

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Supercharge your Life



LIFESTYLE CHOICES THAT FUEL YOUR BODY AND BOOST YOUR ENERGY

Are you reaching for an extra cup of coffee in the morning, struggling to keep up throughout the day, dozing off when you should be wide awake? If so, your body is in need of a healthy boost. It's amazing how much our lifestyle choices impact our energy levels throughout the day. Read on and see what steps you can take to fuel your body and boost your energy.

FUEL UP

Small frequent meals help to keep blood sugar levels in the high-energy range by providing your body the fuel it needs in small bursts. Skipping meals, on the other hand, causes blood sugar levels and energy to plummet. Large meals send blood flow to the digestive system, leaving the body slow and sluggish.

Select a variety of healthy, less-processed foods. Each food provides a unique set of nutrients. Combining a variety and range of healthy foods is your best bet in meeting your body's nutritional needs.

Choose healthy whole-grain carbs and pair them with a protein source to slow their impact on blood sugar levels. Try peanut butter on an apple,

or cottage cheese with peaches for a longer energy boost.

The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results.

Tony Robbins

Avoid sweets—the flu-like symptoms of dumping syndrome are a definite energy zapper. Even if you tolerate foods high in simple sugar, they can cause wild swings in energy. The high-blood-sugar/low-blood-sugar cycle from eating sweets zaps energy and leaves you feeling hungry again a short time later.

CAFFEINATE WISELY

No doubt, caffeine can provide a surge of energy and there may even be some health benefits in small doses. But, despite the energy jolt it provides, your body can come to depend on it and need increasing amounts with headaches and sluggishness occurring if you skip

a dose. And of course too much or poorly-timed caffeine consumption can keep you from having a good night's sleep.

KEEP HYDRATED

Sip on calorie-free fluids throughout the day to keep your body well-hydrated. Dehydration can lead to fatigue.

GET REGULAR EXERCISE

It's true, a body at rest tends to stay at rest and a body in motion tends to stay in motion. Regular exercise promotes a high level of energy because the body becomes very efficient at carrying oxygen and nutrients to your cells. In other words, exercise allows you to be more efficient; using less energy on the things you have to do, leaving more energy for the things you want to do. In addition, stress levels decrease and your mood improves, giving you an emotional energy boost.

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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?

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

TAKE MOVEMENT BREAKS THROUGHOUT THE DAY

If you spend most of your day sitting, take three 10-minute movement breaks throughout the day. The increased blood flow will clear your head and energize you. Take a walk through the office or climb a few flights of stairs and you'll get back to your seat energized and better able to focus.

SUPPLEMENT APPROPRIATELY

Keeping your body well nourished will lead to peak energy. Eat a variety of healthy foods and take the recommended vitamin and mineral supplements daily. Lab tests every three months for the first year and then annually after that will identify any deficiencies that may occur.

STRESS LESS

A certain amount of stress is helpful, but when stress levels get too high, the body begins to suffer. Some life stressors are not within your control and your best bet is to find healthful ways to deal with the stress and minimize its impact.

Do something physical — take a walk, plant a garden, paint a room, repair a deck.

Talk about it with a trusted friend.

Pray — more and more scientific studies are linking prayer to healing and a sense of peace.

Take time to pamper yourself in healthy ways: a candlelit bath, dinner at your favorite restaurant, a movie.

Many stressors are within our control: if not immediately, then down the road — take classes to enhance job opportunities, free up time by saying no to unessential activities, and get family members to contribute more to household chores. Often just taking a step in the right direction is enough decrease the sense of stress.

LIMIT ALCOHOL

Using alcohol to relax and escape from life's stresses may appear to be effective, but any relief from stress is short-lived because nothing has been done to change the underlying causes of the stress. Alcohol is a depressant, which zaps energy and B-vitamins from your body. Be aware of the quick intoxicating effects of alcohol after bariatric surgery.

HAVE A SUNNY OUTLOOK

Keep your thoughts and words positive. There is good and bad in every person, every situation. We can choose what we focus on, think about and speak about. If we look at the good, our mood and energy respond positively.

IMPROVE SLEEP HABITS

Adequate sleep is essential for good health and high-energy living. Find the amount of sleep that feels right to you and strive to get that amount of sleep each night. Short naps may help to revive energy, while longer naps may leave you feeling even more groggy and tired.

LIMIT TV TIME

Not only does your metabolism slow to a sluggish crawl while watching TV, it takes up time that could be spent on energy-enhancing activities.

It Worked for Me

I find that measuring my food helps me to eat just enough, and cooking ahead is essential for my crazy schedule. One of the things I do is cook a big bag of chicken breasts, slice it, weigh out 2 ounce portions, put it in food storage bags and throw it in the freezer. Then after a quick 45 seconds in the microwave, and a teaspoon of light Italian dressing for flavor and moisture, I have the protein portion of my meal. Little things like this make my meals a breeze.

Apple and Sage Pork Tenderloin

16 oz pork tenderloin, trimmed
 1/2 teaspoon salt
 1/4 teaspoon black pepper
 1 tablespoon olive oil
 1/4 cup finely chopped shallots
 1 1/2 teaspoons chopped fresh sage
 4 teaspoons sherry vinegar
 1/2 cup unsalted chicken stock (Swanson's)
 1/4 cup apple cider
 1 teaspoon Dijon mustard
 3/4 teaspoon cornstarch
 1 tablespoon heavy whipping cream

Cut pork crosswise into 12 pieces. Sprinkle both sides of pork evenly with salt and pepper. Heat 2 teaspoons oil in a nonstick skillet over medium-high heat. Add pork; cook 3 minutes on each side or until done. Remove pork from pan; keep warm.

Add remaining oil, shallots, and chopped sage; cook 2 minutes. Stir in vinegar. Whisk broth, cider, mustard, and cornstarch. Add mixture to pan; bring to a boil. Reduce heat; cook 2 minutes, stirring constantly. Remove from heat. Stir in cream. Serve with pork. Makes 6 servings.

NUTRITION INFORMATION PER SERVING: 142 calories, 19 grams protein, 6 grams fat, 1 gram carbohydrate, 258 mg sodium.

Roasted Halibut

16 ounces halibut fillets
 Nonstick cooking spray
 2 tablespoons margarine, melted
 3/4 cup finely chopped hazelnuts
 1 cup frozen mixed berries, no added sugar, thawed
 1/2 teaspoon Splenda

Preheat oven to 400 F. Rinse fish and pat dry with paper towels. Spray 15x10x1-inch baking pan with nonstick spray; set aside.

Dip fish in melted margarine and then coat both sides with chopped nuts. Place coated fillets on prepared pan and bake for 8 to 10 minutes or until fish begins to flake when tested with a fork.

Puree berries in a blender and strain to remove the seeds. Stir in Splenda and warm sauce. To serve, drizzle over roasted fish. Makes 6 servings.

NUTRITION INFORMATION PER SERVING: 219 calories, 18 grams protein, 14 grams fat, 6 grams carbohydrate, 72 mg sodium.



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 September 30, 2013 Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

In the News

A recent study published in *Surgery for Obesity and Related Diseases* found that sleeve surgery works to keep excess weight off long-term.

The gastric sleeve, or sleeve gastrectomy, procedure became a weight loss surgery option for many people about 5 years ago. At that time, the biggest downside to the procedure was a lack of long-term success data. Now that data is beginning to accumulate and it looks good.

The researchers concluded that sleeve gastrectomy is effective 5 years after the initial operation, with almost 60% of excessive weight lost and a "considerable improvement or even remission" of obesity-related diseases.

Read more: <http://www.medpagetoday.com/Endocrinology/Obesity/40490>