

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



Yoga



Give yourself the gift of balance, strength, confidence, & energy this season!

Yoga is invigoration in relaxation. Freedom in routine. Confidence through self control. Energy within and energy without.

Ymber Delecto

Adapted poses and props can help people achieve the pose despite the physical limitations of strength, flexibility or injuries. Yoga is intended to increase relaxation and balance the mind, body, and the spirit. You can learn yoga from books and videos, but taking a class is helpful to learn proper pose positions. Yoga has become so popular, with almost 11 million Americans practicing, that you will most likely be able to find several class options available in your community.

The practice of yoga goes back 3,000–5,000 years. The Yoga Sutras, the early descriptions of yoga, were written 2,000 years ago. These Sutras outline eight foundations of yoga practice as a method of discipline to reach spiritual enlightenment. The eight limbs are yama (moral behavior), niyama (healthy habits), asana (physical postures), pranayama

(breathing exercises), pratyahara (sense withdrawal), dharana (concentration), dhyana (contemplation), samadhi (higher consciousness). Most forms of yoga practiced in the United States do not emphasize the religious elements, but rather focus on teaching and practicing physical poses and breathing techniques that connect the mind and body and teach the body to move in new ways.

Benefits of yoga include improved strength, flexibility, range of motion, and overall physical fitness; improved core strength and posture; increased body awareness; improved mood and sense of well-being; stress reduction; reduced heart rate and blood pressure; increased lung capacity; help with depression, anxiety and insomnia; a feeling of relaxed calm and a connection to others from changes in brain chemistry; and many other reported benefits. Yoga leaves you feeling invigorated, yet relaxed and calm — a great mindset to have as you go through your day.

Many of us find it easier to do things for others than for ourselves.

Think about all the things you just automatically do for others. Especially as we enter the holiday season, doing for others is a value many hold and find joy in. But, if you allow all of your energy to drain out and don't find ways to refresh and refill, you may find that doing for others becomes a burden rather than a joy. The key to being able to keep being all you are to those around you is balance. How do you find that balance? One step in the right direction is to take the time and effort to improve your physical, mental and spiritual health. Consider doing this by giving yourself the gift of yoga this season.

The idea of practicing yoga may conjure up images of fit people bending into pretzel shapes or people sitting cross-legged and chanting. And these images may be accurate, but there are now many different types of yoga available for all fitness levels.

Below is a list of the most popular forms of yoga and a short description of each.

HATHA—usually a gentle and slower-paced class to learn basic poses.

VINYASA—usually a more vigorous class in which movement is matched to the breath.

ASHTANGA—a fast-paced, physically demanding, intense form of yoga. A series of poses is performed in the same order. Power Yoga classes may be based on this style.

IYENGAR—this style focuses on body alignment and holding poses longer to obtain maximum benefit and avoid injury. Yoga blankets, blocks, straps and other props are used to bring the body into alignment.

KUNDALINI—this form focuses on the breath during poses to free energy from the lower body and move it upward.

HOT YOGA—also called Bikram yoga, this form is practiced in a 95–100 degree room to loosen muscles and produce a cleansing sweat.

VINIYOGA—this describes an individual class in which yoga is adapted to the student's abilities, physical condition, health, and injuries.

ANUSARA—this form combines poses with positive philosophy of the intrinsic good of all beings. Poses are taught in a way that opens the heart and props are often used.

JIVAMUKTI—this physically intense yoga emphasizes chanting, meditation and spiritual teachings.

RESTORATIVE—props are used to support the body so poses can be held for longer periods, allowing for stretching.

CHRISTIAN—this approach to yoga combines the calming, quieting aspects of yoga with the Christian faith. This may be through developing the ability to quiet the mind in order to hear God's word, the reading of scriptures during poses, or other forms of worship. Although yoga came through a Hindu culture, many Christians feel that its physical, mental and spiritual benefits can be adapted to the Christian faith.



Considering Surgery

Getting ready for surgery should include vitamin and mineral supplementation.

Let's face it, even the healthiest of eaters rarely choose a daily diet that includes 100% of the recommendations for all vitamins and minerals. For that reason, it is in your best interest to take a multi-vitamin/mineral supplement before surgery. There are several options for a pre-surgery vitamin and mineral supplement. You don't need to spend a lot of money or take a lot of pills. Look for a supplement that has the term "complete" on the label. It will have more of the nutrients your body needs to be healthy. You may choose a name brand or a generic (or store brand) supplement.

If you plan to see your primary care physician before your surgery, you may want to discuss a screening for iron (females) and vitamin D (males and females) deficiencies. These deficiencies are quite common in the general population and can be corrected

prior to your surgery if identified. If you don't plan to see your primary care physician, no need to worry; your Barix nutritionist will help you to find a supplement plan that will meet your individual needs.

Many people do not consume enough dairy products to meet their bodies' need for bone-building calcium. If you consume 3 cups of low-fat milk or yogurt daily, you are getting enough. If not, you may want to start a calcium supplement (1000 mg) with vitamin D (400–800 IU) daily.

