

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



Making daily decisions to advance your life to the next level.

Big changes to our lives and our behaviors often happen as a result of many small choices. Beth Moore, author of *Breaking Free*, puts it this way: “You’ll never reach your milestones if you can’t manage your moments.” Our habits and even our health is a cumulative result of these many small choices each day.

There are a multitude of reasons why change can be so difficult. First of all, change takes courage. You have to have courage to face the negative self-talk that might tell you that you have lost weight before just to gain it all back—why would this be any different. You have to have the courage to be different—the only one at the birthday party not having cake. You have to have the courage to move out of your comfort zone and think of yourself differently—as a healthy, fit person.

Another fact that makes change difficult is that the world doesn’t change when you have bariatric surgery. Food is still a big part of almost every social situation. You’re still just a short distance from your favorite fast food. Your co-workers still bring in donuts every Friday. It still takes a lot of effort to engage

in regular exercise. Some people are still unkind. Life still has many difficulties.

Change can be difficult if you are not sold on the benefits of making the change. For example, you may not think that it makes a difference if you reach your protein goal/take your vitamin and mineral supplements/exercise or not most days. If the benefit isn’t clearly etched in your mind, it is unlikely that you will make the effort to change your behaviors.

Change takes effort—lots and lots of effort in the beginning. As time goes on, old behavior patterns can be broken and replaced by new ones. Neuro-pathways in your brain actually change over time, making the new behavior more likely to occur. So practice, practice, practice is needed in the beginning and eventually the new behavior will be automatic.

So how do you make positive changes in your life?

LIST THE BENEFITS.

You need to know that the results are worth the effort. List the obvious benefits of improved health, ease of movement, ability to participate in desired activities and improved self-

Change is the essence of life. Be willing to surrender what you are for what you could become.

esteem. Then look a little deeper to how your new life will affect those around you—your spouse and children. It is very common for the entire family to improve their health when one member has bariatric surgery. The cycle of obesity can be broken. You will be a role model—leaving a legacy of health, fitness, and empowerment.

BE WILLING TO GIVE FOOD ITS RIGHTFUL PLACE.

We have idolized food—giving it a much higher status than it deserves. Food is essential to nourish our bodies. Not that food should not be enjoyable, but it makes a poor friend, comforter, entertainer, and boredom fighter. Work hard to shift the focus away from food during the holidays and celebrations. Find new traditions that bring deeper meaning to these occasions.

BE SPECIFIC ABOUT WHAT YOUR GOALS ARE.

Are you going to walk for 30 minutes five days a week, avoid foods and beverages with more than 2 grams of added sugar, meet your protein goal daily, pack your lunch and snacks the evening before, or all of these? You need to know what you are shooting for—the little steps that are going to lead to a lifestyle that supports a healthy weight.

VISUALIZE THE RESULTS.

Put the image of a healthy, fit, energetic, confident you in the front of your mind. Visualize yourself confidently walking onto a plane and easily buckling the seatbelt, having the time of your life at the amusement park, running a marathon, trying on a size 10 and having it fit, or playing with your children/grandchildren in the yard. What is your vision for your future?

CHANGE YOUR THOUGHTS.

Negative self-talk can derail the most enthusiastic person. Find a new mantra and when you hear a negative thought creeping into your mind, replace it right away with something like, “I can do this!”

MANAGE YOUR MOMENTS.

As you come to one of your moments (choosing chips or cottage cheese/choosing exercise or TV/choosing to walk by the candy dish or not) throughout the day—in that space between the choice and the decision—put the image that you have created or the positive mantra in the forefront in your mind. Each of these little steps takes you closer to your goal.



GET SUPPORT.

A community of likeminded people will encourage you, inspire you and help you through the tough times. Online support through the Barix Connection message boards, family and friends, and Barix Clinics support groups

can make a world of difference. You are not in this alone. Many others have faced the same giants and have overcome them—connect with those people and support each other.

PLAN, PLAN AND PLAN SOME MORE.

