

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

A HEALTHY ATTITUDE

"If you change the way you look at things, the things you look at change." Wayne Dyer

There are some specific actions and behaviors that optimize the success of weight loss surgery (see the box below). These are lifestyle habits that support a healthy body weight. Our thoughts and attitudes towards these lifestyle habits can be a powerful force helping us to achieve these goals.

Some people embrace these habits—thrilled to have the opportunity to utilize a surgical tool that makes it seem that their bodies are working with, rather than against, their weight loss efforts. Their positive attitude towards their new lifestyle is evidenced when they try different foods, beverages and supplements within their new nutritional guidelines. They know what their protein goal is and reach

OUR THOUGHTS AND ATTITUDES SHAPE OUR BEHAVIORS, MOTIVATIONS AND PLAY AN IMPORTANT ROLE IN OUR SUCCESS IN ACHIEVING WEIGHT LOSS GOALS.

it daily. They overcome obstacles and find a way to incorporate exercise into their daily routine. They seek out sugar free products and recipes so they can have an occasional treat. They plan ahead and take meals and snacks when away from home. They focus on all the good things that happen right after surgery and throughout the weight loss journey. They look for ways that food had been more than a way to nourish their body and find new, healthy ways to deal with boredom, stress, anxiety and loneliness. Here is a quote from the Barix Clinics message board that exemplifies an attitude of success.

"I am so happy that I cared enough about myself to get this surgery! I have lost so far 67 lbs! I cannot remember the last time I weighed this less! WHOO-WHOO!"

There is still work to be done! But I am okay with it! I have been dreaming of the day when I will be comfortable in my skin again...it will happen with some sweat and hard work! Anything you have to work for has to be worth it...relationship, love, happiness and of course goal weight!

I wake up every day now and my thoughts are how happy I am when I can get out of bed without huff and puff, without pain, with a smile on my face that a new day has been given to me to be happy!" —Rhonda

Cont. on page 2

Exercise. Despite the fact that regular exercise is more difficult right after surgery, when weight is at its highest, it will allow for a greater maintenance of muscle tissue and a higher overall metabolism—making it easier for you to reach and maintain a healthy weight. To optimize your weight loss success, incorporate regular exercise into your lifestyle. Regular exercise is essential for most people to maintain a healthy weight.

Log It. Studies clearly indicate that those who log their food intake and activity are more successful. You can just log it in a spiral notebook, make an Excel spreadsheet or use one of the many Internet services.

Choose Foods Wisely. Limit liquid calories. Limit mushy foods if they do not satisfy. Obtain adequate protein. Avoid empty calorie foods. Eat six small meals and avoid grazing. Avoid foods and beverages with more than 2 grams of added sugar.

ACTIONS to OPTIMIZE Weight Loss SUCCESS

Follow a Meal Plan. Developing healthy eating habits not only encompasses the right calorie level, but also a variety of foods to promote health.

Choose to Restrict Your Eating. There will be times that you can eat more than $\frac{1}{2}$ to $\frac{3}{4}$ cup of food at a sitting—don't. You will be satisfied with a small portion. You will eat again in 2 $\frac{1}{2}$ -3 hours. No matter how good that food tastes, there will be times that you will simply need to push yourself away from the table.

Avoid Drinking With Meals. Use the 5/30 rule (stop drinking 5 minutes before a meal and don't start again until 30 minutes after the meal is finished) to minimize 'pushing' foods through the stoma allowing more food to be consumed.

Attitude, from page 1

Weight loss surgery can be a life-changing event. In addition to the improvements in medical conditions, ease of movement and sense of normalcy, emotional issues can arise. Adjusting to new foods, smaller portions, exercise, and different reactions from people is part of the picture. Every person who undergoes weight loss surgery experiences many positive changes and many adjustments. What the person chooses to focus on, attitude and effort level seems, from an anecdotal standpoint, to have a correlation with weight loss success.

The contrast between those who choose to develop lifestyle habits that support a healthy weight and those who attempt to “beat the surgery” may have to do with the reasons that the person became overweight in the first place. Those reasons are diverse. The simple explanation is that too many calories were consumed on a regular basis and the excess energy was stored as fat. It could have been the result of a fast-paced, stressful environment filled with an abundance of tasty, inexpensive food and the availability of a plethora of sedentary activities. The excess weight could have been a means to insulate oneself from others. It may have been a result of an injury and a prolonged rest or medications that increased appetite or decreased metabolism. Hormones during pregnancy may have contributed. Overeating may have been a means to cope with stress, boredom, anger, anxiety, loneliness, and other emotions.

“Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.”

Francesca Reigler

Perhaps the reasons for becoming overweight in the first place don't have much of an impact on the willingness and ability to embrace a lifestyle that supports a healthy weight. Maybe what got someone to the point of having weight loss surgery doesn't really impact their success with weight loss. The degree of weight loss success may be simply the way in which one thinks about the changes after surgery. Those who focus on the positive changes; the ways in which their lives have improved; the amazing opportunities that now lie in front of them; the new role of food to nourish their bodies; and an appreciation of the positive impact of regular exercise on the mind and body find that their thoughts lead to positive actions and the reality of a healthy weight.

Those who focus on what they are missing (large portions of their favorite foods, birthday cake and ice cream, food during the recovery nutrition phase, giving up time to exercise, and the ability to soothe with food), the negative aspects of weight loss (loose skin, the fact that weight loss itself doesn't make a bad marriage better, a critical boss nicer or a poor self image better), and the reality of a healthful lifestyle (choosing foods carefully, eating slowly and chewing well, planning ahead, finding healthy substitutes for their favorite foods, getting enough protein) may just make their negativity a reality. As Dr. Wayne Dyer puts it, “What we think determines what happens to us, so if we want to change our lives, we need to stretch our minds.”

Cont. on page 3



PREPARING FOR SURGERY

One of the best things you can do for yourself prior to surgery is to begin a walking program. You will encourage weight loss, shrinking your liver and making the surgeon's job easier. Your overall health will improve and you will have started to establish a regular exercise program that will support a healthy weight. Using a pedometer and tracking the number of steps that you take each day will enhance your walking program. So your goal for the first week is simply to buy a pedometer, remember to attach it to your waistband each

morning and record your steps each evening. The average number of steps taken the first week is your baseline. You will build from there. Set a goal for week two for an average of 500 additional steps each day. You may find that you can squeeze 2 two-mile walks in that week. You may find that walking around the block once each day is the best way to increase your movement. Notice how this additional movement makes you feel; despite the aches and pains, most people notice an improvement in their moods and a decrease in their stress levels.

Take a quick inventory of your thoughts, attitudes and behaviors and then try the following ideas to align your attitude with the weight loss success you desire.

- *List the things that you are grateful for. This may include things like fitting in the bathtub, buying clothing in a 'regular' size, taking less medication, or being able to move with less/no pain. Post this somewhere that you will see it throughout the day.*
- *Notice your thoughts. When you catch yourself saying, "I hate to exercise," replace that thought with, "I am excited that I can walk through the neighborhood." When you notice a negative thought, "I feel left out when my co-workers celebrate with sugary desserts," look at your gratitude list.*
- *Look for opportunities to enjoy and share delicious sugar free foods with others. Family gatherings, work, and special occasions are all opportunities. I recently went on a cruise and chose a no added sugar dessert each evening. What a delicious splurge!*
- *Surround yourself with positive support people. The Barix Clinics message boards are a great place to find that kind of support. Honest, amazingly caring, and helpful are how I would describe the overall tone of the postings. You can become a part of this community by logging onto the site: <http://www.websitetoolbox.com/tool/mb/barixclinicsstore>*
- *There will be trying or frustrating situations. Choose not to focus on these. Keep your focus on what you are grateful for. Keep your focus on the healthful behaviors that are going to help you reach your goal.*

"Could we **change** our **attitude**, we should not only **see life differently**, but life itself would come to **be** different."

Katherine Mansfield

"The **greatest discovery** of my generation is that a human being can **alter his life** by **altering his attitudes.**"

William James

DETROIT SUPPORT GROUP BALL

The Windsor, Ontario Support Group would like to invite you to an exciting celebration on The Detroit Princess Riverboat. The Support Group Ball will be held on Saturday, April 26th from 7:00–10:00PM (boarding at 6:30PM). This is a great opportunity to meet up with your message board buddies, make new friends and celebrate successes. A great buffet menu is planned and a cash bar will be available. The cost per ticket is \$59.00 (US funds). The ticket price includes the cruise, entertainment, dinner buffet, tip and taxes. If you have questions, call Tammy Noble at 519-730-1708. Tammy is the Windsor Support Group Leader and has graciously taken on the responsibility to organize this event. Payment deadline is March 28, 2008. You can check out the Detroit Princess at www.detroitprincess.com. Look forward to seeing you there!

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!

IT WORKED FOR ME

Submitted by Jenise M.

