



ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Toxins & Obesity

Strategies to Help You Minimize Your Risk of Exposure

The use of man-made and organic chemicals has exponentially expanded over the last 50 years. This has provided us with an abundant food supply and has contributed to our well-being in many ways. But many of these chemicals also have a dark side. Toxins from pollution, industrial waste, agriculture, lawn care, improper disposal of medications, production of synthetic materials and many other sources are moving through the food chain and into the human diet at an alarming rate. In fact, virtually all food is contaminated in one way or another.

Would you ever think to look at these toxins in our environment to explain the obesity epidemic — even partially? There is mounting evidence that some of the chemicals common in our daily lives can lead to weight gain, insulin resistance and other metabolic disturbances. This happens when the toxins disrupt the weight-controlling hormones including estrogen, testosterone, corticosteroids, insulin, growth hormone, leptin and thyroid

hormones. They can also impact neurotransmitters (dopamine, noradrenalin, and serotonin). These endocrine-disrupting chemicals are called obesogens and they have been identified in plastics, pesticides, fungicides, hormones injected into livestock, and other common sources.

The only two herbicides we recommend — cultivation and mulching.

Organic Gardening Magazine

Combine the obesogens in our food supply and environment with a plentiful supply of inexpensive food, expansion of non-active leisure activities, changes in sleep patterns, and increased use of medications and you have may have the recipe for an obesity epidemic — welcome to the modern world. So what's an Earth inhabitant to do? First, learn about the most common obesogens (at least those that we are currently aware of) and then put some strategies in place to minimize their impact on the health and well-being of your family. BPA, tributyltin, phthalates and pesticides are obesogens that you are exposed to on a regular basis.



The chemical bisphenol A, better known as BPA, is used to make food and beverage containers (including baby bottles). BPA can leach into foods and beverages, especially if heated — think of a case of water bottles picked up at the grocery store and left sitting in a warm car for a few days until they are moved to the refrigerator, or reheating leftovers in a plastic container in the microwave. In mice, BPA has been shown to contribute to developmental and reproductive abnormalities, precancerous changes in the prostate and breast, and other health problems. In human studies, a correlation between BPA levels in people and higher risk of cardiovascular disease, diabetes and liver problems has been reported. BPA also seems to have an estrogen-type effect on humans that promotes weight gain.

BPA is found in the resin lining of all food and beverage cans. It is used in a wide range of commonly-used plastic containers and kitchen utensils including baby bottles, sippy cups, water bottles, drinkware, food storage containers, and measuring cups.



Strategies to Minimize your Family's Exposure to Obesogens.

- Don't use polycarbonate plastics (marked with a #7 PC) for storing/heating food or beverages. This is especially important for pregnant or nursing women, infants and young children.
- Use BPA-free baby bottles and sippy cups.
- Use BPA-free reusable water bottles rather than disposable bottles.
- Ask your dentist to provide BPA-free sealants and fillings.
- Avoid plastics containers with the number 3 or 7 on the bottom, which are more likely to contain BPA. Plastic containers with the numbers 1, 2, 4, 5, and 6, are unlikely to contain BPA.
- Never microwave food or beverages in plastic containers or with plastic wrap.
- Eat fewer canned foods. Opt for frozen or fresh instead. Or look for foods packaged in glass containers.
- Throw out non-stick pans or take care to avoid scratching the surface which releases the surface-coating chemicals.
- Buy meats directly from the butcher counter (instead of pre-packaged) and request a brown paper wrapper in place of plastic wrap.
- Buy wild fish, poultry, and meat products that are hormone and antibiotic-free.
- Install a granular activated carbon filter on your faucet to filter out chemicals and pesticides.
- Buy organic produce from local growers when possible.
- Skip the air fresheners.
- Look for environmentally friendly cleaners for your home.



It is also found in dental sealants and fillings, paints, adhesives, cash register receipts and medical devices. The FDA has not banned BPA, but according to the fda.gov website, the FDA has some concern about the potential effects of BPA on the brain, behavior, and prostate gland in fetuses, infants, and young children, and they are carrying out in-depth studies to answer key questions and clarify uncertainties about the risks of BPA.

Tributyltin is a disinfectant and fungicide used in industry. It is used for wood preservation, to keep organic build-up from occurring on wet surfaces such as boat bottoms, industrial water systems, wood pulp and paper mill systems, and equipment at breweries. It is considered toxic to both humans and the environment. Unfortunately, tributyltin has found its way into seafood and drinking water. Studies performed on animals found that pregnant animals fed tributyltin had offspring with a greater number of fat cells, resulting in higher adult obesity rates.

Phthalates are a group of chemicals found in plastics, solvents, cosmetics and perfumes. They may be in your shower curtain, air freshener, vinyl flooring and the plastic wrap covering meat purchased from the grocery store. Dibutylphthalate

(DBP), butylbenzylphthalate (BBP) and diethylhexylphthalate (DEHP) are types of phthalates used in cleaning products that help remove dirt and grime. These toxins act like a hormone, lowering testosterone and metabolism, causing loss in muscle mass and promotion of weight gain.

