

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

## JOY

Live Better



**joy** n. A strong feeling of great happiness; delight; a state or source of contentment or satisfaction.

Reclaiming your health through bariatric surgery is a big step in making the choice to live better. On the road to physical health and personal growth are other strategies that enhance the quality of life. The next issues of On Track With Barix will explore some of these because it is not just what you lose with bariatric surgery, it is also what you gain.

Googling *joy*, *joyful life*, and *increasing joy* in life brought up some interesting studies, blogs, and a lot of services, books and programs designed to bring more joy into our lives. It seems that to live a life full of joy, in a state of contentment, is highly sought after. What is it that brings joy into our lives? According to the Internet research, there are some things that do not appear to contribute to joy. Generally, financial affluence and excessive busyness with the accompanying stress do not add joy to our lives. Nor do unrealistic expectations or the occurrence of a single event, such as the getting the

right job or the right house. So if having lots of money, a model thin body and a life with no heartache doesn't bring joy, what is it that contributes to a sense of joy in life? Is it possible to feel progressively happier, not just for the moment, but consistently for a lifetime? Perhaps we can learn strategies that enable us to navigate life with a fuller sense of joy. Some strategies are going to work better for you than others. Choose those that seem most interesting, put them into practice and see if the joy in your life expands.

Joy is enhanced by our attitudes and choices. A happier, joy filled life doesn't just happen; it is developed incrementally experience-by-experience, choice-by-choice. The ability to put life experiences into perspective and to create personal meaning around them is a skill that can be developed.

Building a joyful life depends upon the ability to pay attention to your own needs despite all the stresses, strains and demands of life.

Deciding what is important in life and finding ways to spend more time on those things that do bring joy can greatly enrich the lives that we lead. This involves taking stock of priorities. For example, if spending quality time with family members is a priority, you may need to schedule and plan more fun activities for your family to enjoy together. If you track your time for a week, you will see exactly where your time is spent. Combine this information along with your list of life priorities and you should be able to find ways to squeeze in more of the things that are truly important and squeeze out time spent on things that are not that important.

Having an abundance of joy is not dependent on a lack of challenges or hardships. Challenges teach us valuable lessons and provide opportunities for growth. Look for the lessons and the good in each challenging situation.

Know where you are headed. List long-term goals up to 30 years in the future. List short-term goals: what you will need to do in the next day, week or year to reach your long-term goals. You may need to do some things at the

present time that are mundane in order to achieve a future payoff. Keeping that in mind, spend time doing things that benefit you now and in the future. Know where you are going so you can relax and enjoy the journey.

**Lighten up your attitude** and enjoy the everyday moments. Take ordinary moments and elevate them to small celebrations. Have fun on a regular basis. Try to live in the moment rather than waiting until you get out of debt, get through school, have more spare time or reach the perfect weight. Fill your life with more “want to’s” than “have to’s.” When you enjoy the journey, enduring the bumps is easier.

Think about life backwards. That is, picture yourself in the final years of your life looking back on your life here on Earth. Which memories will make you smile? Which memories will you hold near and dear? When you are anguishing about a situation, consider how important it is in the “big picture.” Will this really matter in 1 month, 1 year or in 10 years? If not, then it really isn’t that important.

“Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise.” Philippians 4:8. Find the beauty and good in people and situations and choose to place your focus on that goodness. This doesn’t mean that you don’t recognize the negativity, the ugliness and the evil in the world; it just means that you choose to focus on the goodness instead.

**Pursue healthy distractions.** Go for a walk, plant a garden, call a friend, window shop, or read a book when life begins to feel heavy. You may even want to try something new to stretch out of your comfort zone a bit. Activities like these shift the focus back onto the positive. They allow for a break so you can return to your challenges with a fresh outlook.

Life becomes more interesting when you are helping someone else. Your problems seem to shrink when you focus on the goodness of helping others. There are endless opportunities to reach beyond the boundaries of your life into another’s. Try mentoring a younger colleague, mowing an elderly neighbor’s lawn, serving the homeless at a soup kitchen, saying a few kind words to a waitress or volunteering your time and talents. When you focus on bringing joy to others, the joy in your life expands.

