

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



Who Knew?

Identifying the hidden sources of weight gain.

We have very complex mechanisms that control body weight. As scientists begin to learn more about these mechanisms, it is becoming clear that our weight issues are not simply a result of eating too much and not moving enough. With more than two-thirds of Americans now overweight, we're finding that modern lifestyles prime our bodies for weight gain. Factors such as stress, inadequate sound sleep, processed food, and even the bacteria that live in our intestines have big impacts on what we eat and how our bodies respond. Making a few changes to your lifestyle might just boost the effectiveness of weight loss surgery and further improve your health and well-being.

Stress

Stress is tough on waistlines. It increases appetite, encourages fat to stay put and makes it really hard to make healthy food choices. When your body senses a threat—a vicious dog, a horrible news report, or a list of bills to pay, it sets your body up for fight or flight so you are ready for action. Then it slows down your metabolism, and increases appetite to help your body replenish all the calories used fighting off the stressor. The problem is that in most cases, our modern day stressors don't require much, if

any, physical exertion— so there's no caloric exertion needing replacement.

If that's not bad enough, anxiety often accompanies stress. Modern-day responses to anxiety include watching long periods of TV and mindless munching. These both may help to temporarily numb the sensations of anxiety, but provide little lasting satisfaction and further contribute to weight gain.

Like steam from a cup of hot tea
that fogs our glasses,
FALSE URGENCY
of matters at hand blurs our vision
to important things in the distance.
—Terri Guillemets—

And lastly when we are chronically stressed, we don't crave carrots and celery, we crave sugar and fat-laden comfort foods. Both the stress hormone cortisol and emotional triggers are responsible for the strong drive to consume comfort foods. And look, at the next corner, there is a fast food drive-through that can deliver the instant satisfaction we crave.

No wonder the modern day result of stress is often an extra layer of belly fat.

Sleep

Sleep has a powerful influence on weight. When we don't get a solid 7-8 hours of sleep a night, the hormones



that control appetite are disrupted, carb cravings rage, and calorie intake rises. And some studies indicate that without eating a single morsel more, sleep deprivation causes weight gain.

A lot of people don't get enough quality sleep. There are work demands, swing shifts, family responsibilities, unending "to do" lists, insomnia, sleep apnea, and the intrusion of electronics into our sleeping space.

Sleep 6 hours a night? You're 23% more likely to be obese than those sleeping 7-9 hours. Just getting in 5 hours? Your risk increases to 50%. Only 4 hours? Your risk spikes to 73%. Wow, who knew that sleep was that important for a healthy weight?

For peace of mind, resign as the
GENERAL MANAGER
of the universe.
—Unknown—

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Processed Foods

Food manufacturers have gotten so good at producing foods that we enjoy that we have a very hard time limiting how much we eat. Foods that are intensely rewarding, as many processed foods are, overpower our signal to stop eating. They trick our bodies into eating much more than we need.

Processed foods have a lot going for them. We like them so much that sometimes we even say we love them. They are inexpensive. They are convenient, requiring little if any preparation. You can find them just about anywhere. They are highly marketed and brightly packaged. There is no doubt that highly processed foods have become a staple for most Americans.

Gut Bacteria

Within your intestines live up to 100 trillion microorganisms, called a microbiome, that aid digestion, help fight off dangerous organisms and toxins, may lower stress, and may improve hunger / satiety cues aiding weight loss or maintenance. Studies indicate that obese individuals have lower insulin sensitivity, glean more calories from the foods they eat, and process sugar and fat differently--all because of their altered microbiome. It's easy to see the importance of promoting a healthy gut.

The doctor of the future will give
NO MEDICINES,
but will interest his patients in
the care of the human frame, in
diet, and in the causes and
prevention of disease.

—Thomas Edison—

Pulling It All Together

Beyond the basic six small protein-rich meals, learning to manage stress, getting enough high quality sleep, eating fewer processed foods and promoting a healthy microbiome are things that can be done to live healthier lives and keep weight in check. And guess what? A few basic lifestyle habits can help you achieve all of these.



