


# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

## Expressions of LOVE

If Valentine's Day conjures up images of heart-shaped candy boxes, cupid cupcakes and other sweet treats, you are not alone.



**W**e grew up with the commercialism and the traditions of this holiday just like all the others. One of the challenges after bariatric surgery is to redefine the holidays—to shift the emphasis from food. It is freeing to lose the images of sugary treats and replace them with new images. Rather than a sense of deprivation, this transition can bring with it a deeper, more satisfying experience for you and your family. Just think of yourself as the vehicle for change—the one to impart a healthier lifestyle to future generations. Learn new traditions, give simple gifts, and increase your use of loving words and actions. Maybe your kids will automatically carry on the tradition of a Valentine's tree (see below) with their own families rather than lavishing their children and spouses with chocolate.

### Traditions

Find new ways to celebrate Valentine's Day or challenge yourself for the entire month of February to focus on expressing love to the people who mean the most to you. Blow off the sweets

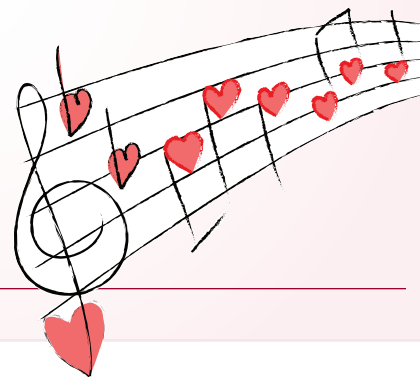
and start some new traditions that build relationships and truly express your love. After you've redefined Valentine's Day, you might be ready for family birthdays—how could you celebrate without the traditional cake and ice cream? I bet you can come up with some more meaningful ways to celebrate those special days.

- Cut out red, pink and white hearts. Give every family member enough hearts to write one thing that they appreciate about each family member. (They can fill out a heart for themselves too.) Post the hearts with loving sayings on each family member's bedroom door. You can

*(Expressions of Love, Continued on page 2)*

### Gifts

- Keep gift giving simple and meaningful this year.
- Write love notes and leave them in places where they will be found throughout the day (in the car, on the bathroom mirror, on the bed pillow, in the backpack, in the purse, in the lunch bag, near the toothbrush). How about a note like, "You drive me crazy!" placed on the steering wheel?
- Write down and present your Valentines with 100 reasons why you love them.
- Put together a CD or playlist of their favorite songs or romantic songs.
- Get a babysitter every Friday.
- Create a jar or basket filled with love coupons for hugs, kisses, back rubs or foot rubs to be redeemed over time.

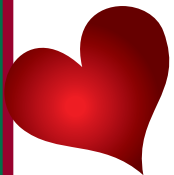


do this for just one day, a week or each day for the entire month. Think about the environment of love this exercise can create!

- Cut down a tree branch and place it in foam inserted in the bottom of a planting pot. You may want to paint the branch red/pink/white or just leave natural. Cut red/pink/white hearts out of construction paper and punch a small hole at the top. Have family members think of words that mean love to them. Write these on the hearts. You may want to have children decorate the one side of the hearts with glitter, ribbon, doilies or paint. Hang the hearts from the tree with yarn.
- Purchase small gifts and place them in red bags with white tissue paper. Attach a heart shaped name tag on each one.

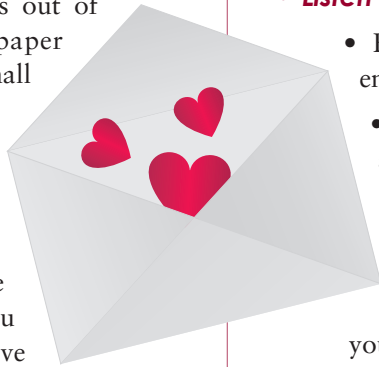
Let the love extend beyond your family by reaching out to others. It may be as simple as making a Valentine's Day card for an elderly neighbor and delivering it as a family.

You may consider sponsoring a child through one of the great established organizations (about a dollar a day). You have the idea...it isn't hard to find someone who has a need.



**"There is only one happiness in life, to love and be loved."**

**-George Sand**



## Actions

Below are some great ways to say I love you to all of the important people in your life—including you.

- Use only positive words when talking about your family members, in their presence or when they are not there.
- **Listen with your full attention.**
  - Be their biggest fan and encourager.
  - Regularly give a toast of appreciation at breakfast or dinner. Tell them how they bring love to your life.
  - Ask open ended questions and talk about your day during mealtimes.
- Read books aloud together.
- **Say you're sorry.**
- Recall good and bad memories.
- Just hang out together.
- Encourage mental, physical and spiritual health.
- **Act silly together.**
- Refrain from the temptation to compare your loved ones to others.
- Ask questions about opinions, feelings and thoughts.
- Encourage adventures.
- Always give a big welcome hug when they come home.
- **Show gratitude for them.**
- Compliment them in front of others.
- Spend time together.
- Ask for hugs and kisses.
- Take vacations together.
- **Be honest.**
- Practice self-acceptance.
- Show interest in their interests.
- Accept them just the way they are.
- **Forgive.**