### **Focus on relationships.**

Explore hobbies and activities with your children. Take your mother out to lunch. Call your friend on the phone. Leave a love note for your spouse to find. Text message, “I luv u” to your teen. Let people know that you value them and watch your relationships flourish.

Spend a few minutes each day reflecting on how grateful you are. Making a list of things that you are grateful for and posting it in a spot that will catch your eye throughout the day helps to bring your focus back to an attitude of gratefulness.

### **Moods are directly related to thoughts.**

There may be an external situation that is causing you to have those thoughts, but it is the thoughts that dictate the moods, not the situation. Positive thoughts and happy moods translate to more productivity, creativity and enjoyment. In fact, when you are in a good mood, negative situations don’t usually have the same negative impact. That is why we often wait until someone is in a good mood to talk about something difficult or give bad news. The next logical step may be to control thoughts to be more positive more of the time. Monitor your thoughts throughout the day and when you become aware of a negative thought, replace it by thinking of something or someone that brings you joy. The thoughts don’t even need to be connected for this to work. For example if you become aware that you

are thinking, “My boss is such a jerk,” replace the thought with, “I love to play with my new son.” Then to reinforce the thought, place a picture of you playing with your son in your mind. Push the negative thought of your boss right out with the beautiful vision of playing with your child. If this is difficult for you, try to control your negative thought by playing with it. Say it out loud. Say it in funny voices. Picture the thought written out. Change the size and color of the words. Once you start controlling your thoughts, they stop controlling you.

Rick Warren, author of *A Purpose Driven Life*, differentiates between happiness and joy. “Happiness depends on happenings. It comes from the word hap which means ‘luck’ or ‘circumstance’.” Joy is different. It goes deeper. **Joy is an attitude, a choice.** Joy is an inside job and is not dependent upon circumstances. You can choose, regardless of the circumstances, to be joyful.”

Helen Keller penned these words of wisdom, “Join the great company of those who make the barren places of life fruitful with kindness. Carry a vision of heaven in your hearts, and you shall make your name, your college, the world, correspond to that vision. Your success and happiness lie within you. External conditions are the accidents of life, its outer wrappings. The great, enduring realities are love and service. Joy is the holy fire that keeps our purpose warm and our intelligence aglow. Resolve to keep happy, and your joy and you shall form an invincible host against difficulty.”

It takes effort and practice to change our attitudes, learn to control our thoughts, shift our focus and break away from mindsets that are comfortable. We have the choice to stay the same or to grow. Choose to make the effort and implement one of these strategies to bring more joy into your life today.

# Considering SURGERY

Incorporating healthful lifestyle habits and embracing a positive attitude are keys to weight loss success. Before you have surgery is an opportune time to explore your attitude and emotions regarding food and weight. Shauna D. expresses her perspective regarding deprivation beautifully below. To read Deprivation in its entirety, link to <http://obesityhelp.com/forums/PA/postdetail/52145.html?vc=0>. Positive thoughts promote positive feelings and healthful behaviors. Reflect on Shauna's words and find your own definition of what weight loss surgery means for you.

**Deprivation.** What a word! It feels "low" even typing it. "To withhold something of enjoyment or possession" is how the dictionary defines it. I am now 16 months out from a lap RNY. Today, with a 110+ pound weight loss, what I am deprived of? Maybe a much better question would be what WAS I deprived of before I became a loser. Lemme think.

- Being able to walk into my office without being short of breath in the morning.
- Being able to eat in a restaurant without knowing people were watching and judging.
- Being able to feel personally comfortable in intimate settings.
- Being able to just put something on and not worrying about what it covered.
- Being able to eat something and not HATE myself for eating it.