Exercise is a habit that is intertwined with many areas of good health. It helps to lower stress hormones, increases energy, improves mood, improves sleep quality, burns calories, builds muscle – increasing metabolism, and promoting strength, flexibility and balance. Set aside time each day for exercise—whether it is 20 minutes on the treadmill first thing in the morning, the gym on the way home, walking at lunch or any activity that you can do consistently. It all adds up to a healthier you.

Shut off the TV and computer and head to bed. Set a regular bedtime and routine and then stick with it. Sleep should become a higher priority when you realize that shorting your shut-eye causes weight gain.

Try out some stress management techniques to find one that works for you—yoga, meditation, deep breathing, regular exercise, or guided imagery. Then practice it regularly so when you really need it, you'll have the skill down pat.

Start preparing fresh, unprocessed food at home and take it with you when you leave the house. Without hyper-rewarding processed foods in your diet, you won't feel as driven to overeat. You'll also promote healthy bacteria in your gut with fresh or lightly cooked vegeta-

bles, nuts, seeds, whole grains, and fermented foods (tofu, miso, cottage cheese, yogurt, and kefir).

Take supplemental probiotics. They may help you to manage stress better and increase weight loss. In one study with gastric bypass patients, those taking a probiotic supplement lost more weight during the year following surgery.

Everyone should be his own
PHYSICIAN.

We ought to assist and not force nature. Eat with moderation what agrees with your constitution.

Nothing is good for the body but what we can digest.

What medicine can produce digestion? Exercise. What will recruit strength? Sleep. What will alleviate incurable ills? Patience.

—Voltaire—



In the News

Eating small frequent meals is associated with better food choices and a lower body weight. A recent study found that those who ate 6 or more times a day consumed an average of 343 calories less than those who ate less than 4 times a day. The more frequent eaters tended to eat more nutritious foods, like vegetables, and had an average body mass index of 27.3. The less frequent eaters consumed more calories in the evening from food and alcohol and had an average body mass index of 29.

It looks like eating six small meals of nutritious foods is still a healthy way to eat.

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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
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We'd love to hear from you!

QUESTIONS ABOUT FINANCING YOUR SURGERY?

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Recipes

Spaghetti Squash

1 spaghetti squash
2 tablespoons olive oil
1 clove fresh garlic, thinly sliced
1 tsp. salt
1 tsp. pepper

Preheat oven to 375 degrees. Cut spaghetti squash in half, then scoop out and discard seeds. Place halves face up on an oven-safe dish. Rub squash with olive oil. Sprinkle with salt and pepper and then spread garlic slices on top.

Place squash on the upper rack of the oven and bake for approximately 40 minutes or until the squash separates from the skin easily. Remove from oven and cool at room temperature for at least 20 minutes.

Use a fork to scoop and separate squash strands. Makes approximately 8-½ cup servings—depending on the size of the squash.

Nutrition information per ½ cup serving: 51 calories, 1 gram protein, 4 grams fat, 1 gram carbohydrate, 304 mg sodium.

Note: This versatile squash can be topped with Parmesan, Romano or Feta cheese, sautéed veggies, or traditional pasta sauces. Serve tomato and other sauces in a small dish on the side to prevent the squash from becoming mushy.



Summer Harvest Salad

8 oz boneless, skinless chicken breast, cooked
4 oz fresh mozzarella cheese pearls
1 ripe avocado, chopped
16 cherry tomatoes, halved
2 cups fresh salad greens
¼ cup fresh basil
1 cup balsamic vinegar

Make a reduction of balsamic vinegar by bringing it to a boil in a saucepan and then simmering on medium heat until the vinegar is the consistency of thin syrup. Refrigerate.

Rinse and chop salad greens and fresh basil. Divide onto 4 individual plates. Top with chicken, mozzarella cheese, avocado, and cherry tomatoes. Drizzle with balsamic vinegar reduction. Makes 4 servings.

Nutrition information per serving: 325 calories, 26 grams protein, 15 grams fat, 18 grams carbohydrate, 243 mg sodium.



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 August 31, 2015. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.