

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



## 1 THINK HEALTHY

**D**evelop a healthy mindset. Focus on the positive changes after surgery—the ways in which life has changed, the new opportunities, the ease of movement, improvements in health issues, the new role of food and an increased ability to participate in regular exercise. These positive thoughts promote positive actions that lead to a healthy weight.

What we **think** determines what happens to us, so if we want to **change** our lives, we need to **stretch** our minds.

-Dr. Wayne Dyer

Take a quick inventory of your thoughts, attitudes and behaviors and then try the following ideas to align your attitude with the weight loss success you desire.

- **List the things that you are grateful for.** This may include things like fitting in the bathtub, buying clothing in a 'regular' size, taking less medication, or being able to move with less/no pain. Post this somewhere that you will see it throughout the day.
- **Notice your thoughts.** When you catch yourself saying, "I hate to exercise," replace that thought with, "I am excited that I can walk through the neighborhood." When you notice a negative thought ("I feel left out when my co-workers celebrate with sugary desserts") look at your gratitude list or be proactive and initiate a tradition that celebrations should also include a sugar-free treat.
- **Look for opportunities to enjoy and share delicious sugar-free foods with others.** Family gatherings, work, and special occasions are all opportunities. I recently went on a cruise and chose a no-added-sugar dessert each evening. What a delicious splurge!
- **Surround yourself with positive support people.**
- **There will be trying or frustrating situations. Choose not to focus on these.** Keep your focus on the healthful behaviors that are going to help you reach your goal.

*(Recipe for Success, Continued on page 2)*

## 2 EAT RIGHT

**Choose to fuel your body with healthful foods.**



Learning to eat right is simple if you follow some basic rules to guide your selections.

- Plan meals and snacks ahead of time.
- Drink lots of water or other calorie-free fluids.
- Build your diet around lean meats/fish/poultry/low-fat dairy products. Add fresh fruits and vegetables, and round out your diet with whole grains.
- Choose foods based upon their nutrient value and their enjoyment factor.
- Choose six small high protein meals. Keep portions small.
- Eat fewer processed foods.
- Avoid foods with more than 2 grams of added sugar.
- Enjoy no-added-sugar treats in moderation.
- Limit foods that are high in fat.
- Enjoy small portions of high quality, delicious and nutritious foods.

## 3 MANAGE STRESS

**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, allow negative thoughts to 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.

## 4 BE MORE ACTIVE

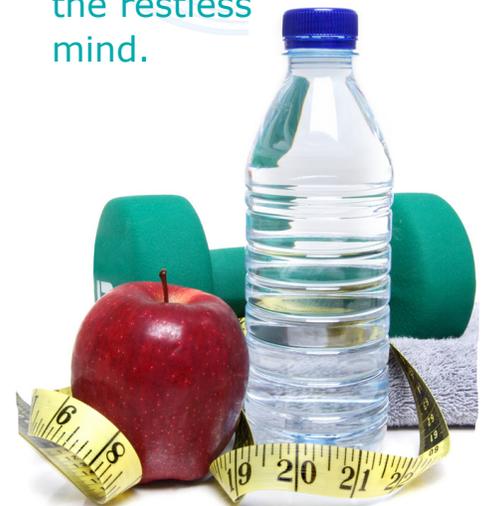
**Invest in your health with regular exercise.** It will pay off through increased energy, improved mood, more restful sleep, decreased stress hormones, stronger bones, stronger muscles, improved complexion, increased immune function, a 50% reduction in the risk of depression, and enhanced brain power—just to name a few benefits.

Few people in our society get adequate exercise with their daily activity. Regular exercise is one of the most important lifestyle habits to support a healthy weight. Where else can you find so many benefits for free (or almost free)?

*(Recipe for Success, Continued on page 3)*

**So, find a time, a place, and an activity that works for you, and get moving!**

You get **peace of mind** not by thinking about it or **imagining** it, but by **quietening and relaxing** the restless mind.