So, it's simple: take a complete multi vitamin/mineral supplement daily, take a calcium with vitamin D supplement if you don't drink milk or eat yogurt, and get checked for vitamin D (males and females) and iron (females only) deficiencies the next time you visit your family doctor. Congratulations! You're taking steps to becoming a healthier you!

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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!**

SHARE YOUR SUCCESS

Tell us about how your life has changed as a result of your weight loss surgery. Your story may be printed in this publication or on one of our websites and can serve as an inspiration to others.

Submit your story online (http://www.barixclinicsstore.com/share_your_story.html).

We'd love to hear from you.

QUESTIONS ABOUT FINANCING YOUR SURGERY?

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

It Worked for Me



The Barix Forums are about people supporting each other through tough times and WOW moments. No one can quite understand what you are going through like someone who has walked in your shoes. Here is just one example of a posting (edited) that supports the person posting and also inspires others. If you have not checked out the forums, what are you waiting for? Just create an account and find the support you need (forum.barixclinics.com).

POSTING:

My 6-week checkup was Monday. Dr. Pop says I have lost 16% of my excess weight so I'm happy with that. He asked me a question that had me stumped. He asked me, "So, now that you cannot eat your way out of stressful situations, what have you decided to do instead?".... Ummmmm....well, I've been so focused on the scale...on my lack of hunger...on my new jeans... that I haven't even TOUCHED on the mental part we've been warned about since consult! Any suggestions, friends? Keep in mind, I have a 3 year old and an 11 month old. I work full time and have BARELY been able to make time for walking my dog around the block. I live in Michigan...so gardening is out until spring. I just can't seem to think of something I could do! I would LOVE to hear anything that may be working for you!

RESPONSE 1

Healthy ways to relax and recharge: go for a walk, spend time in nature, call a good friend, sweat out tension with a good workout, write in your journal, take a long bath, light scented candles, savor a warm cup of coffee or tea, play with a pet, work in your garden, get a

massage, curl up with a good book, listen to music, watch a comedy.

RESPONSE 2:

I find I just try to stay busy. If I sit and watch TV, I can feel the old cravings start whispering in my ear. I do home improvement projects (learned how to install tile and grout, hang crown molding and chair rails, and I even changed a light fixture which included wiring!). I also do crafts and just general things to keep myself busy.

RESPONSE 3

Dr. Pop asked me the same question. I don't think I had a very good answer then either. I am nearly a year out now and am below my weight goal and I have to say just losing the weight has taken a lot of stress out of my life. I don't obsess about what clothes I am going to wear to cover what bulge. I feel better than I have in many years and best of all I can keep up with my kids. My self confidence and self esteem are up 110%.

When I am feeling stressed I try to get out by myself, even if it's just going to the store. I look for the furthest parking spot from the door and get a little bit of extra fresh air on the way. I also found that cuddling up with the hubby and watching TV together helps me too, but my children are a lot older than yours so maybe watching their shows with them will help. Also a lot of the foods that I would eat to get through stress are no-no's for me now, meaning that I feel awful after I eat them, so that has helped recondition my stress habits. You will find something that works for you! Hang in there!

Recipes

Peppermint Patty Pie

- 18 sugar-free miniature peppermint patties
- 1-9" pie crust (pre-baked)
- 1 pkg. (4 oz.) vanilla pudding, no added sugar, cook & serve variety
- 1 tbsp baking cocoa
- 2 cups skim milk
- 1 cup Lite Cool Whip

Combine pudding and cocoa in a medium saucepan. Gradually stir in milk, following instructions on pudding box. Cut ten peppermint patties into quarters and add to the pudding mixture. Stir until melted and the mixture has a smooth texture. Remove from heat and pour into the prepared pie crust. Refrigerate for several hours until well chilled. Slice and garnish each piece with a dollop of whipped cream and a peppermint patty. Makes 8 servings.

Nutrition information per serving: 243 calories, 3 grams protein, 10 grams fat, 46 grams carbohydrate, 219 mg sodium.

Cream Cheese Gelatin Salad

- 1 pkg. sugar-free lime gelatin (four serving size)
- 8 oz. cream cheese, fat-free, softened
- 16 oz can crushed pineapple, packed in pineapple juice
- 1 cup chopped peanuts
- 2 cups Lite Cool Whip®

Dissolve gelatin in 1 cup hot water. Add 1 cup juice from pineapple. Mix cream cheese, pineapple and nuts, add to gelatin. Add Lite Cool Whip and mix all ingredients together. Place in mold or dish and chill until set. Makes 8 servings.

NUTRITION INFORMATION PER SERVING: 211 calories, 8 grams protein, 11 grams fat, 21 grams carbohydrate, 108 mg sodium



In the News

Another benefit of gastric bypass surgery—healthier gums. Researchers at Case Western Reserve University School of Dental Medicine studied obese individuals with gum disease. Half of the group had bypass surgery and fat removed from their abdomens; the other half did not. Both groups underwent periodontal treatment for their gum disease. Those who underwent weight loss surgery had much greater gains in their dental health. The researchers attributed this to the decrease in inflammation triggered by fat cells and a lower blood sugar level.



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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 December 31, 2011. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.