

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

## HOLIDAY SPLURGE

TIPS TO TREAT YOUR SENSES TO THESE HEALTHFUL HOLIDAY SPLURGES!

The holiday season is traditionally a time to splurge. Food, gifts, decorations, time with family and friends are all important aspects of the holiday season. This year redefine splurge to fit with your commitment to a healthy weight and lifestyle. Focus on how good it feels to make healthful choices, take good care of your body, be in control of your weight and find healthful treats to enjoy this holiday season. You will find a renewed sense of vibrancy and feeling of refreshment when you splurge on healthful habits.

### HEALTHFUL HOLIDAY SPLURGES FOR YOU

- Start each day with a sense of gratitude. Make a list of all of the things in your life that you are grateful for and post it somewhere that will catch your attention throughout the day.
- Treat all of your senses, not just your taste buds. Buy some new music or a personal player, stream your favorite station at work or home—flood your life with uplifting sounds. Turn a room in your house into a peaceful retreat complete with soft lighting, instrumental music and pleasant fragrances.

- Start or participate in an office Secret Santa program. Searching for small gifts to delight a co-worker and the thrill of delivering the gifts without getting caught is truly an uplifting experience.
- Purchase or borrow from the library an inspirational book. If time is at a premium, get a collection of one-page stories, devotionals, or quotes. Consider books on tape or CD to listen to while exercising.
- Take several meditative moments each day to clear your mind and breathe deeply.
- Make extra time to spend with friends and family.
- Say no to projects, gift buying, and commitments that you are not passionate about.
- Buy yourself some sugar free treats. Savor every bite. Feel proud of how you are able to choose a sugar free treat and enjoy it in moderation.
- Indulge in a massage, manicure, pedicure or new hairstyle.
- Think about each person on your list and find the joy in buying small gifts.
- While you are out shopping, pick up small things for yourself that you wouldn't normally buy.

*“If the only prayer you said in your whole life was, “thank you,” that would suffice.”*

*~ Meister Eckhart*

- If holidays are a lonely time for you, volunteer to help out in a homeless shelter, animal shelter, hospital or nursing home; adopt a family in need and provide the material components of the holidays that so many of us take for granted. It is amazing how much you receive when you make the effort to reach out to others.



# GIFTS OF HEALTH

Share your healthy outlook on life by giving gifts of health to those you care about.

- **Fitness Gifts:** a fitness club membership, the enrollment fee for a fun fitness class, a pedometer, a session with a personal trainer, traditional toys that encourage fitness such as Frisbee, croquet, kickball, dodgeball, horse shoes, or badminton (you may want to include a card with the game rules and your experience with these games when you were a child), newer games like Cranium Hullabaloo, Twister Moves, Yoga Kids DVD or Dance Dance Revolution, bikes, skateboards, hula hoops, or jump ropes.
- **Stress Management Gifts:** a certificate for a massage, a weekend away, candles and scented bubble bath, a fun fiction book, green tea and an inspirational mug or a relaxation DVD.
- **Healthful Eating Gifts:** a crock pot or a steamer with a few of your favorite recipes, a healthy cooking class, a basket of fruit, a fruit of the month club, a healthy cookbook, small food storage containers, a reusable water bottle and an insulated lunch bag.
- **Healthful Reading:** A subscription to a fitness or healthy eating magazine or an inspirational book.

# HEALTHFUL HOLIDAY HABITS

**K**eeep it in perspective: Just because it is the holiday season doesn't mean you should give yourself the license to eat everything that passes by and give up your fitness plan. With some positive strategies in place you will be able keep your healthful habits throughout the holiday season.

- **Watch the calories:** Make use of the wide variety of reduced-fat dairy products available, such as nonfat sour cream, whipped cream and whipped cream cheese for your holiday cooking. Use the 1-10 rating system during holiday meals. Rate each food that is passed on a 1-10 scale – 1, not appealing – 10, WOW, my favorite! Eat only 9's and 10's. Pass up the rest!
- **Fluids:** Stay hydrated. Dehydration can cause you to feel hungry so try to drink at least 6-8 cups of water a day.
- **Meal Times:** Don't skip meals; the resulting hunger and low blood sugar can lead to overeating. Don't pass up favorite foods or deprive yourself completely. Choose a small portion of high calorie foods or a sugar free substitute for your favorite holiday sweet.
- **Set Up Your Environment for Success:** Don't tempt yourself by keeping trigger foods or comfort foods around the house, increasing the likelihood that you will make poor choices or overeat. Have a small snack before you go to a party or holiday dinner. In situations that have been difficult previously, make a plan of action ahead of time—think about what you will eat, how much you will eat, and what you will do if tempted to make poor food choices.



