

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle



Great Gatherings

THIS HOLIDAY, STRESS LESS AND LIVE MORE

NOVEMBER marks the beginning of holiday gatherings — a wonderful time of year to connect with friends and family. The challenges of being constantly surrounded by tempting foods, a lack of sleep, added stresses and increased emotions can make sticking to healthful habits difficult. No reason to throw in the towel, though — with a sound strategy and some new skills in your toolbox, you can find new resolve and enjoyment this season.

POSITIVE THINKING

Throughout the holiday season, your thoughts, emotions and attitude are key to your success. Think about what you want to do and experience this season. Where your thoughts and focus are, your behaviors will follow. Practice allowing only positive empowering thoughts.

One way to do this is to make a list of every good reason why you want to reach or maintain a healthy weight. Read this list to yourself every morning and before a tempting situation. You will be reminded why it is worth it to walk away from unhealthy foods and keep active. When negative self-defeating thoughts cross your mind, push them away with a countering positive thought. By consistently rehearsing your reasons for wanting

to be healthy, you'll eventually change your thinking about food and exercise.

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.

Melody Beattie

MANAGE FOOD PUSHERS

Learning to control food pushers is another skill to develop. Some people are well-meaning and think that they are helping you to be happy by insisting that you indulge in some calorie-laden food or drink. Others are doing their best to sabotage your efforts. Whatever the motivation, experts say the best way to handle this situation is to politely, but firmly refuse the food — over and over if necessary. Another strategy is to let someone prone to food pushing know ahead of time that you will have to pass on her rhubarb pie this year. This sets up the expectation ahead of time for both of you. Don't feel guilty

about refusing to eat an unhealthy food or second portions. You are entitled to do what is good for you.

PUT FOOD IN ITS PLACE

With all of the visual food cues, you may need to remind yourself that it is not all about the food. Special foods are part of the season, but there is so much more to enjoy. The ability to spend time and celebrate with friends and family, the decorations, smells, traditions, and opportunities to reach out to others make this one of the richest times of the year. If you put your focus on the other enjoyments of the season, food can move to a less important role.

HAVE A STRATEGY

Treats are a part of the season. Think through situations you expect to encounter and come up with a game plan ahead of time. Sweets in the break room — have no-added-sugar pudding on standby. Eggnog a tradition at Uncle Ray's house — make up a batch with healthy ingredients and take it along. Decorating cookies with the girls — send them all to different homes or package them up and give them away as gifts. Stockings traditionally stuffed with sweets — start a new tradition of stuffing with small gifts, fruit, and sugar-free gum.

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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

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FOCUS ON GRATITUDE

Come up with a plan to express your appreciation to all the people in your life over the next two months. You'll have fun coming up with something special for each person and it will build your relationships. Of course you can simply tell them what you appreciate about them and how thankful you are that they are in your life. You may want to send a heartfelt note, prepare their favorite meal and put a special note on their plate, put an, "I appreciate you because..." post-it note on their door every day for a week, get them a gift certificate to their favorite coffee shop, or spend special time with them. You get the idea—have fun with this and you will get as much out of it as they do.

LOOK FOR WAYS TO GIVE

There are so many needs within our communities that you don't have to look far to find a way to give. You can turn a tradition into a giving opportunity or make new giving traditions.

For example, if you have a tradition of gathering with your children to bake

Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you.

Eileen Caddy

holiday cookies, make this experience more meaningful by identifying an elderly person who would enjoy a plate of cookies and delivering them personally.

You could add a new tradition, drawing your friends and family together, by adopting a family and finding fun ways to meet their needs and provide them with a holiday to remember. You'll strengthen relationships while you focus on the needs of others.

TAKE CARE OF YOURSELF

Get enough rest, eat right, exercise, and give yourself some down time. Take good care of yourself by making the decision to eat right, be active and enjoy the season. If you do blow it, forgive yourself. Keep in mind that a healthful lifestyle is a journey, not a destination.

It Worked for Me

Submitted by William P.

I make a quiche with eggs, some type of lean meat, low-fat cheese and veggies on the weekends. I take a piece to work each day and eat it for breakfast. I mix it up, one week Mexican with chorizo, the next a classic Lorraine. It also works well with Italian sausage and mozzarella cheese. Quick and easy each morning and I have just enough so I do not overeat

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

Cherry Cobbler

- 1 cup self-rising flour
- ½ cup Splenda®
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1 cup skim milk
- ½ cup margarine, melted
- 1 can no-added-sugar cherry pie filling
- 2 cups Lite Cool Whip®

In a mixing bowl, combine flour, Splenda, and cinnamon. Add skim milk and stir until blended. Pour melted margarine into a casserole dish and pour flour mixture over margarine. Pour pie filling over the top of flour mixture and bake in a 350 degree oven for one hour. Let stand for ten minutes and serve while warm. Serve with a generous dollop of Lite Cool Whip. Makes 8 servings.