**"We tend to forget that happiness doesn't come as a result of getting something we *don't* have, but rather of recognizing and appreciating what we *do* have."**  
**-Frederick Keonig**

- Give the benefit of the doubt.
- Learn something new together.
- Keep your promises.
- **Laugh together.**
- Read a story together.
- End the day with loving words.
- Have a family hug.
- **Eat meals together.**
- Compliment often.
- Take walks together.
- Do a puzzle together.
- Send an encouraging/loving card in the mail.
- **Make your home a fun place for everyone.**



## Loving Self-Talk

Love yourself by only allowing positive, loving thoughts to circulate through your mind. Make an individual list of positive affirmations. Here are some ideas to get you started. Then when you notice a negative thought creep in, say "stop" and replace that thought with one of your affirmations.

### Positive Affirmations

I am competent.  
I am energetic.  
I can grow.  
I will make healthy choices.  
I am strong.  
I can heal.  
I will reach my goals.  
I am beautiful.  
I am enthusiastic.  
I can make it through this situation.  
I am loving.  
I am smart.  
I can use new ways to cope.  
I am generous.  
I can take risks.  
I can change.  
I am creative.  
I am talented.  
I can let go of fear.  
I am a good person.  
I am a good mother/father/sister/friend.  
I will accept myself as I am.  
I can be honest with my feelings.  
I will take care of me today.  
I love me.  
I am growing stronger each day.  
I am caring.  
I am courageous.  
I can succeed.  
I can laugh and have fun.  
I can exercise.  
I am becoming healthier each day.  
I am terrific.  
I can solve these problems.  
I will get the support that I need.  
I will take time to exercise today.  
I will let others take responsibility for their own lives today.

## Words

Make an extra effort to show family members that you love them through the words you choose to use:

**You mean the world to me** • I like the way you handled that • Wow, you really thought out the solution to that problem • **I have faith in your ability** • I appreciate what you did • You are really showing improvement • I trust you • It must make you proud of yourself when you accomplish something like that • **You're special** • Well done •

**"Love, and you shall be loved"**

—Ralph Waldo Emerson

You're on top of it • Hurray for you! • You are a valuable part of our family • **I'm proud of you for trying** • It is such a blessing to be your mom (or wife, grandma, dad) • You did so well at that! • How smart • I admire you for ..... (a specific quality or trait) • If more people were like you, the world would be a better place • It's one of my favorite things to be with you • You're an amazing person • **I believe in YOU!** • You're precious • You're a real trooper • Thanks for what you did to help me • You did a great job • **You make me happy** • What an imagination • You mean so much to me • I love your sense of humor • You're so much fun to be with • Thank you • I'm sorry • Tell me more • **You can do it** • How can I help? • Let's work together • How about a hug? • Please • **Wow!** • Look at that! • You did it • Super • Super-duper • Now, that's impressive • Bravo! • Excellent • Nice work • Good for you! • Look what you can do! • **Wonderful!** • Fabulous! •

## IN THE NEWS

Gobbling food at the speed of light must not only a North American phenomenon. Researchers in Stockholm, Sweden developed a device that provides feedback on how fast meals are consumed. In a study of obese youth, providing feedback of participants' actual meal times compared to an ideal meal time helped them to eat more slowly and to eat less. After 12 months, those using the Mandometer device had lower body fat scores and lower BMIs than those who did not use the device. All participants were encouraged to exercise for 60 minutes a day and eat a balanced diet.

The Mandometer is not likely to solve the world's growing obesity epidemic, but eating more slowly is a small simple step that we can all take can help to improve our eating behavior and improve our health.

**"Being happy doesn't mean that everything is perfect. It means that you've decided to look beyond the imperfections."**



# REWARD YOURSELF

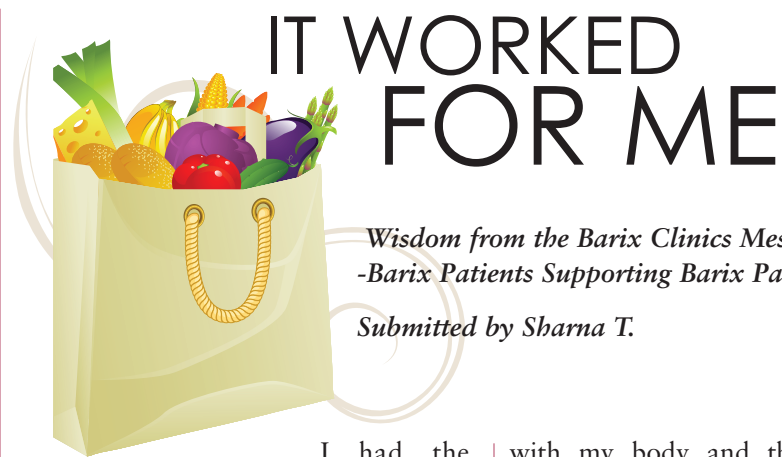
This month, you could earn a SPECIAL GIFT for your "It Worked For Me" tips or recipes! Just submit as many recipes and "It Worked For Me" tips as you like. The most original and creative will be awarded a special gift from our online store. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. Tips must be submitted by February 28, 2010. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).

