum level of vitamin and mineral supplementation at an affordable price. Another great option to meet all of your pre and post surgical vitamin and mineral supplementation needs.

RECIPES



YOGURT POPSICLES

3 cups vanilla or strawberry yogurt (2 grams or less added sugar)

1 cup sliced fresh strawberries

Optional: 1-3 scoops unflavored, vanilla or strawberry protein powder

6 paper cups

6 wooden popsicle sticks

Blend yogurt and strawberries. Divide yogurt mixture equally between the paper cups and freeze until slushy, about 30 minutes. Insert wooden stick into each cup for a handle. Freeze until firm. Peel off paper cups before eating. *Makes 6 servings.*

Nutrition information per serving (without the optional protein powder): 67 calories, 3 grams protein, 0 grams fat, 12 grams carbohydrates, 51 mg sodium

HIGH PRO YOGURT

6 oz favorite flavored yogurt (2 grams or less added sugar)
½ scoop unflavored protein.

Place yogurt in bowl and stir in protein until blended. *Makes 1 serving.*

Tip: Start with ¼ to ½ scoop protein and increase to 1 scoop as taste acclimates.

Nutrition information per serving (utilizing Any Whey unflavored protein): 125 calories, 14 grams protein, 0 grams fat, 15 grams carbohydrates, 90 mg sodium.



BERRYLICIOUS

6 oz vanilla yogurt (2 grams or less added sugar)

½ cup fresh or frozen berries

½ scoop vanilla or strawberry protein

½ tsp vanilla extract

Splenda® to taste

Place ingredients in blender and blend until smooth. *Makes 1 serving.*

Nutrition information per serving: 161 calories, 16 grams protein, 0 grams fat, 22 grams carbohydrates, 77 mg sodium.

STRAWBERRY LEMON

SMOOTHIE

½ cup sugar free lemonade

6 oz vanilla yogurt (2 grams or less added sugar), frozen

5 large strawberries

Optional: 1 scoop unflavored, vanilla or strawberry protein powder

Freeze container of yogurt. Place ingredients in blender and blend until smooth. *Makes 1 serving.*

Nutrition information per serving (not including optional protein powder): 116 calories, 5 grams protein, 0 grams fat, 22 grams carbohydrates, 77 mg sodium.

PEANUT BUTTER

AND BANANA SMOOTHIE

½ cup vanilla yogurt (2 grams or less added sugar)

½ cup milk

1 Tbsp peanut butter (2 grams or less added sugar)

½ banana

Optional: ½ - 1 scoop plain, vanilla or chocolate protein powder

Place all ingredients in blender and blend until smooth. *Makes 1 serving.*

Nutrition information per serving (not including optional protein powder): 251 calories, 12 grams protein, 8 grams fat, 35 grams carbohydrates, 147 mg sodium.

PEACH SMOOTHIE

8 frozen peach slices (no added sugar)

½ cup fat free milk

½ cup vanilla yogurt (2 grams or less added sugar)

Optional: 1 scoop unflavored, fuzzy navel or vanilla protein powder

Place ingredients in blender and blend until smooth. *Makes 1 serving.*

Nutrition information per serving (without the optional protein powder): 140 calories, 8 grams protein, 0 grams fat, 26 grams carbohydrates, 113 mg sodium.

FRUIT SMOOTHIE

½ cup 100% orange juice

½ cup vanilla yogurt (2 grams or less added sugar)

½ peeled and frozen banana, cut into pieces

½ cup frozen strawberries or raspberries, no added sugar

Splenda® or other sweetener to taste

Optional: 1 scoop unflavored, vanilla, or strawberry protein powder

Place all ingredients in blender, blend until smooth. *Makes 1 serving.*

Nutrition information per serving (without the optional protein powder): 195 calories, 5 grams protein, 0 grams fat, 43 grams carbohydrates, 55 mg sodium.



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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 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. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.



IN THE NEWS

Researchers from the State University of New York found that obese women who lost significant weight from bariatric surgery prior to becoming pregnant may be able to break the cycle of obesity in their families. In addition to a three fold lower risk of obesity, children conceived after weight loss may also have a lower risk of heart disease and diabetes.

This study indicates that childhood obesity may, at least in part, be due to factors in the uterus. In addition to a higher incidence of gestational or type 2 diabetes in obese women, the researchers hypothesize that other substances in the amniotic fluid affect the developing fetus. The researchers were able to compare siblings conceived prior to weight loss and those conceived after weight loss

You must take personal responsibility.

You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have charge of.

Jim Rohn

IT WORKED FOR ME

From the Barix Message Boards

Submitted by Helga H.

The convenience of plastic soufflé cups with lids is unbeatable. I purchase 5 oz soufflé cups with lids from the local Gordon Food Service. I then fill them with $\frac{1}{2}$ cup portions of whatever food I am preparing. I refrigerate or freeze the containers and then just grab them when I am packing my small meals and snacks for the next day. I have perfectly portioned high protein foods to see me through my busy day. I just toss the soufflé cups when I am done eating—no dishes to wash.

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 October 31, 2009. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthc.com.

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