- **Emotional Health:** If you find yourself feeling blue, soothe your spirit with a massage, manicure, pedicure, or facial—not food. Enjoy the season, not only the food! Take a meditative moment at least once a day (once an hour works even better) to breathe deeply, and clear your mind of all the clutter. Enjoy friends and family. Share laughter, cheer. Celebrate and give thanks. Remember what the season is all about.
- **Shopping:** When you shop, eat before you leave home so you won't resort to cookie breaks. Take easy-to-carry snacks with you such as protein bars, turkey jerky, soy nuts or HandiSnacks® cheese and cracker packs. Many restaurants offer lowfat milk if you get in a pinch.
- **Exercise:** Try to exercise or get some physical activity daily. Besides increasing metabolic rate, exercise can reduce depression and anxiety, which are more commonly experienced during the holiday season. Center entertainment on activities like carol singing, ice skating, roller-skating, swimming, sledding, cutting down your own Christmas tree, making snowmen, having a snowball fight, cross country skiing, bowling, whirly ball or other activities that keep you moving and aren't centered on food. Busy schedules can bump you off your routine, but try to keep as close to your typical schedule as possible.

# SIMPLIFY AND DEEPEN YOUR HOLIDAY EXPERIENCE

**M**ake a list of all of your holiday activities and obligations—don't censor—just list. Next think about which ones are meaningful and reflect your family's values. You may decide to tweak some, delete others or add a new one or two. Many people find that the most treasured activities involve family and friends, faith, nature, charity, and music or arts. Here are some traditions that may help you to simplify and deepen your holiday experience. There may be some that you would like to try especially if this is the year that you are determined to transition from frenzied to simplified.

- Schedule extra time off from work if possible during the holidays to avoid the rush and to spend extra time with friends and family.
- Talk with extended families about downsizing gift exchanges. You may want to consider limiting the dollar amount, drawing names or substituting an outing in place of gifts. If there has been a big emphasis on gifts, it may take several years and several downward shifts to truly simplify.
- Drive around and look at Christmas lights with a thermos of hot apple cider.
- Celebrate with casual potluck meals instead of elaborate dinners and parties.
- Spread gatherings out. Meet with one side of the family the week of Christmas and the next one the week of New Years. Celebrate with co-workers the first week of December or the second week of January.
- Spend time with your children baking and decorating traditional cookies and giving them to teachers, neighbors, friends and family members. You may want to add some new sugar free favorite versions.
- Draw upon faith-based rituals.
- Have an extended family sledding outing or hike.
- Volunteering and charitable donations are meaningful ways for many families to express the true meaning of the season.
- Getting together with neighbors to sing carols can bring a closeness and joy to your entire neighborhood.
- Go to holiday productions.
- Have a "white elephant" gift exchange with the entire family. Each person brings a wrapped gift. You may want to put specific rules such as the gift should be used or within a certain dollar amount. Draw numbers to see in what order people will open gifts. The person drawing number 1 opens a gift. The person who drew number 2 then has a choice to choose another wrapped gift or take the first person's gift (in that case the person drawing number one would choose another wrapped gift and open it). The person who drew number three can open a wrapped gift or choose one of the opened gifts. Everyone continues until all of the gifts are unwrapped.

Claim the peaceful, reflective, grateful nature that the holidays were meant to be. Create a simplified holiday for you and your family based upon the traditions that have been passed down, the new traditions you have started and the values that are important to you.

## IT WORKED FOR ME

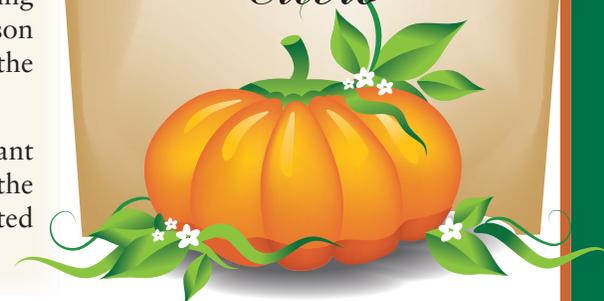
*Submitted by Connie H.*

As my children moved from childhood to the teenage years, it became difficult to choose holiday gifts that they would really like. Giving just money didn't feel quite right. Last year I gave them each several gift cards for their favorite places—the movie theater, the coffee shop, the nail salon, the tanning salon and the skating rink.

I wrapped each one with a small gift (a coffee mug with the coffee shop gift card, a ring with the nail salon card, etc.) in a larger box so they still had the excitement of opening packages and not just envelopes. Having some gift cards for activities gave them things to do during their time off of school.