Pesticides are found in grains and produce and tend to congregate in the fat cells of animals; we are exposed when we consume foods or animals exposed to pesticides or drink water from a supply polluted with pesticide residue. Research has found that the higher the level of pesticides in your body, the greater your waist circumference and body mass index (BMI).

The following are links to search tools that provide U.S. citizens with the ability to search for environmental hazards in their neighborhoods:

EPA's Toxics Release Inventory
<http://www.epa.gov/tri/>

Scorecard (Who's Polluting in Your Neighborhood?)
<http://scorecard.goodguide.com/>

The Right-To-Know Network
<http://www.rtknet.org/>

The Center for Disease Control and Prevention recently kicked off a new publication that will provide an ongoing assessment of the U.S. population's exposure to environmental chemicals: **National Report on Human Exposure to Environmental Chemicals**.

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On Track With Barix

[www.barixclinicsstore.com/
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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. This month, a Barix moderator posted a question to see what the experts, Barix post-op patients, had to share. And they didn't disappoint—see their responses below (edited). 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

We all know that weight loss surgery is a great tool, but that like all tools, it works best when used properly. For those who are in the "Is this really going to work for me?" stage, list the things that you do to use your tool to the greatest advantage. No one says it better than those of you who have gone through it.

RESPONSE 1

Follow the plan. Get the protein in. Six meals = 3 meals, 3 snacks. Follow the recommended fat and sugar intake guidelines. Listen to the pouch – it will tell you when you have had enough. Follow the 5 – 30 rule for fluids. It comes down to doing what you are told day in and day out.

RESPONSE 2

Eating small protein-based meals and drinking a lot of fluid. Also, finding the cause of overeating and finding ways to deal with it.

Success is not final, failure is not fatal: it is the courage to continue that counts.

Winston Churchill

RESPONSE 3

Read, read, read the Barix "bible" book until you know it inside and out. Talk with other folks who are further out to get their advice. Go to support meetings and hang out here on the forum. Be as active as possible – keep the body moving all the time. The more you move, the less hungry you are and the more weight is lost.

RESPONSE 4

The tool is nothing short of a miracle for me! However, you need to find out what else triggers your eating and try to deal with that. The surgery does not fix our brains. Support is essential. You can find it on the forums, in the support groups, or just by having friends who have gone through this—whatever works to help keep you on track!

RESPONSE 5

Right to the point...get off your rear end and move.



REQUEST a Free Brochure for you or a friend. Call us at **800-282-0066**, or log on to **www.barixinfo.com**

Caramel Apple Protein Shake

Jell-O Sugar-free Creamy Caramel Pudding Snack
 ½ cup apple cider
 1 scoop vanilla protein powder
 ¼ cup sugar-free ice cream
 ¼ teaspoon cinnamon
 1/8 teaspoon vanilla extract
 1 cup ice cubes
 2 Tbsp. sugar-free whipped topping

Place all ingredients in blender except for sugar-free whipped topping and blend until smooth. Pour into a glass and top with whipped topping. Makes one serving.

NUTRITIONAL INFORMATION PER SERVING: 315 calories, 25 grams protein, 6 grams fat, 37 grams carbohydrate, 262 mg sodium.

Gelatin Protein Shakes

Submitted by Lynette P.

These are really pretty basic protein shakes, but the good thing is that you can't taste the protein or aftertaste in them! They are fantastic-tasting and get a nice thick consistency – very much like a real milkshake. Basically, you make a shake the way you normally would in a blender (not a shaker) with protein powder, ice and liquid – but the "twist" is to use flavored gelatin water instead of plain water.

Step 1: Make gelatin water by dissolving a package of sugar-free gelatin in 1 cup hot water and then add 1 cup of cold water per package instructions. If this flavor is too intense, add an additional cup or two of cold water to taste.

Step 2: Place ¾ cup of liquid gelatin water (if the gelatin has set, just microwave it for 10–15 seconds to partially melt) in the blender. Add ¾ cup ice and protein powder flavor of choice (plain and vanilla work well). Add fruit (no-added-sugar) if desired. Blend and enjoy.

Protein Shake Combination Suggestions

1 Scoop Protein Powder	¾ cup Sugar-Free Gelatin Water	¾ Cup Ice	Fruit (optional)
Vanilla or plain	Orange flavor	Ice	Mandarin oranges
Vanilla or plain	Strawberry flavor	Omit	Frozen strawberries
Vanilla or plain	Strawberry flavor	Ice	Fresh strawberries
Vanilla or plain	Peach flavor	Ice	Fresh or canned peaches
Vanilla or plain	Raspberry flavor	Ice	Fresh raspberries
Vanilla or plain	Lemon flavor	Ice	Omit
Vanilla or plain	Lime flavor	Ice	Omit

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 June 30, 2012. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.