- Being able to stand up in the morning and not have swollen, painful feet and ankles.
- Being able to walk into my children's school and not embarrass my children.
- Being able to walk into a public eatery and not scope out a seat/table I'd fit into.
- Being able to have a circle of friends who really like me, to whom I make no excuses, and can go to at any time for help on my REAL issues.
- Being able to go ANYWHERE with my husband without feeling embarrassed for him.
- Being able to make it through a day without dealing with the pain of my body.
- Being able to cross my legs.
- Being able to use one normal sized towel after a shower.
- Being able to walk in public without sweating profusely.
- Being able to make it through New Year's without a weight loss resolution.
- Being able to meet someone new and not feel inferior simply due to my size.
- Being able to ride a roller coaster, rock climb, hike, jog, etc. 'cause I feel like it.

I don't have a new word to replace deprivation in my language, but I have a definition; **"To reclaim, or initially locate, of the value of self. The process of seeking personal fulfillment."**

## IT WORKED FOR ME

Submitted by Kelsey H.

I look forward to a Saturday night treat each week in which I enjoy small portions of the best foods, beautifully prepared. If eating at home, I use my best china, stemware, fresh flowers, candles and a linen tablecloth. If eating out, I share food with my husband and eat just enough. I look forward to these little celebrations each week.



## Bug Off!

Your new active lifestyle may take you outside more this summer. As you are out hiking in the woods or sipping your protein drink by the pool, keep the bugs at bay with these tips.

- Keep clothing light. Dark colors attract mosquitoes and make it more difficult to spot ticks.
- Use unscented products. Bugs are attracted to cologne, scented deodorant or hair products.
- Cover up. Wear long-sleeved shirts, long pants, socks and shoes when venturing into bug-infested areas.
- Spray repellent on clothing and exposed skin according to directions on the labels.

## WHAT'S NEW?

Chike (rhymes with bike) is a delicious, convenient meal replacement. Just add cold water, shake and enjoy. In addition to 27 grams of protein, Chike contains essential fatty acids, dietary fiber and a healthy dose of vitamins and minerals.

Chike is available in five delicious flavors: Strawberry Burst, Banana Magic, Chocolate Bliss, Orange Cream and Very Vanilla. Available through [www.barixclinicsstore.com](http://www.barixclinicsstore.com) or at your local Barix Clinics.



# REWARD YOURSELF RECIPES



This month, you could win 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, 2007. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).

## 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.

## REQUEST A FREE BROCHURE FOR YOU OR A FRIEND

at 800-282-0066, or [www.barixinfo.com](http://www.barixinfo.com)



## QUESTIONS? ABOUT FINANCING YOUR SURGERY...

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

### LIME CHICKEN

- 1 tablespoon vegetable oil
- 2 tablespoons all-purpose flour
- 1/2 tsp. chili powder
- 1/4 tsp. salt
- 12 oz boneless, skinless chicken breasts, sliced thin (1/4" thick)
- 1/2 cup low-sodium chicken broth
- 2 tablespoons fresh lime juice
- 2 tablespoons minced cilantro (optional)

Heat oil in a large nonstick skillet. In a large plastic reclosable bag, mix the flour, chili powder, and salt. Add chicken and shake until well coated. Transfer the chicken to the skillet, shaking off any excess flour; sauté until cooked through, about 3 minutes on each side. Pour broth and lime juice over the chicken; heat to serving temperature, about 30 seconds. Transfer chicken to plates. Spoon the pan juices over chicken and sprinkle with cilantro. Makes 4 servings.

**NUTRITION INFORMATION PER SERVING:** 186 calories, 28 grams protein, 7 grams fat, 2 grams carbohydrate, and 309 mg sodium.

## 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!

### CHOCOLATE CAKE

- 1 3/4 cup all-purpose flour
- 3/4 cup Splenda®
- 1/4 cup Splenda® Brown Sugar Blend
- 3/4 cup cocoa powder
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 1/4 cups low fat buttermilk
- 1/4 cup vegetable oil
- 2 large eggs, slightly beaten
- 2 teaspoons vanilla extract
- 1 cup hot coffee, strong

Preheat oven to 350°F. Spray a cake or bundt pan with nonstick cooking spray. In a large mixing bowl, blend flour, Splenda, Splenda Brown Sugar Blend, baking powder, baking soda, cocoa powder and salt. Combine buttermilk, oil, eggs, vanilla and coffee in a small bowl. Add liquid mixture to dry mixture and mix with electric mixer on medium speed until smooth. Pour batter into cake pan. Bake for 35 minutes. Cool. Makes 10 servings.