## 5 SLEEP WELL

**Studies indicate that adequate sleep is essential for a healthy weight.** Those who sleep between 7 and 8 hours a night are least likely to be obese. There is a 73% increase in the risk of obesity for those sleeping four or fewer hours a night; a 50% increased risk for those sleeping 5 hours a night and a 23% increase for those sleeping 6 hours.

Modern life certainly has more distractions, activity options, sedentary activities—and less physical work—than previous generations experienced. It is easy to see why people are sleeping less, but how does this change in sleep habits affect our waistlines? Sleep deprivation has been found to change the regulation of appetite and energy expenditure. An increase in the hormone ghrelin, a

**Sleep is the golden chain that ties health and our bodies together.**

-Thomas Dekker

decrease in leptin, a rise in cortisol, a decrease in adiponectin, and perhaps additional factors account for this. Let's take a look at each one of these hormones and its role in weight control.

- **Ghrelin** is a hormone responsible for increased appetite, increased desirability of food, decreased fat utilization, and decreased energy expenditure. After just two sleep-deprived nights, ghrelin levels are affected, resulting in forty-five percent more food cravings for carbohydrate-rich foods.
- **Leptin** is produced in the fat tissues. Leptin has the opposite role of ghrelin and tells your body to when to stop eating. Sleep deprivation decreases the circulating leptin levels, minimizing its ability to decrease appetite and maximize energy expenditures.

- **Cortisol**, the stress hormone, is raised in the afternoon and evening hours in those with sleep deprivation. Cortisol affects weight by increasing fat accumulation and appetite stimulation, reducing insulin sensitivity, and impairing glucose tolerance.
- **Adiponectin** is a hormone that enables insulin to move from the bloodstream into cells where it is used for fuel or stored. Adiponectin is produced in the fat cells and is decreased during periods of sleep deprivation.



## 6 SUPPLEMENT PROPERLY

If you have made the **commitment** to have bariatric surgery, you **must** make the **commitment** to take vitamin and mineral supplements.

- **Consider chewable supplements**—they do not need much dissolving before the nutrients are available for absorption.
- **Start with 1-2 complete multi-vitamin/mineral supplements.**
- **Keep your vitamin B-12 level above 400 pg/ml** with sublingual (under the tongue) supplements. Check with your nutritionist for a supplement level that is right for you.
- **Keep your bones strong.** Take a daily calcium citrate supplement (1500-2000 mg for gastric bypass, 1500 mg for lap band or gastric sleeve) with vitamin D (1000-2000 IU) daily. Look for chews, lozenges, powdered or liquid form for ease. Most calcium citrate pills are too big and will need to be broken.
- **If your surgeon or nutritionist recommends an iron supplement,** consider one of the chewable forms for better absorption and less digestive discomfort. Do not take iron supplements unless your labs indicate a need.
- **Probiotics may minimize gas (and may speed weight loss right after gastric bypass surgery) and improve immune function.** There has only been one published probiotics study with bariatric surgery patients. Watch for more information as probiotics are studied in more detail. If you choose to supplement with probiotics, choose a chewable or capsule form (you can empty the contents into a protein shake) with approximately 2.4 billion live cultures.



# IN THE NEWS

Researchers found that a diet high in fat and sugar may encourage our bodies to store too much fat. They do this by stimulating an opioid receptor causing our bodies to store more fat. This may lead to the development of obesity when a high fat and sugar diet is the norm.

This discovery supports the recommendation of a low fat and sugar diet and may lead to medications that can deactivate the opioid receptor. So once again we learn that all calories are not created equal. This study was published in the FASEB Journal

# 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 January 31, 2010. 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)



# IT WORKED FOR ME

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

Adding whey protein to hot beverages or soups can be a great way to increase your protein during these colder months. The warmth often soothes both the pouch and the spirit. To get a lump free product, mix the protein with a little cool water until it is smooth then add it to the hot (but not boiling) beverage or soup. Make high protein hot cocoa by mixing Matrix Perfect Chocolate with a small amount of milk until smooth and then adding to warmed skim milk.

