

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

The Power of Attitude

Searching the web for “attitude,” the following definitions were found: *a state of mind or a feeling; disposition; a learned way to respond to people or situations; a mental position; a way of thinking or being; leaning towards that which you believe.* Working closely with bariatric surgery patients, it is clear that a positive attitude is an essential component of healthy weight loss and weight maintenance. Attitude drives behavior. Positive attitudes foster those behaviors that increase the effectiveness of the surgery; negative attitudes do not. The good news is that attitudes, and their corresponding behaviors, are within our ability to change.

Weight loss surgery can be a life-changing event. Improvements in medical conditions, ease of movement and a sense of normalcy are experienced as excess weight is lost. Every person who undergoes weight loss surgery experiences many positive changes and many adjustments. 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 (such as birthday cake and ice cream), the negative aspects of weight loss (such as loose skin), and the challenges of a healthful lifestyle (such as the need to replace sedentary activities with exercise); and those who deny that lifestyle behaviors have an impact on weight loss, will be less likely to engage in the behaviors that support a healthy weight. As the well-known author 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.”

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. First, 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. Second, become aware of 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 such as, “I feel left



No one denies that there will be trying or frustrating situations throughout this journey to improved health, fitness and well-being.

Choose not to focus on these.

Keep your focus on those things that you are grateful for. Keep your focus on the healthful behaviors that are going to help you reach your goals. After all, “If you change the way you look at things, the things you look at change.”

Dr. Wayne Dyer

out when my co-workers celebrate with sugary desserts,” look at your gratitude list. Look for opportunities to share your lifestyle choices with others — bring a delicious sugar-free dessert to a work celebration; ask a co-worker to walk with you at lunch; reduce the amount of added sugar your children consume; pack your spouse’s lunch; go for a bike ride with your family each evening. Finally, surround yourself with positive support people. Attitudes are contagious—you want to catch the positive ones. The Barix Clinics message boards are a great place to find that kind of support. “Honest, amazingly caring, and helpful” 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>.

CONSIDERING 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.

Start with a goal for the first week to simply 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 2 for an average of 500 additional steps each day. You may find that you can squeeze 2 walks of 2 miles each into that week. You may find that walking around the block once each day is your 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.

IT WORKED FOR ME

Submitted by Ann L

My toughest time is breakfast, but I did come up with a quick, versatile and on-the-go solution...

Frozen coffee mocha smoothie...

½ cup skim milk

1 scoop chocolate protein (I use Matrix)...sometimes I substitute vanilla.

1 packet sugar-free instant cocoa (If I don't have this, I use two scoops of protein and cut my protein down somewhere else later)

4-6 frozen coffee cubes (instead of ice cubes)...I make these in regular ice cube trays and keep them in a container in the freezer by using up the coffee that is left over when my husband makes a pot of coffee and doesn't finish it...I always hated it when I had to dump a half a pot of coffee!

Some other things that I may add... banana (using when they are overripe and the kids won't eat them any more), frozen strawberries...Whip it up in a blender. I pour this into a travel mug and I am ready to go!

Every thought is a seed. If you plant crab apples, don't count on harvesting Golden

Delicious.

Bill Meyer



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 February 28, 2009. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

Actions to Optimize Weight Loss Success

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.

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 ½ to ¾ cup of food at a sitting—don't. You will be satisfied with a small portion. You will eat again in 2 ½-3 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.

SUBSCRIBE

to

On Track With Barix

[www.barixclinicsstore.com/
newsletter_sign_up.html](http://www.barixclinicsstore.com/newsletter_sign_up.html)

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/share_your_story.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

RECIPES



SHRIMP SCAMPI

4 tsp olive oil
1 1/4 pounds medium shrimp, peeled (tails left on) and de-veined
6-8 garlic cloves, minced
1/2 cup low sodium chicken broth
1/2 cup dry white wine
1/4 cup fresh lemon juice
1/4 cup + 1 T minced parsley
1/4 tsp salt
1/4 tsp freshly ground pepper
4 lemon slices

In a large nonstick skillet, heat the oil. Sauté the shrimp until just pink, 2-3 min. Add the garlic and cook, stirring constantly, about 30 seconds. With a slotted spoon transfer the shrimp to a platter; keep hot.

In the skillet, combine the broth, wine, lemon juice, 1/4 cup of the parsley, the salt and pepper; bring to a boil. Boil, uncovered, until the sauce is reduced by half; spoon over the shrimp. Serve garnished with the lemon slices and sprinkled with the remaining tablespoon of parsley. Makes 4 servings.

NUTRITION INFORMATION PER SERVING: 184 Calories, 24 grams protein, 6 grams fat, 3 grams carbohydrate, 404 mg sodium.

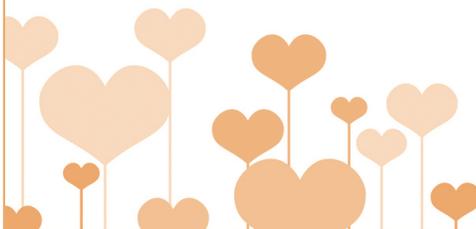
VALENTINES DAY CAKE

3 eggs
1 cup applesauce (unsweetened)
1 tablespoon chocolate extract
1 tablespoon butter flavoring
1 tablespoon almond flavoring (optional)
4 packages sugar free hot chocolate mix
1 cup oatmeal
1 cup flour
1 teaspoon baking powder
8 oz Cool Whip®, Sugar Free
1 cup strawberries, fresh, sliced

Mix all ingredients. Grease an 8" x 8" square and an 8" round cake pan. Pour mixture evenly into the two pans and bake at 350 degrees for 23-28 minutes or until top springs back. Do not overbake. Cool.

Place the square cake on a serving dish with a corner pointed downward making a diamond shape. (consider a cookie sheet covered in foil as a large serving dish). Cut the round cake in half. Place one half of the circle on the top right side of the diamond and the other on the top left side, making a heart shape. Keep refrigerated until ready to serve. Just prior to serving, top with Sugar Free Cool Whip and sliced fresh strawberries. Makes 12 servings.

NUTRITION INFORMATION PER SERVING: 152 calories, 5 grams protein, 4 grams fat, 25 grams carbohydrate, 174 mg sodium.



REQUEST A FREE BROCHURE

for you or a friend at 800-282-0066, or www.barixinfo.com



Wherever you go, no matter what the weather, always bring your own **sunshine.**

Anthony J. D'Angelo