*“Gratitude is not only the greatest of virtues, but the parent of all the others.”*

*~ Cicero ~*



# 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 November 30, 2007. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto: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

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*"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow."*

*Melodie Beattie*

# NUTRITION NIBBLER



Researchers in England found that adults with low blood levels of folic acid were 40% more likely to suffer from depression. Folic acid helps people to produce serotonin—a mood lifting brain chemical. The good news is that if you take your multi vitamin daily, folic acid levels are typically high—just one more reason to take that multi vitamin and mineral supplement each and every day.

## RECONSTRUCTIVE SURGERY

To receive a FREE RECONSTRUCTIVE SURGERY guide, call 800-282-0066 or send us an email at [rc@barixclinics.com](mailto:rc@barixclinics.com) with your name and contact information.

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## QUESTIONS ABOUT FINANCING YOUR SURGERY?

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



# HOLIDAY RECIPES

## ORANGE PINEAPPLE CREAM DESSERT

- 1 - 4 serving pkg. sugar-free pineapple gelatin
- 2 - 4 serving pkg. sugar-free orange gelatin
- 1 1/2 cups boiling water
- 20 oz. can crushed pineapple, no added sugar
- 8 oz. fat-free cream cheese, softened
- 2 1/2 cups skim milk
- 1 - 4 serving pkg. sugar-free instant, French vanilla pudding mix
- 8 oz. Cool Whip Free®
- Orange slices, optional garnish

Combine all three packages of gelatin with boiling water. Stir to dissolve and then add crushed pineapple (include juice). Set aside. Combine softened cream cheese, milk and pudding mix. Beat until smooth & thickened. Stir in gelatin mixture. Pour mixture into a glass dish or individual stemmed glasses. Chill overnight. Spread Cool Whip evenly on top. Garnish with orange slices if desired. Makes 12 servings.

**NUTRITION INFORMATION PER SERVING:** 118 calories, 6 grams protein, 0 grams fat, 21 grams carbohydrate, 293 mg sodium.



## APPLE PIE

- 1 prepared double pie crust
- 7 cups baking apples, cored, peeled and sliced thin
- 1 cup Splenda®
- 3 tablespoons cornstarch
- 3/4 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 1/8 teaspoon salt

Preheat oven to 425° F. Place one crust in a 9-inch pie pan. Place sliced apples in a large mixing bowl and set aside. Combine Splenda, cornstarch, cinnamon, nutmeg and salt in a small bowl. Sprinkle mixture over apples and toss. Spoon apple mixture into piecrust. Place the second pie crust over the filling. Seal edges, trim and flute. Make small openings in the top crust. Bake for 40-50 minutes or until the top crust is golden. Makes 8 servings.

**NUTRITION INFORMATION PER SERVING:** 304 calories, 3 grams protein, 15 grams fat, 40 grams carbohydrate, 270 mg sodium.

## SUGAR FREE RUSSIAN TEA

- 4 1/2 teaspoons sugar free orange drink mix
- 3 1/2 teaspoons sugar free lemon drink mix
- 1/3 cup Splenda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves

Combine all ingredients and mix well. Store in an airtight container. To prepare one serving, add 1/4 teaspoon of mix to 3/4 cup hot water and stir well. Makes 48 servings.

**NUTRITION INFORMATION PER SERVING:** <1 calorie, 0 grams protein, 0 grams fat, 0 grams carbohydrate, 4 mg sodium.

## EASY SUGAR FREE CHEESECAKE

- 1 prepared graham cracker crumb crust
- 1 - 4 serving pkg. sugar free lemon gelatin
- 1 cup boiling water
- 2 - 8 oz pkg. fat free cream cheese
- 2 teaspoons vanilla extract
- 1 cup Cool Whip Free.
- Lemon slices, optional

Dissolve lemon gelatin in boiling water. Let cool until thickened, but not set. In a large bowl, beat cream cheese and vanilla until smooth. Blend in lemon gelatin. Fold in Cool Whip Free. Pour filling into crust. Refrigerate overnight. Garnish with lemon slices if desired. Makes 8 servings.

**NUTRITION INFORMATION PER SERVING:** 175 calories, 10 grams protein, 5 grams fat, 22 grams carbohydrate, 537 mg sodium.

## SUGAR FREE EGGNOG

- 1 - 4 serving pkg. sugar free instant vanilla pudding mix
- 5 cups skim milk
- 1 teaspoon Splenda
- 1/4 cup ground cinnamon
- 1 pinch ground nutmeg
- 1 teaspoon rum flavored extract

Mix all ingredients together with a wire whisk for at least 2 minutes in a large bowl or pitcher. Best to make just before serving. Makes 5 servings.

**NUTRITION INFORMATION PER SERVING:** 121 calories, 9 grams protein, 0 grams fat, 15 grams carbohydrate, 436 mg sodium