## ? WHAT'S NEW?

New Whey Liquid Protein has introduced a new watermelon flavor. Many say this is the best flavor yet. New Whey Liquid Protein 42G gives you 42 grams of pure protein in a power-packed, 3.4 ounce serving—big protein in a small package, without unnecessary calories, carbs and fat. No mixing of powders and no messy cleanup. With its virtually indestructible packaging, New Whey Liquid Protein is the ideal protein supplement for people on the go. Give it a try. Drink it straight, add it to ice water or Crystal Light®, or make a fruit smoothie.

## REQUEST A FREE BROCHURE

for you or a friend at 800-282-0066, or [www.barixinfo.com](http://www.barixinfo.com)



# IT WORKED FOR ME

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

*Submitted by Sharna T.*

I had the Roux-n-Y surgery 10 years ago. I have kept off all but 12 lbs, which I am in the process of saying goodbye to. After all these years, the tip I still give is "CHOOSE to use 'THE TOOL.'" Like any other tool, if left in the box, neglected or not given the chance to do the job properly, it is wasted. Those fundamental things I learned at the beginning are still a part of my life today—low sugar, low fat, adequate protein, small portions, vitamin and mineral supplements, and moving my body 1 hour a day. Those are things I choose to do to cooperate

with my body and the tool I was given. Ten years later, I am not on ANY meds for anything. I am 56 years old and feeling wonderful. I have a husband, a dog, an 84-year-old mom with Alzheimer's who lives with us and 6 grandchildren to keep up with. I have energy to be involved and teach at our church. I tend 2 acres of perennial gardens. I shudder to think what my life would be like now if I had not had surgery or had not lost and kept my weight off. I would do it all over again without pause, only much sooner. What a wonderful life I have.

**"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."**

**-John F. Kennedy**



## CONSIDERING SURGERY

The weeks and months before surgery are an opportunity to prepare your body and mind for a post-surgery lifestyle. One of the most productive things you can do is to begin or continue with a regular exercise program. Although you may be frustrated by the lack of weight loss success from pre-surgery exercise, there are some significant benefits to be had. These benefits can include a faster recovery from surgery, less risk of post-surgery pneumonia, an already established time in your

schedule for exercise, a better mental outlook, one less change you have to adjust to, and the potential for faster weight loss after surgery.

Check with your primary care physician before starting an exercise program. Work with any physical limitations you have—for example, if you have knee pain, consider swimming, an elliptical, a stationary bike or low impact aerobics. The most important thing is to increase your exercise consistently.



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On Track With Barix

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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](mailto: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](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

### STRAWBERRY SPINACH SALAD

1/2 lb. baby spinach leaves, rinsed and dried.  
1/4 cup green onions, thinly sliced  
2 T slivered almonds, slightly toasted in a dry pan  
1/2 cup strawberries, sliced  
1 T fresh dill, finely chopped

#### DRESSING:

1 T red wine vinegar  
1 T Splenda®  
1/2 tsp. finely minced fresh garlic  
1/8 tsp. salt  
1/8 tsp. black pepper  
1/8 tsp. dry mustard powder  
1/8 tsp. onion powder  
1/8 cup extra virgin olive oil

In a small bowl, whisk together the red wine vinegar, Splenda, garlic, salt, black pepper, dry mustard, and onion powder. When those ingredients are well combined, whisk in olive oil and let dressing flavors blend while you prep other ingredients.

Place spinach in large mixing bowl. Add thinly sliced green onions, slivered almonds and chopped dill, and mix together.

Whisk dressing a few times to be sure it's well-mixed, then add desired amount of dressing to salad and toss.

Arrange salad on individual serving plates. Arrange strawberries over salad on each plate and serve.

Makes 4 servings.

**Nutrition information per serving:**  
**162 calories, 3 grams protein,**  
**8 grams fat, 4 grams carbohydrate,**  
**118 mg sodium.**

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**"Where there is love  
there is life."**

-Indira Gandhi

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### BALSAMIC GLAZED PORK CHOPS

4 center cut boneless pork chops, pounded to 3/4 inch thick  
1/2 tsp. salt  
1/2 tsp. ground black pepper  
1 tsp. garlic powder  
2 T olive oil  
2/3 cup balsamic vinegar  
2 tsp. Splenda®

Trim fat from pork chops and pound each chop to 3/4 inch thickness. Season chops on both sides with salt, pepper, and garlic.

Heat pan 1 minute, add olive oil, heat one minute more, then add pork chops and cook over medium high heat until well browned on both sides and cooked through, about 5 minutes total. Place pork chops on a plate. Lower pan heat slightly; add vinegar and Splenda; cook until slightly thickened—about 2 minutes.

Put pork chops back into pan with any liquid which has collected on plate, and cook about 4 minutes, turning several times to glaze pork chops with sauce. Serve hot. Pour remaining sauce over pork chops.

Makes 4 servings.

**Nutrition information per serving:**  
**302 calories, 29 grams protein,**  
**17 grams fat, 2 grams carbohydrate,**  
**315 mg sodium.**