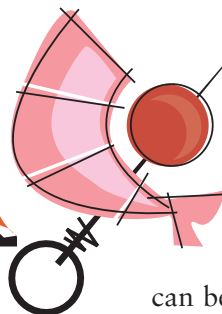


ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



SUMMER FUN



Long summer evenings, bright days, family gatherings, vacations, celebrations, and a more relaxed atmosphere—a great time to advance your commitment of a healthful lifestyle to the next level.

Summertime is filled with opportunities to increase daily movement. As weight is lost, fewer calories are required to complete each movement; so to burn the same number of calories, the number of movements must be increased. The bottom line is that you must increase your activity level as you lose weight—especially as you reach the maintenance phase. Activity becomes easier for most people as weight is lost and the benefits of improved sleep, elevated mood, stress management, and mental clarity are added bonuses to weight loss and maintenance. Consider activities that you may not have before—from canoeing, to playing catch in the backyard, to that line dancing class that always looked fun.

Tracking the number of steps that you take each day is a great way to measure your activity level and to make sure that you are on track. Many people walk 4,000 steps or less a day. Building that level up to at least 10,000 steps a day is necessary for a healthy body and a healthy weight.

The steps add up all day long as you line dance, walk the dog, park at the far end of the parking lot or get together with your friends for a walk through the park.

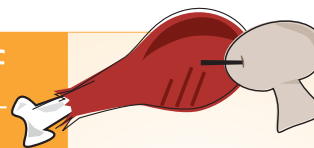
A commitment to an increased activity level is one that provides immediate and long-term payoffs to your health and wellbeing. The summer months are perfect for finding new ways to move your body.

Summer is a great time to take a class or focus on healthful habits you've wanted to incorporate into your lifestyle. Learn stress reduction and life balancing techniques with a yoga or meditation class, increased fruits and vegetables in your daily diet, plan a months worth of meals for

your family or tackle your late night snacking habit. Set your sights and make a change or two. The cumulative impact of these habits can be huge in the quality of life for the long run.

As you head off to summer celebrations, continue your commitment to making healthful food choices. Keep your usual meal and snack schedule as much as possible. Have a snack prior to going to a picnic or party in case the mealtime is delayed. You should be able to find some healthful choices anywhere you go. Fresh fruits and vegetables are nature's health foods—full of vitamins, minerals, fiber and fluid. Take a sugar free dessert to be enjoyed by all. Consider a bowl of fresh berries and to top sugar free cake, garnish with a dollop of sugar free Cool Whip® or the sugar free dirt cup recipe (see recipe section).

Instead Of



...Choose

Barbecue Ribs, Fried Chicken or Fried Fish
Bratwurst or Hot Dog
Potato Salad, Macaroni Salad, Pasta Salad
Cookies, Cakes, and Brownies
Potato or Tortilla Chips
Fat and Sugar Laden Salads

Marinated Chicken Breast, Grilled Turkey Burger, Black Bean Burger, Grilled Salmon or Tilapia
Turkey Dog, or Fat Free Hot Dog
Vegetarian Baked Beans, Baked Potato, Low Sugar Broccoli Salad or Fresh Vegetables
No Added Sugar Dirt Cake (see recipe section), No-Added-Sugar Berry Truffle, No-Added-Sugar Ice Cream topped with Fresh Berries
Baked Chips, Pretzels or Raw Vegetables to Dip
Grilled vegetables, fresh fruits and vegetables

CONSIDERING SURGERY

Emotional eating is simply eating in response to emotions rather than hunger. The emotions may be negative such as anger, frustration, feeling overwhelmed, stress, fatigue, boredom, sadness or depression. Emotional eating may also come from joy, happiness, celebration, comfort or excitement. It can be conscious or unconscious. People eat to feel good, to take their minds off their problems, because they are bored or lonely, to feel safe and secure, to reward themselves, to avoid hunger or to express joy. Emotional eating is often unplanned and uncontrolled.

An important part of being successful with weight loss surgery has to do with learning new ways to “nourish” oneself without using food. You will need to learn new skills to resolve your emotional distress.

- Reward yourself or celebrate by buying yourself a non-food treat, taking a bubble bath or getting a massage.
- Get up and move. Exercise also changes brain chemistry that can improve your mood, decrease your stress, and help you to deal with emotions in a non-food manner.
- Talk to the person who is making you angry, upset or frustrated or talk to a friend about the situation.
 - Make constructive plans to change negative situations in your life. If you eat a ½ gallon of ice cream, the situation has not changed, but your waistline has.
 - Learn stress reduction techniques.