To cut the sweetness of the Roadside Lemonade Nectar, use straight lemon juice as part of the liquid in the smoothie or drink. The tartness of the lemon really cuts the sweetness.

To cut the sweetness of any protein powder, add ¼ to ½ scoop to nonfat plain yogurt. It gives the yogurt just the right amount of sweetness.

WHAT'S NEW

There are lots of great sugar free treats to take advantage of this holiday season. Just about anything you love about Easter can be found in a sugar free version. Russell Stover has added marshmallow filled eggs in a no added sugar variety this year. There are sugar free jellybeans, sugar free Peeps, and sugar free solid chocolate bunnies. Moderation is the key as these are not low calorie treats and the sugar alcohols used to sweeten may cause discomfort if consumed in excess.

Every **great dream** begins with a **dreamer**. Always remember, you have **within you** the strength, the **patience**, and the **passion** to reach for the stars to change the world.

Harriet Tubman

SUBSCRIBE to
On Track With Barix

www.barixclinicsstore.com/newsletter_sign_up.html

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 March 31, 2008. Please send comments, ideas, recipes and “It Worked For Me” tips to Deb Hart, RD, LD at 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



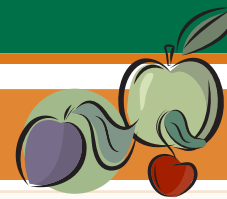
QUESTIONS

ABOUT FINANCING YOUR SURGERY?

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



RECIPES



DEVILED EGGS

12 hard-cooked eggs
1/2 cup fat free mayonnaise or Miracle Whip®
2 tsp Dijon mustard
2 tbsp scallions, finely chopped
1 tbsp chives, finely chopped
paprika

Cut cooked eggs in half lengthwise. Scoop out yolks and place them in a bowl. Mash the egg yolks with a fork; add mayonnaise, mustard and scallions. Mix well. Spoon yolk mixture into egg halves. Top with chives. Cover and refrigerate until ready to use. Sprinkle with paprika before serving. Makes 24 servings.

NUTRITION INFORMATION PER SERVING: 36 calories, 3 grams protein, 3 grams fat, 0 grams carbohydrate, 41 mg sodium.

MAPLE-ORANGE-MUSTARD HAM GLAZE

1/2 cup sugar-free pancake syrup
1/4 cup lemon juice
1 teaspoon Splenda
1/4 teaspoon orange extract
1 tablespoon spicy brown mustard
1 tablespoon butter

Combine all ingredients in a saucepan, and simmer over low heat, stirring often, for 5 minutes. Use to baste your ham during the last hour of roasting.



STRAWBERRIES NAPOLEON

2 packages (6 oz. each) Murray® Sugar Free Shortbread
1/2 teaspoon baking powder
2/3 cup fat free milk
1/4 cup light butter, melted
4 cups sliced fresh strawberries
1 tablespoon Splenda® Granular (sugar substitute)
2 teaspoons grated orange peel, divided
1/2 cup cold fat free milk
1 envelope (1.3 oz.) whipped topping mix
1 package (8 oz.) reduced-fat cream cheese, softened
1/4 cup fat free sour cream
1 teaspoon vanilla
whole strawberries (optional)

Place cookies in food processor bowl. Cover and process until finely ground. Transfer to small bowl. Stir in baking powder. Add 2/3 cup milk and butter; mix well. (Mixture will be wet.)

Drop 1-inch balls onto baking sheet lined with parchment paper. Flatten with back of spoon into 2 1/4- to 2 1/2-inch circles. Bake at 350°F for 8 to 10 minutes or until set. Transfer on parchment paper to wire rack. Cool completely.

In medium bowl stir together strawberries, Splenda® Granular and 1 teaspoon of the orange peel. Let stand for 30 minutes.

In small mixer bowl beat 1/2 cup milk and topping mix on low speed of electric mixer until combined. Increase speed to high. Beat about 4 minutes or until stiff peaks form (tips stand straight). Add cream cheese, sour cream, vanilla and remaining 1 teaspoon orange peel. Beat until combined.

Carefully remove cookie wafers from parchment paper (wafers will be fragile). Spoon or pipe small dollop of cream cheese mixture on 12 serving plates. Carefully top each dollop with one of the wafers. Layer additional cream cheese mixture on top. Spoon some of the berries on each. Top berries with additional cream cheese mixture. Repeat layers two more times. Garnish with whole strawberries, if desired. Makes 36 small servings.

NUTRITION INFORMATION PER SERVING: 77 calories; 2 grams protein; 3 grams fat, 10 grams carbohydrate, 83 mg sodium.