Take the time to plan meals and snacks in advance. Add up the protein ahead of time to be sure you will meet your goal. Pack a lunch/snack bag the night before. Plan exercise into your daily routine. Plan for celebrations—can you shift the emphasis from food? Plan for sugar free treats occasionally. Plan for travel and trips.

CELEBRATE AND REWARD.

Be sure to celebrate each of your successes. It might be simply saying “Yes!” to yourself as you manage a moment, new workout clothing after a week of meeting exercise goals, eating meals on china, a new hairstyle, a planned trip, or taking a class that you have always wanted. Appreciate and reward yourself for all of your hard work—you are worth it.

They always say
time changes things,
but **YOU** actually
have to change
them yourself.

Andy Warhol

REQUEST A FREE BROCHURE

for you or a friend at 800-282-0066, or www.barixinfo.com



IN THE NEWS

Many of you who have had surgery in Michigan chose to participate in the Michigan Bariatric Surgery Collaborative (MSBC)—remember, the questionnaire that you filled out at pre-admission testing. We want to thank you for taking the time to provide the necessary information. The MSBC is a voluntary group of hospitals and surgeons who perform bariatric surgery in Michigan and submit (non-identifying) patient data to the registry. Through data analysis, trends are identified, resulting in better outcomes for patients. Barix Clinics is one of many participating hospitals.

In August of last year, the collaborative posted the following information:

- Gastric bypass is the most common weight loss surgery and resulted in an average loss of 124# in the first year following surgery.
- The adjustable gastric band offered an average weight loss of 55# in the first year following surgery.
- Sleeve gastrectomy is the fastest growing bariatric procedure and produced an average weight loss of 94# one-year post-op.

For more information about the MSBC, www.med.umich.edu/mscore/mbc.html.

CONSIDERING SURGERY

Don't wait until after surgery to get your supporters rallied around you. Martha C. posted this on the Barix Connection message board one week before her surgery:

Everyone told me the time would go fast. It is now 7 days till my surgery. At this time next week I will be out of surgery and on my journey, and on the loser's bench. I am so thankful

for this forum it has truly helped me stay informed and feel so much better about my decision. Everyone has been down the same path I have with their weight loss struggle, and the veterans on this forum are all amazing I cannot thank you enough for sharing your ups and downs. This next week I will be eating slow taking small bites and preparing myself for the journey. Thanks to all.

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, 2010. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

WOW MOMENTS!

Join us in celebrating these WOW moments posted on the Barix Clinics Connection Message Boards

I rejoined a club that I originally joined in 1991. Last night there was a party at a friend's house and I went to see all of my old friends. I walked in the front door and said hi to everyone, chatted a bit and made my way to the kitchen to see who was there. A very dear friend who I have not seen in a while made eye contact and I was beaming, it was so good to see her. She extended her hand and asked, "what is your name?" When I told her she took her hand and put it over her mouth and just stood there gasping. I had forgotten that many of these friends knew me when I was closer to my heaviest (370 as opposed to my pre-surgery weight of 320).

She made me feel like a billion bucks! "You look so much younger/thinner/healthier/ etc..." I have had some nice compliments but that altruistic reaction was the best! — Patt

My 3 daughters and I went to Walmart to get groceries this afternoon and as we walked in the door the greeter says "You've really slimmed up!" I was really shocked. I still had my big winter coat on and was carrying my 1 year old. So I have decided either I shop at Walmart too much or the 37 lbs I've lost has done me wonders!

I also cleaned out my closet today and tried on some old jeans. How awesome to fit in a pair from 12 years ago before my first child. I did a happy dance and some hooting and hollering! Loud enough that the kids came running to see what was wrong. I'm loving my band and can't wait for another fill. —KMD

Hey everyone. It's been a long time, but I have found that now that the weight has come off I have so much energy I don't have time to sit at the computer anymore.

I am almost a year out and had a chance to sit down and think about all the things that my RNY has given back to me and it overwhelmed me. I have discovered that I love shopping and today I bought my very first pair of SIZE 6 jeans. I jumped on the scale and I now weigh 142 pounds (down from 282). I have lost 75 inches off of my entire body.