RECIPES

DIRT CAKE (party size)

Submitted by Tonia E.

- 1 pkg Snack Well® Chocolate Sandwich Cookies
- 2 pkgs (4 serving size) pudding, chocolate, no added sugar
- 4 cups skim milk
- 16 oz Cool Whip Free®
- 16 oz cream cheese, fat free

Place cookies in a plastic bag and crush into small pieces. Mix cream cheese and 3/4 of the Cool Whip Free together until smooth. Make chocolate pudding as directed on box. Layer – ½ cookies, ½ cream cheese mixture then ½ chocolate pudding and repeat. Makes 12 servings.

NUTRITION INFORMATION

PER SERVING: 204 calories, 9 grams protein, 4 grams fat, 30 grams carbohydrate, 589 mg sodium.

Optional: Put it in a flower pot or beach toy bucket, add gummy worms for decorations on top (they come in sugar free if you can find them).

PEANUT BUTTER PROTEIN BARS

Submitted by Katie G.

- 1/4 cup margarine, lite
- 1/4 cup peanut butter, crunchy
- 6 oz cream cheese, fat free, room temperature
- 6 scoops Any Whey protein powder
- 1 ½ t vanilla
- 1 ½ t cinnamon
- 1 T Splenda®
- 1 cup oatmeal, quick cooking

Melt margarine in microwave. Cream together peanut butter and cream cheese and mix with melted margarine. Mix together till creamy. Add Any Whey, cinnamon, Splenda, and vanilla to the mixture and stir until well mixed. Add oatmeal and stir well. Spray an 8 x 8 pan with pan spray and press the mixture down. Cut into 6 pieces. Put in pan in the freezer until firm, about ½ hour. Store in the freezer and take out as desired. The peanut butter protein bars can be eaten frozen or at room temperature.



REWARD YOURSELF

This month, you could earn a \$25 GIFT CERTIFICATE 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 \$25.00 gift certificate. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. Tips must be submitted by June 30, 2008. Please send comments, ideas, recipes and “It Worked For Me” tips to Deb Hart, RD, LD at dhart@foresthealth.com.

“In the depths of winter
I finally learned
there was in me an
invincible summer.”

~Albert Camus~

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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/id190.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

IN THE NEWS



Researchers from Mayo Clinic Arizona and Arizona State

University found an interesting correlation between intestinal bacteria and body fat in mice. The 'good' bacteria throughout the intestinal tract have many roles including extracting calories from foods consumed, storing calories for later use and helping to establish new bacteria. These bacteria or micro biota may be involved in regulating weight. Several recent studies indicate that this may be the case.

One study found that after manipulating the micro biota in lean mice, a weight gain of 60% in two weeks occurred without any increase in calories consumed. Another study found that normal weight children had different bacteria than those of overweight children.

Another researcher, Dr. John M. Morton, from Stanford University School of Medicine found that gastric bypass patients given a regimen of lactobacillus (a form of micro biota found in many forms of yogurt) lost more weight. Patients were given lactobacillus in a supplement form (2.4 billion colonies) in amounts much higher than found in a diet including yogurt daily.

More research is needed to determine the extent at which manipulation of intestinal micro biota may be able to impact weight. Keep a lookout for more developments in this exciting area of research.

IT WORKED FOR ME

Submitted by Tammi R.

Always searching for ways to increase my protein consumption, I found a quick and easy way to add protein to potatoes. Start with Bob Evans Mashed Potatoes or Mashed Sweet Potatoes (found in the refrigerator section of the grocery store). Put the tray of potatoes into a larger bowl. Microwave on high for 2 minutes, stir in 2 scoops of Any Whey and then heat again for about 1 minute or until hot. A couple sprays of "I Can't Believe It's Not Butter® Spray and you have a great non sweet way to reach your protein goal. Yummy!



Have a question? Need to talk to someone who really understands? Want to find accountability? Need support? The **Barix Message Boards** are a great place to meet all these needs. There are 988 registered users and a lot of activity. That's great news for you. Just link over (<http://www.websitetoolbox.com/mb/barixclinicsstore>) and learn as you read the posts. Then register and post your own questions, experiences, replies and support. A positive place to get the answers and support you need from other Barix patients. Join us!