

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

## De-Stress your Holidays

Be free to go slow, simplify, and take time to laugh!

Even those of us who love the holiday season will admit that the added demands of shopping, cleaning, baking, decorating, and entertaining contribute to the stress level of our already busy lives. Because chronic stress has a negative impact on our health and on our weight, it makes sense to de-stress as much as possible, especially this time of year. Hopefully, you will find a tidbit of wisdom within this newsletter to lighten your load and enhance your enjoyment over the holidays.

*There is absolutely no reason for being rushed along with the rush. Everybody should be free to go slow.*  
Robert Frost

**Strategize.** Take some time before the hustle and bustle begins to think through past holiday seasons. What was especially meaningful to you and what would you be happy to do without? Perhaps there are some new traditions that can help you and your family connect with each other and the true meaning of the season.



**Evolve.** Families change, situations change and both expectations and traditions

need to change as well. If you are not able to be with loved ones, connect through conference calls, pictures, videos, cards and emails. If money is tight, downsize gift-giving. Celebrations do not need to be perfect to be meaningful and draw people together.

**Accept.** Let your differences go, at least for the holidays, and just enjoy the uniqueness of each family member, friend and co-worker. We often have the choice of being right or being kind — your kind words and actions often have a more positive impact than attempts to prove that you are right (even if you are).

**Plan.** You know what needs to get done. Make a list of people to buy for and gift ideas for each one. Don't wait until the last minute to shop. Make menus and grocery lists so you can shop for non-perishables ahead of time. Schedule time for holiday activities and time to prepare for them.

**Budget.** Don't overspend. The stress of added debt is a high price to pay for purchasing gifts that you cannot afford.



If you haven't saved for additional expenses, try to make next year different, by putting aside a consistent amount from each paycheck into a holiday savings account.

**Simplify.** Learn to say no and only participate in those activities that are really meaningful.

**Volunteer.** Doing something for others, serving a holiday meal at a homeless shelter, contributing to a clothing drive or sending a gift box to an overseas soldier can put the mad rush of the holidays in perspective.

**Nurture.** Take care of yourself. Make healthy food choices, get enough sleep, exercise regularly and take time out to relax and refresh. Evening walks under the stars, enjoying a roaring fire, listening to your favorite holiday music or watching old Christmas movies are all healthy ways to unwind.

**Laugh.** Laughter lightens your mood and soothes tension and stress. It can help you cope with challenging situations and connect with other people. Put on a good comedy, read a funny book, hang out with your comic friends, have jokes delivered to your in-box each morning and learn to find the humor in everyday life.

# It Worked for Me

**S**tart your day a with high-protein breakfast throughout the holiday season. Here are some quick and easy ideas from Barix Clinics' patients:



**Definitely Matrix Chocolate protein shakes.**

2 scrambled eggs, no butter or oil + 3 chopped-up asparagus spears cooked in a nonstick pan.

**Matrix Mint Cookie in 8oz of skim milk. Best shake ever!**

1 scoop Matrix Strawberry, one cup 1% milk, frozen strawberries and a couple ice cubes — throw it in the blender. Awesome!

**I usually eat an Ostrim Teriyaki stick on my drive in to work.**

Add your favorite Matrix flavor to your oatmeal, yogurt, oatmeal muffins, etc.

**I make a quiche with whole eggs, some type of meat, cheese and veggies. Make it on the weekend and it lasts all week.**

For a high-protein, on-the-go breakfast, I blend Carnation Instant Breakfast with Silk almond milk.

**A two-egg 'omelet' with a little turkey sausage in it.**

I toss a few veggies like tomato, pepper, and onion into a pan to sauté then add one or two eggs. I add shredded cheese to increase the protein. In the same pan I also brown a turkey sausage. Fills me up for the morning.

**I make a quick breakfast sandwich ahead of time with smoked salmon and egg whites on a whole wheat English muffin. Making these ahead and freezing them for a quick grab on the way to work keeps me away from unhealthy foods.**

One cup skim milk, yogurt, fresh fruit (frozen so it will thicken the shake), 1 scoop of protein, ice. Blend well until it has a milk shake consistency. GREAT!

**Half of a mini bagel with peanut butter, hardboiled egg, small apple sliced and a chunk of cheddar cheese. You will stay full and satisfied for hours.**

Low-fat or nonfat cottage cheese mixed with mandarin oranges and dry sugar-free orange gelatin...yum yum yum.

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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!**

## 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](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

## Berry Parfait

2 tbsp. Jell-O Sugar Free Fat Free Vanilla Instant pudding mix  
2 tbsp. Splenda  
1/4 tsp. vanilla extract  
1/4 cup milk, skim  
1 cup Cool Whip Free, thawed  
1/2 cup fat-free cream cheese, room temperature  
1/2 cup raspberries  
1/2 cup sliced strawberries  
1 sheet (4 crackers) low-fat graham crackers, lightly crushed

Combine pudding mix, sweetener, vanilla extract, and milk in a bowl. Mix until smooth and slightly thickened. Stir in whipped topping and cream cheese until smooth. Cover and refrigerate for 20 minutes.

Put raspberries in the bottom of 2 parfait glasses. Place 1/4 cup of chilled pudding mixture in each glass. Layer strawberries next and top with remaining pudding mixture. Top with crushed graham crackers. Makes 2 servings.

**NUTRITION INFORMATION PER SERVING:** 210 calories, 10 grams protein, 0 gram fat, 37 grams carbohydrate, 809 mg sodium.



### Christmas gift suggestions:

To your enemy, forgiveness.  
To an opponent, tolerance. To a friend,  
your heart. To a customer, service.  
To all, charity. To every child, a good  
example. To yourself, respect.

Oren Arnold

## Chocolate Fondue

From Splenda.com

2/3 cup dry unsweetened Dutch cocoa powder  
1/4 teaspoon ground cinnamon  
1/4 teaspoon kosher salt  
1 cup milk, whole  
1/2 teaspoon vanilla extract  
1/2 cup Splenda

Place cocoa powder, cinnamon, salt, and milk in a blender. Pulse until combined. Pour mixture into a heavy saucepan and bring to a boil. Lower heat and simmer for 5 minutes, stirring often, until thickened. Remove from heat and let cool for 5 minutes, stirring occasionally. Whisk in Splenda and vanilla, stirring until dissolved and smooth.

Pour into a fondue pot to keep warm and serve with fruit slices as dippers. Makes 8 servings.

**NUTRITION INFORMATION PER SERVING:** 38 calories, 2 grams protein, 2 grams fat, 6 grams carbohydrate, 86 mg



## 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, 2012. 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.

Call us at 800-282-0066, or log on to [www.barixinfo.com](http://www.barixinfo.com).