# CONSIDERING SURGERY

One of the best things you can do for yourself prior to surgery is to begin a walking program. You will encourage weight loss, shrinking your liver and making the surgeon's job easier. Your overall health will improve and you will have started to establish a regular exercise program that will support a healthy weight.

Using a pedometer and tracking the number of steps that you take each day will enhance your walking program. Start with a goal for the first week to simply buy a pedometer, remember to attach it to your waistband each morning and record your steps each evening. The average number of steps



taken the first week is your baseline. You will build from there. Set a goal for week 2 for an average of 500 additional steps each day. As an added bonus, most people notice an improvement in their moods and a decrease in their stress levels.



"And now let us **begin** a **New Year**, Full of things that have **never been**"

*-Rainer Maria Rilke*

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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

# RECIPES

### CHEESY EGG CUP

- ½ cup egg substitute
- 1 wedge Laughing Cow® Light Original Swiss Cheese

Spray a large microwave-safe mug with nonstick spray.

Add egg substitute and cheese (cut into pieces) and stir.

Microwave for about a minute. Stir gently, and then microwave for another 30 - 45 seconds, until the egg is set.

Makes one serving.

**Nutrition information per serving: 95 calories, 15 grams protein, 2 grams fat, 3 grams carbohydrate, 490 mg sodium**

### ITALIAN SPINACH PIE

- 10 oz . box of frozen spinach, thawed
- 2 cup bag of Sargento® Reduced Fat 4 Blend Italian Cheese
- 10 oz. Classico® Spicy Tomato and Pesto Sauce
- 1/2 cup egg substitute

Preheat oven to 400 degrees F.

Spray a 9 x 12" pan or a 12" pizza pan with pan spray.

Squeeze spinach to remove the liquid.

Mix egg substitute, 2 oz of the tomato and pesto sauce, ¼ cup of cheese and the spinach together.

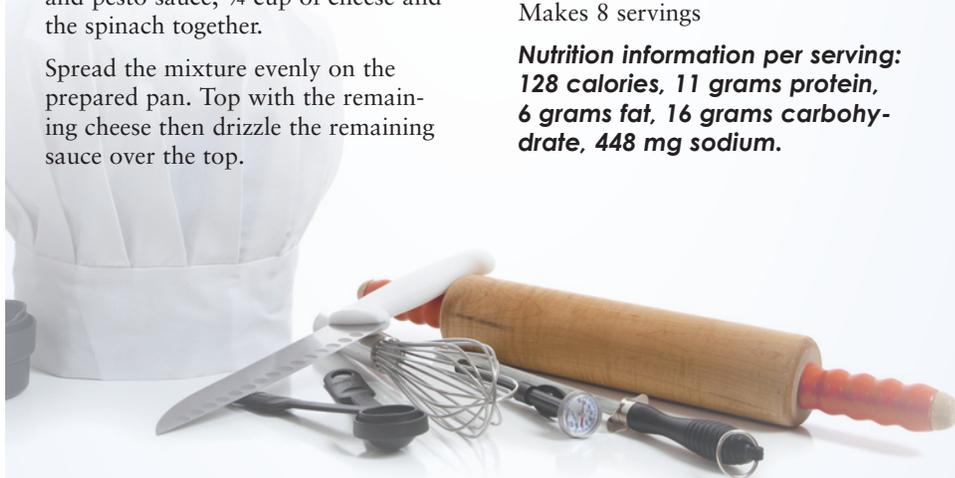
Spread the mixture evenly on the prepared pan. Top with the remaining cheese then drizzle the remaining sauce over the top.

Bake for 20-25 minutes until cheese is golden and bubbly. Allow to cool for 20 minutes before cutting into 8 slices.

Enjoy immediately or wrap slices individually in foil packets—a great lunch or snack treat.

Makes 8 servings

**Nutrition information per serving: 128 calories, 11 grams protein, 6 grams fat, 16 grams carbohydrate, 448 mg sodium.**



“The **discovery** of a new dish does more for the **happiness** of the **human race** than the discovery of a star”

-Jean Anthelme Brillat-Savarin