



ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Holiday Connections

Downsizing the Hustle and Bustle

The holidays are here! It's time to celebrate, visit with friends and relatives, and enjoy the traditions of the season. We all get wrapped up in the superficial activities surrounding the holidays, at one time or another, complicating our lives needlessly. This year, vow to take control of the holiday hustle and bustle to insure that you are able to truly enjoy the season with the people and activities that mean the most to you.

Keeping in mind that relationships are the key to happiness, think through how you can strengthen relationships with important people in your life this season. One way to start is by listing the activities that are typically part of your holiday season and starring those which are important to you. Then have a conversation with your family members and ask them which activities have special meaning to each of them and why. You may be surprised by their answers and that may lead you to skip, continue, or add new traditions. This may just be the start of simplifying your holidays and freeing up time for the truly important things.

Protect your time and energy by saying no to obligations that are not on your starred list and outsourcing unfulfilling tasks. Outsourcing tasks will ease your workload, freeing up your valuable resources, time and energy. Outsourcing doesn't have to cost a lot — consider hiring a niece, neighbor or friend, or even trading work. For example, if you love baking cookies, but your neighbor doesn't, maybe you can bake for her and she can wrap gifts for you. Consider outsourcing the following tasks (if they're not on your starred list):

- Gift wrapping
- Baking
- Housecleaning
- Putting up Christmas lights and decorations
- Cooking—make meals a potluck, have them catered or utilize your grocery's deli
- Shopping (or shop online)
- Running errands

We're often so programmed to be efficient with our time that we

Blessed is the season which engages the whole world in a conspiracy of love.

Hamilton Wright Mabie

need to purposely slow down and enjoy the simple things with family members—sitting around a fire, stargazing, watching a traditional holiday movie, listening to holiday music, making a snowman or driving around looking at decorations.

Connect by bringing out the photo albums or family home movies. Holidays raise memories of how things used to be and how they have changed. Using photos to highlight the good times you have had together as a family helps you draw closer.

Consider hosting an open house on a day other than the holiday. Invite friends and family to stop by, visit, and enjoy refreshments. This frees you and others to keep the holiday itself low-key and stress-free.

Continued on page 2

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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, 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?

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Continued from page 1

The music of the season can help us to feel connected. Many of the season's songs we've sung since childhood. Keep the music alive by turning on the radio, printing lyric sheets for sing-alongs, caroling, or attending a concert and enjoying the season's music with those closest to you.

Connect through gift giving. A simple gift of a special photo framed, an activity done together, or a card telling the person what they mean to you will be more cherished than a new video game or scarf.

Sending cards is a way to let others know you are thinking of them. Adding a photo or a note is a wonderful way to let them see your changing family or share in the highlights of your year.

Technology has brought us Skype. If a loved one is far away and not able attend the festivities in person, connect on Skype so they don't miss out.



Phone calls are still a great way to connect during the holidays. Make a list of those you'd like to talk to and then call one person each night. Not enough time now?—put the calls off until January.

Spend time together volunteering. You'll get a great happiness boost, share your values, and make a difference in the world.

A little forethought can make this season extra special, full of meaning and connections. Enjoy!

It Worked for Me



Sweets have always been something I enjoy during the holidays. Now that I no longer eat sugar, I always take a sugar-free dessert to holiday parties. This gives me something to look forward to and I don't feel deprived. I have become known for my delicious sugar-free desserts and now I'm not the only one who looks forward to them.

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, 2013 Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

Panna Cotta

- 1 orange
- 3 tablespoons water
- 1 tablespoon unflavored gelatin
- 4 cups whole milk
- 1/2 tsp. vanilla
- 1/2 cup SLENDA® No Calorie Sweetener, Granulated
- 4 cups mixed berries (raspberries, blueberries, sliced strawberries etc.)

Slice or peel the rind off of the orange and cut the rind into large strips. Set aside.

Pour water into a small bowl. Slowly sprinkle gelatin over the water, allowing it to sit on top of the water. Do not stir the gelatin into the water. Let sit for about 10 minutes. The gelatin will slowly absorb the water.

Pour the milk into a medium saucepan. Add vanilla and orange rind. Bring to a simmer. Remove milk from heat as soon as it begins to simmer. Add gelatin mixture while stirring constantly. Stir until the gelatin is completely dissolved. Add SLENDA® Granulated Sweetener and stir.

Pour the mixture through a fine meshed strainer into a pitcher with a spout. Pour into 8 ramekins or dessert cups. Chill uncovered for two hours.

When ready to serve, dip the ramekins or dessert cups into hot water for about 10 seconds to loosen the panna cotta from the cups. Unmold the panna cotta by placing a dessert plate on top of the ramekin. Holding firmly, turn the plate and ramekin over so that the panna cotta falls out of the mold and onto the dessert plate. Surround each panna cotta with 1/2 cup mixed berries. Makes 8 servings.

NUTRITION INFORMATION PER SERVING:
110 calories, 5 grams protein, 5 grams fat, 15 grams carbohydrate, 60 mg sodium.



No-Sugar Sugar Cookies

- 3/4 cup unsalted butter
- 1/4 cup light butter
- 1 cup SLENDA® No Calorie Sweetener, Granulated
- 1 tablespoon vanilla
- 1/4 cup egg substitute
- 1/4 cup water
- 3/4 teaspoon vinegar (white or cider)
- 1 1/2 cups all-purpose flour
- 1 1/2 cups cake flour
- 1/4 teaspoon salt
- 1 teaspoon baking powder

Preheat oven to 350 degrees F. Lightly oil a cookie sheet and set aside.

Blend together butters, SLENDA® Granulated Sweetener and vanilla in a medium mixing bowl with an electric mixer, or by hand. Blend until butter is softened. Add egg substitute, water and vinegar. Mix briefly. Add flours, salt and baking powder. Mix on low speed, until dough is formed. Do not over-mix.

Remove dough from bowl and place on a floured work surface. Divide dough in half. Pat each half into a circle and cover with plastic wrap. Refrigerate for 1 hour, allowing dough to chill.

Remove dough from refrigerator and roll out on a floured work surface to desired thickness, approx. 1/4 inch. Cut with cookie cutters. Place cookies on prepared sheet.

Bake in a preheated 350 degrees F oven 10-12 minutes or until lightly browned. Cool on a wire rack. Makes 48 cookies.

NUTRITION INFORMATION PER SERVING:
60 calories, 1 gram protein, 4 grams fat, 7 grams carbohydrate, 30 mg sodium.

In the News

People who have weight loss surgery improve their health. Not really surprising news to those who have had surgery, but studies that show the effectiveness of weight loss surgery are important to those considering surgery, their primary care physicians, and the insurance industry.

The Cleveland Clinic presented a six-year study last week that found weight loss surgery patients

decreased their risk of a heart attack by 40%, stroke by 42% and the likelihood of dying over the next five years by 18%. The study also found that patients lost 60% of their excess weight and that 61% had a remission of type 2 diabetes.