

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



Paradigm of Health

EVERYONE CHOOSES one of two roads in life—the old and the young, the rich and the poor, men and women alike. One is the broad, well-traveled road to mediocrity, the other the road to **greatness and meaning.**—*Steven R. Covey*

A paradigm
is the
mindset
by which we
view
the world.

Steven R. Covey, in his book *The 8th Habit*, encourages us each to find our voice—our unique personal significance that encompasses our talents, passions, needs and conscience. Through this voice, we can move past mediocrity into a life of fulfillment and greatness.

Dr. Covey describes the four dimensions that make up each of us and the needs that must be met for us to thrive rather than just to survive:

- **To Live** (body)
- **To Learn** (mind)
- **To Love** (heart)
- **To Leave a Legacy** (spirit).

In tackling obesity, this concept of multi-dimensional needs to move beyond surviving and onto thriving also applies. Bariatric surgery is the

ultimate physical (bodily) solution. It provides the best tool that modern medicine has to offer. It greatly increases the odds of reaching and maintaining a healthy body weight. But what about those other dimensions—the mind, heart and spirit? Might there be a higher level of health, happiness and vitality out there? If we choose to delve into each dimension, what can we achieve?

Body

Let's start with the body—the dimension we are accustomed to talking about in regards to weight management. In addition to the surgery, there are many things that can be done to increase the odds of reaching and maintaining a healthy body weight and all of the health benefits that go along with it. These are the lifestyle habits clearly outlined in the Guide to Good

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(Paradigm, Continued from page 1)

Health—understanding these and knowing what to do is rarely an issue. In order to apply this knowledge, overcome habits that have become deeply ingrained over the years and consistently make the choices that support a healthy weight may require a shift in the way in which we look at things. It may require a shift to a paradigm of health.

Mind

The shift in our paradigm requires that we use the second dimension—our minds and our thoughts. A paradigm is the mindset by which we view the world. When it comes to a lifestyle that supports a healthy weight, the way in which we view lifestyle habits is important. Our mindset in regard to regular exercise and activity can affect the likelihood that we will make the choice to participate in regular exercise.

If we look upon exercise as unnecessary, lacking importance, boring or at best as a necessary evil, it will never become a priority. If the view of exercise can shift to one of enjoyment—an opportunity to feel stronger, less stressed, better able to sleep at night, more focused,

more energetic and a means to retain our mobility through the year—investing 30-60 minutes of our day suddenly doesn't seem like such an imposition. A paradigm shift may also be required for the way in which we view food. If food is solely a form of pleasure, we will eat only for the pleasure without regard to the harm certain foods may wreak on the body. Is food mainly a source of comfort, a way to reduce boredom, a method to numb the impact of stress, a way to celebrate? Can we shift our view of food to one that considers the nutritional contribution the food provides: how it promotes health and vitality in our bodies and the enjoyment we have in eating it?

Heart and Spirit

The third and fourth dimensions utilize the heart and spirit. If we can identify the positive impact that reclaiming our health (and in many cases our lives) will have on others, making the efforts to change our thoughts, outlook and habits will be well worth it.

People often report that after surgery, their entire family makes better food choices and is more active—family members may even lose weight. Some people want to be around to see their children graduate from high school, get married and have children of their own. In addition to the impact on those closest to us, some people go on to inspire others considering surgery—helping them through the decision making process, leading support groups or

coaching on message boards. Many find new energy to volunteer and give back in other ways. Consider what you would like your greatest contributions to be and how good health can help you to achieve these.

Look beyond the physical changes (body) of bariatric surgery to a paradigm shift (mind) that embraces the habits that contribute to optimal health and to the impact that health will have on others (heart and spirit).

This multi-dimensional approach will help you to reclaim your health and happiness. Our physical health does not live in a vacuum—it is dependent on a healthy mind, heart and spirit.

**“Two roads
diverged in
a wood
and I — I took
the one **less**
traveled by,
and that
has made
all the
difference.”**

—Robert Frost

“The road to **success is always
under **construction.**”**

—Lily Tomlin



IT WORKED FOR ME

Wisdom from the Barix Clinics
Message Boards-Barix Patients
Supporting Barix Patients

Submitted by Joan H.

Gas has been a problem for me. I started taking a probiotic supplement daily and that seems to have helped immensely. I purchased probiotic capsules online at www.puritan.com. They were very inexpensive. I open one capsule and mix it in with my morning protein shake. Can't even tell it is in there—but my tummy can tell the difference.