Nutrition information per serving: 196 calories, 4 grams protein, 9 grams fat, 24 grams carbohydrate, 335 mg sodium.

Pumpkin Mousse



- 1 pkg. instant vanilla pudding, no-added-sugar (6 serving size)
- 3 cups skim milk
- ½ cup pumpkin, solid packed
- 1 tsp. pumpkin pie spice
- ½ cup Cool Whip Lite
- 1 cup plain yogurt
- 1 tsp. vanilla extract

Mix pudding and skim milk with mixer for 2 minutes. Fold in remaining ingredients. Spoon into cups or stemmed glasses. Garnish with a sprinkle of cinnamon and a dollop of Cool Whip Lite. Makes 6 servings.

Nutrition information per serving: 106 calories, 7 grams protein, 1 gram fat, 207 mg sodium.

Blueberry Protein Muffins

- 1 cup whole wheat flour
- 1/2 cup almond meal
- 1/2 cup unflavored protein powder
- 1 tbsp. baking powder
- 1 tsp. baking soda
- 1/4 tsp. salt
- 2 eggs
- 3/4 cup nonfat plain Greek yogurt
- 6 oz container of blueberry Light & Fit Greek yogurt
- 2 tbsp. unsweetened applesauce
- 1 tsp. vanilla extract
- Splenda as needed for desired sweetness
- 1 cup fresh blueberries



Preheat oven to 400° F. In a small bowl, whisk the eggs and then stir in the rest of the wet ingredients. In another bowl, combine all dry ingredients. Mix the contents of the two bowls together, mixing gently, being careful not to over-mix. Gently fold in the blueberries.

Add twelve paper baking cups to a muffin pan and spray with cooking spray. Divide the batter evenly into the cups. Bake for 15-20 minutes or until a toothpick comes out clean. Makes 12 servings.

Nutrition information per serving: 132 calories, 12 grams protein, 14 grams carbohydrate, 3 grams fat and 259 mg sodium.

12 Uncommon Gifts to be Grateful for...



A Fresh Start

If you've ever been given a second chance, you know what I'm talking about here. Fresh starts, new chances and big life changes are wonderful and easy to appreciate. However, have you ever thought about that every single day is a fresh start? I am grateful for this day.

Dreams in the Making

Are you on a mission? Are you making conscious choices and living the life you want to live? Are you on your way to dream come true? Be grateful for the path you're on, the joy it gives you and the hope you're experiencing.

Being Able to Help Others

Be grateful when you find yourself in a position to help others, because it means you are abundant. Think of it this way: You are so plentiful, you are filled to the brim, you have more to give! It's a wonderful situation to be in, and think about how you are making an impact on someone else's life.

Your Strength

You are probably stronger than you think! Being grateful for what you have achieved, endured and lived through can only lead to good things. Take a moment and appreciate what you're good at, how well you manage. Well done!

Opportunities

It's easy to be grateful when a wonderful opportunity opens up, but gratitude can also work the other way around. Be grateful for opportunities and look back at the last few days. What kind of opportunities were you given?

Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for.

—Epicurus

Does something strike you as a great opportunity now that you didn't immediately realize then? For example – invites, requests, demands of attention, changes of plans might look more like an opportunity now than it did when you were first presented for it.

Great Conversations

This is one of my favorites. I really, truly, deeply, appreciate a good and interesting conversation. When was the last time you had one?

Shared or Acquired Wisdom

Sometimes people share their wisdom without even noticing, so be on the lookout for shared wisdom in disguise. In addition, people often deliberately want to share their wisdom because they care about you! It's a nice thing to be grateful – give thanks – and to look at each little piece of wisdom as a blessing. Acquired wisdom is when you suddenly realize something, make a connection or learn from your mistakes. Be grateful for your own insight, your knowledge and your wisdom!

Pets

If are lucky enough to have a pet, you know how much joy and company it brings. I think everyone who has a cat, dog, horse or turtle (oh yes!) feels that their pet is the best one in the world – and it is! So, if you're feeling low, tired or depressed, just be grateful for the moments when your dog greets you at the door, when your cat sneak up against you to cuddle or when your turtle smiles (apparently they do!).

Insight and Clarity

You know when you look back at something that has been bothering you and suddenly see it in a different light? Or when you manage to make a really good decision in the middle of chaos? Add it to your grateful list and let the happiness you get from it grow!

Change

Most people fear change. This is where you use gratitude to really help you through. It's so easy to find ways that change will be bad, but take five minutes and think about what you appreciate with the changes you're facing. Can you find room for being grateful for change too?

Life

So easy to overlook, but so so fundamental. Be grateful for being alive!

<http://www.thefreedomexperiment.com/2012/11/22/the-power-of-thanksgiving-48-things-to-be-grateful-for-this-holiday>