

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Gratitude Healthful Holidays

A surprising choice impacts our health as much as the foods we eat and the exercise we do; an outlook of gratitude. This is something we all can have. It comes naturally for some, but most of us need to work at being grateful. You might be surprised to find just how important gratitude is and how easy it is to cultivate an attitude of gratitude.

Science backs up this connection between our sense of gratitude and our health. Robert Emmons and Michael McCullough are psychologists who specialize in gratitude research and they have found a very clear link between being grateful and health. Their studies show the impressive benefits of keeping a gratitude journal or gratitude list. Those who journal their gratitude exercise more, report fewer physical symptoms, feel better about life as a whole, are more optimistic, are more likely to make progress towards important personal goals, and have higher levels of alertness, enthusiasm, determination and attentiveness. Quite a list!

But that's not all—when we think about something we really appreciate, the calming branch of the nervous system is triggered, changing the electromagnetic patterns of the heart, relieving high blood pressure and the risk of sudden death from heart disease.

In addition to health benefits, there are some work applications of gratitude as well. Employees have an improved sense of worth when they believe their supervisors are grateful for their work. This often leads to an increased vested interest in the organization and improved performance. Gratitude can be catchy. When we experience someone expressing gratitude to us, we tend to treat people in a like manner. One expression of gratitude can have a ripple effect on the entire organization.

Be the change that you
want to see in the world.
—Gandhi

Most of us find it pretty easy to feel grateful when we land an amazing job, someone goes out of their way to help us, or we

walk away from a car accident unscathed. Ordinary daily life presents a wealth of opportunities to feel grateful if we just tune in. At our frenzied pace, cultivating gratitude for the little things throughout the day takes effort, but you may find that it is easier than you think.

TIME OUT. Set a trigger (your cell phone alarm, your Outlook account, or a note posted somewhere you will notice) for each hour throughout the day. Just for a minute or two, take a deep breath, clear your mind, and think of one thing that you are grateful for at that moment. Savor the thought, experiencing the emotion that goes with it.



(Continued on page 2)

JOURNAL IT. A gratitude journal can take many forms. It may be a file on your desktop, a purse-size spiral notebook, a calendar entry on your cell phone, a posting on your bathroom mirror or these days a tweet or blog. You may decide to record every hour as you stop to reflect or at a consistent time once a day. Writing helps us to focus on those things that we are grateful for rather than on things that we wish would change.

SEARCH FOR THE SILVER LINING. Even in tough times, there are things to be grateful for. Consider this quote by H.U. Westermayer, "The Pilgrims made seven times more graves than huts. No Americans have ever been more impoverished than these, who, nevertheless, set aside a day of thanksgiving."

EXPRESS YOUR GRATITUDE. When was the last time that you told someone how much they mean to you? handwritten note is a great way to do this. Who doesn't like to get something other than bill: and credit card applications in the mail? It can be a simple, "I am so glad that you are part of my life" message or as detailed as you want it to be. Not only will you make their day, you will make yours as well.

FINISH YOUR DAY RIGHT. At the end of the day, reflect on those things that surprised, inspired or touched you. Each day is filled with these moments and if we make the effort to bring

If you have much, give of your **wealth**; If you have little, give of your **heart**.

them back into our memory, they are the things that we will focus on.

GIVE BACK. Helping others is a way for us to practice our gratitude. From small acts of kindness to major missions, reaching out to others makes us feel good. As part of your gratitude journal, you may want to include one thing that you plan to do for another that day. If you are able to perform the deed anonymously, all the better. Little things like placing a single flower from your garden in a vase on a co-worker's desk before she arrives or putting a small note in your son's lunch box will have a big impact on both the recipient and the giver.

ACTICE SPIRITUALITY. ability to be grateful is ranced by a belief that all ople are connected and commitment to serving hers. Those engaging in eligious activities were ound to be more grateful n studies.

DEVELOP RITUALS IN YOUR FAMILY. Cut out construction paper in the shape of autumn leaves for family to write what they are grateful for this year. Post on a wall or window for all to see. Ask your children what they are grateful for as you tuck them in each night. Use teachable moments to discuss positive aspects of a situation—a poor grade on a test is an opportunity to learn to work harder to master the material.



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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.

QUESTIONS ABOUT FINANCING YOUR SURGERY?

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

CONSIDERING SURGERY

Making up your mind to overcome obesity through weight loss surgery is life-changing. As you begin the approval process, make a commitment to make changes to your lifestyle now. There are some simple things that you can do right now to prepare for the after-surgery lifestyle. Pick just one this week and make a change for your health.