The best one of all was yest I was playing with my nephews in the snow and chasing them around for an entire afternoon, without being winded or sore, and I was able to keep up with them the whole time. That is the greatest gift of all.

God bless and I hope that this finds you all well. —Aspen76

I have lost over 150lbs! yay for me. I still have a long way to go, starting out at 415, but I'm over half way to where I want to be. I just wanted to share because so many of you have helped me along the way. (((hugs))) to all of you — YAY! I still am stunned, and people are telling me left and right how good I look — they're finally noticing! —Chelley

Since surgery day (December 1, 2009), I have lost 100lbs! My first set of labs (3 month interval) came back normal for every test! I'm pretty darn happy right now!!! —ThinJay2010



It takes a lot of courage to release the familiar and seemingly secure, to embrace the new.

But there is no real security in what is no longer meaningful. There is more security in the adventurous and exciting, for in movement there is life, and in change there is power.

Alan Cohen



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On Track With Barix

[www.barixclinicsstore.com/
newsletter_sign_up.html](http://www.barixclinicsstore.com/newsletter_sign_up.html)

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.

QUESTIONS

ABOUT FINANCING
YOUR SURGERY?

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

RECIPES

BANANA COOKIES

3 ripe bananas, mashed
2 cups rolled oats
1 cup dates, pitted and chopped (can substitute raisins)
1/3 cup vegetable oil
1 teaspoon vanilla extract

Preheat oven to 350 degrees F. In a large bowl, stir together mashed bananas, oats, dates, oil and vanilla. Mix well. Let batter sit for 15 minutes. Drop by teaspoonful onto an ungreased cookie sheet. Bake for 20 minutes or until lightly brown. Makes 36 servings.

NUTRITION INFORMATION

PER SERVING: 57 calories, 1 gram protein, 2 grams fat, 9 grams carbohydrate, 0 mg sodium.

EASY BAVARIAN CREAM

2 cups milk, skim
1 pkg instant sugar free pudding mix—4 serving size
1/2 cup Egg Beaters® Whites

Prepare and cool instant sugar free pudding according to instructions on package. Vanilla, butterscotch, white chocolate, banana or chocolate are good flavor options. Stiffly beat Egg Beaters® Whites. Add to prepared sugar free pudding. Chill for 2 hours. Makes 4 servings.

NUTRITION INFORMATION

PER SERVING: 95 calories, 8 grams protein, 0 grams fat, 14 grams carbohydrate, 423 mg sodium.

Use Easy Bavarian Cream to make delicious desserts:

Layer White Chocolate Bavarian Cream in wine glasses with fresh raspberries or strawberries.

Crumble a sugar free vanilla wafer cookie in the bottom of a wine glass, top with Vanilla Bavarian Cream and crumble another sugar free vanilla wafer on top. Garnish with a fresh strawberry and a mint sprig.

Scoop 1/2 cup Butterscotch Bavarian Cream into a small serving bowl and top with sliced bananas.

Make an elegant truffle by layering Bavarian Cream, fresh fruit and sugar free angel food cake (cut into pieces) in a truffle bowl.

OATMEAL COOKIES

1/2 c. softened margarine
1 egg, beaten
1/4 c. milk, skim
1 1/3 c. Splenda®
1 c. flour
1 tsp. cinnamon
1/2 tsp. baking powder
1/2 tsp. nutmeg
1/4 tsp. salt
1/8 tsp. baking soda
1 c. rolled oats
1 c. raisins
1 tsp. vanilla

In a large bowl, cream butter. Add in egg, milk and Splenda, beat. In another bowl, sift together flour, cinnamon, baking powder, nutmeg, salt and baking soda. Add dry ingredients to egg mixture and mix thoroughly. Stir in oats, raisins and vanilla. Coat a cookie sheet with cooking spray and drop dough by heaping teaspoonful onto the cookie sheet. Flatten slightly with a fork. Bake at 375 degrees for 15 minutes or until cookies are brown on the edges. Makes 72 servings.

NUTRITION INFORMATION

PER SERVING: 29 calories, 1.5 grams protein, 1 gram fat, 4 grams carbohydrate, 10 mg sodium.