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 December 31, 2009. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

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IN THE NEWS

A small study that will be published in the *Journal of Clinical Endocrinology and Metabolism* supports advice that many of us have heard—eat slowly. Previous studies have indicated that those who eat at a slower pace may consume fewer calories at a meal. This study takes that idea one step further and was able to identify that when the study participants ate

slowly, they had higher levels of hormones (PYY and GLP-1) for three hours after the meal. These hormones signal the brain to decrease the appetite and curb eating. It appears that eating at a fast pace may block the body's hunger/satiety process.

Looks like the advice that we might take away from this is to all eat small portions of the best healthy foods *slowly*. Oh yes, and don't forget to chew well.

Your **goals** are the **road maps** that
guide you and show you
what is **possible** for your **life**.
—Les Brown

CONSIDERING SURGERY

A small weight loss prior to surgery is beneficial; it shrinks the liver and makes the surgeon's job easier. For this weight loss, rather than thinking about what you will take away from your diet, look instead at what you can add to your diet. Add in fresh fruits and vegetables. By simply adding 4-5 ½ cup servings of fresh or frozen vegetables and 2 ½ cup of fresh fruit servings it is likely that a slight weight loss will occur. This happens because the fruits and vegetables are full of fiber with a low caloric density. So you will fill up on these foods and have less room for higher caloric foods.

Here's how you do it—in place of a frozen meal for lunch, eat a box (2 ½ servings) of frozen veggies and a small amount

of lean meat, fish, poultry (perhaps left over from the previous evening's meal). Have a good-sized salad with dinner and some fresh fruit for a snack and you've got it.

You may also want to add in some additional movement. Exercise is a key component to a healthy weight loss. Find ways to fit exercise into your schedule before surgery and you'll be a step ahead of the game.



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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, 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

MINI CHERRY CHOCOLATE CHIP CHEESECAKES

From murraysugarfree.com

- 12 Murray Sugar Free Cookies Murray® Sugar Free Chocolate Chip
- 12 ounces fat-free cream cheese, softened*
- 1 cup small-curd, fat-free cottage cheese
- 1/2 cup refrigerated or frozen egg substitute, thawed
- 1/2 cup Splenda granular (sugar substitute)
- 2 tablespoons all-purpose flour
- 1 teaspoon grated lemon peel
- 1/2 teaspoon vanilla
- 3/4 cup light cherry pie filling
- 1 cup whipped topping, sugar free

Line twelve muffin cups with foil bake cups. Lightly spray with nonstick cooking spray. Place one cookie in each.

In food processor bowl combine cream cheese, cottage cheese, egg substitute, sugar substitute, flour, lemon peel and vanilla. Cover and process until smooth. Spoon onto crusts. Bake at 300°F about 18 minutes or until almost set. Cool on wire rack for 30 minutes. Peel away foil cups.

Refrigerate at least 2 hours. Spoon pie filling onto cheesecakes. Makes 12 servings.

Nutrition Information per serving: 110 calories, 8 grams protein, 3.5 grams fat, 13 grams carbohydrate, 290 mg sodium.

BANANA CREAM PIE WITH OATMEAL COCONUT CRUST

From murraysugarfree.com

- 20 Cookies Murray® Sugar Free Oatmeal
- 2 tablespoons flaked coconut
- 1/2 teaspoon cinnamon
- 3 tablespoons light margarine, melted
- 2 3/4 cups cold fat-free milk
- 1/2 teaspoon coconut extract (optional)
- 2 packages (4-serving size) vanilla flavor sugar-free, fat-free instant pudding & pie filling
- 1 large banana
- 1 1/2 cups frozen fat-free non-dairy whipped topping, thawed

Finely crush cookies. In small bowl combine cookies, coconut and cinnamon. Add margarine. Toss to coat. Press on bottom and sides of 9-inch pie plate lightly coated with nonstick cooking spray. Bake at 350°F for 8 minutes. Cool completely.

In large bowl combine milk and coconut extract, if desired. Add pudding mix. Beat with wire whisk about 2 minutes or until thickened. Pour half of pudding mixture into crust. Slice banana on top. Pour remaining pudding mixture over banana. Spread whipped topping over all. Refrigerate at least 30 minutes. Garnish as desired. Store in refrigerator. Makes 8 servings.

Nutritional information per serving: 250 calories, 5 grams protein, 9 grams fat, 39 grams carbohydrate, 430 mg sodium.