- Get enough sleep every night (7.5–9.5 hours)
- Walk more—use a pedometer to track steps
- Choose calorie-free drinks
- Eat six small meals
- Avoid foods high in added sugar
- Learn a new stress management technique
- Eat more fresh vegetables
- Drink 8–8 oz glasses of water daily

See, that wasn't so bad. Little changes really add up. Take a step for your health today!



REQUEST A FREE BROCHURE

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



IN THE NEWS

The relationship between adequate sleep and weight has once again been confirmed by a recent study published in the *Annals of Internal Medicine*. In this study adults were put on a moderate calorie-restricted diet for 14 days. They were allowed either 5.5 or 8.5 hours of nightly sleep in a sleep laboratory. Those who were sleep deprived (5.5 hours) lost 55% less fat than those with adequate sleep. They also lost 60% more muscle and had more hunger than the adequate sleep group.

This study once again stresses the importance of getting a good night's sleep to reach and maintain a healthy weight.

"Without enough sleep, we all become tall two-year-olds."

JoJo Jensen,
Dirt Farmer Wisdom, 2002

WHAT'S NEW?

We are excited to announce our new social network site: forum.barixclinics.com. We are very excited about the extended profile, blog, forum, and chat features now available. You are going to be able to connect and communicate better than ever in a community designed specifically for you, a Barix patient.

IT WORKED FOR ME

Submitted by Carolyn F.

This summer I was committed to a consistent walking program. I really enjoyed it, but as the leaves began to change, I started thinking about a way to keep up my consistency through the Michigan winter. I also wanted to take my exercise program to the next level and challenge my body. I began to research fitness centers and gyms in my area. I finally found one that had all the features I was looking for—close to home, low cost, classes to keep motivation high, high-quality equipment, optional trainer sessions, and clean. Each of the treadmills has a personal TV as a bonus. To make my exercise program work, I am getting up at 5:00 AM. Although this is a bit of a sacrifice, the payoff is well worth it when I walk into work full of energy.



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 November 30, 2010. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

RECIPES

GREEN BEAN CASSEROLE

28 oz. can cut green beans
1 can low-fat cream of mushroom soup, condensed
1/2 cup skim milk
6 tablespoons French fried onions

Mix together soup, milk, and pepper to taste. Stir in green beans. Bake in 350 degree oven for 30 minutes. Sprinkle onions on top and bake an additional 5 to 10 minutes. Makes 6 servings.

NUTRITION INFORMATION PER SERVING: 82 calories, 2 grams protein, 3 grams fat, 11 grams carbohydrate, 686 mg sodium.

LAYERED PUMPKIN CHEESECAKE

2 packages (8 oz. each) light cream cheese, softened
1/2 cup Splenda
1/2 tsp. vanilla extract
1/2 cup egg substitute
1/2 cup canned pumpkin puree
1/2 tsp. ground cinnamon
1/2 tsp. apple pie spice
1 cup Cool Whip Light

Preheat oven to 325 F. In large bowl combine softened cream cheese, Splenda, and vanilla. Beat with electric mixer until smooth. Blend in egg substitute. Spray the bottom of a glass baking dish sparingly with non-stick spray and spread one cup of batter into the bottom.

Add pumpkin and spices to remaining batter and stir until blended. Carefully spread pumpkin layer over first layer. Bake for 35-45 minutes until center is almost set. Allow to cool and then chill for several hours or overnight. Serve with a dollop of Cool Whip Light. Makes 8 servings.

NUTRITION INFORMATION PER SERVING: 168 calories, 5 grams protein, 10 grams fat, 9 grams carbohydrate, 286 mg sodium.

SWEET POTATO CASSEROLE

3 lbs sweet potatoes or yams
1 cup pecan pieces
2 teaspoons cinnamon
1/2 teaspoon nutmeg
1 teaspoon salt
1/4 teaspoon pepper
5 tablespoons butter
1/4 cup egg substitute
1/2 cup Splenda

Poke sweet potatoes with a fork and bake at 400 F for 45-60 minutes until soft.

Place 3/4 cup of pecans in blender until ground into meal. Add 1/4 cup Splenda, 1 teaspoon cinnamon, a pinch of salt and 2 tablespoons of butter and blend until well mixed. Stir the remaining pecans in by hand.

Allow the sweet potatoes to cool for 10-15 minutes. Remove the skins and discard. Place sweet potatoes, 3 tablespoons of butter, remaining seasonings, egg and 1/4 cup Splenda in blender and mix until smooth.

Place sweet potato in casserole dish that has been sprayed with non-stick spray and sprinkle pecan topping over the top. Bake at 375 F. until the topping is browned. Makes 12 servings.

NUTRITION INFORMATION PER SERVING: 214 calories, 4 grams protein, 12 grams fat, 25 grams carbohydrate, 278 mg sodium.