**NUTRITION INFORMATION PER SERVING:** 208 calories, 6 grams protein, 8 grams fat, 27 grams carbohydrate and 390 mg sodium.

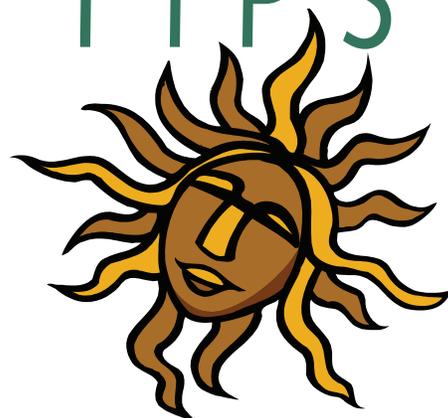
"The deeper that **sorrow** carves into your being the more **joy** you can contain. Is not the cup that holds your **wine** the very **cup** that was burned in the potter's oven?"

~Kahlil Gibran

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# HEALTHFUL TIPS

## ~ SUMMER FUN ~



Summer months are full of fun with long summer evenings, vacations and cooking out. This month's tips are dedicated to a fun filled and healthful summer.

Get together with friends out on the deck, at the park or at the beach to enjoy nature.

Pack a picnic of delicious healthy food and enjoy in your favorite outdoor setting.

Canoe or row a boat for a change of scenery and great exercise.

Take a different route to work and enjoy the scenery.

Turn off the TV and get more sleep, spend time with friends and family or enjoy your favorite activity.

Pack a cooler for lunch with a variety of healthy foods such as sandwiches, fresh fruit, cheese, yogurt and raw vegetables.

Drink plenty of water throughout the trip to avoid dehydration.

Keep foods safe during the warmer temperature. Keep hot foods at 140 degrees F or higher and cold foods at 40 degrees F or lower. Thaw meats in the refrigerator, microwave or

under cool running water. Thaw completely and cook immediately. Wash hands often and sanitize cutting boards and knives between foods. Put cooked meat on a clean platter—not the same plate used for the raw meat.

Vegetables taste great and go with any meal—particularly a barbecue. Make sure you have plenty of lettuce and tomato for your burger buffet, and fill up on salads as much as the beef.

Marinate boneless skinless chicken breast in low fat Italian dressing overnight to add flavor and moisture. Try turkey burgers, black bean burgers or salmon burgers in place of hamburgers. Beef and pork tenderloin are lean options for the grill. Try salmon, tuna or tilapia filets.

Single serving sugar free fudgsicles and popsicles make a great summer treats.

Avoid going to picnics and parties overly hungry—this may tempt you to overeat. Eat a small snack before you go if serving time might be delayed.

Stick to your meal and snack schedule to keep your blood sugar, energy and moods stable.

If you are traveling, pack a cooler for a better selection of foods instead of being limited to the choices at convenience stores and roadside restaurants.

Prepare meals that are balanced to keep your energy high. Eat adequate lean protein along with healthy carbohydrates from starchy vegetables, fresh fruits or whole grains.

Enjoy fresh vegetables with your favorite seasoning or a relish tray with a yogurt-based dip, as well as vegetable salads with healthful dressings.

Focus on simple snacks that don't take much prep work. Keep fresh berries in the refrigerator and add to salads, yogurt or just eat a handful. Wash fresh green beans to dip in yogurt or low-fat cottage cheese. Keep healthy extras, like lettuce and tomatoes, in your produce bin. Cut up raw vegetables to serve with low-fat dips.

Sugar free gelatin topped with fresh berries and a dollop of Lite Cool Whip, sugar free chocolate mousse, and fruit smoothies are healthy alternatives to sugar-laden desserts.

