



# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

## Focus on Success

Embrace these simple daily habits to keep your weight loss on track.

**O**besity is a complex disease – more than a simple equation of “more calories in than out.” Sure, the lack of energy balance is part of it, but that isn’t the whole story. Our genetics, environment, emotions, hormones and even gut bacteria get involved and once weight is gained, the body fights to keep it.

Bariatric surgery is an effective tool to help you reach and maintain a healthy weight. It’s not magic, though, and success requires that you make the effort and stay focused on behaviors that support a healthy weight. Being aware of the factors that contributed to your weight gain is important so you can address them. For example, a lack of quality sleep has been shown to contribute to weight gain. Weight loss surgery doesn’t change this fact, so if you have a habit of staying up too late and watching TV, you’ll need to work on getting 7-9 hours of sleep a night. There are many things you can do to focus on your success. Whether you had surgery a few weeks ago or whether it has been several years, the basics are the same. Right now is a great time to do a checkup to see which behaviors are spot-on, need a tweak, or could use an entire overhaul.

**Develop stress management skills before you need them.** Nothing derails

a healthy lifestyle pattern like a major life stressor. The body’s reaction to stress sets you up for overeating and fat storage. Keep in mind that stress isn’t the event or situation; rather it’s your reaction to that event or situation. You can learn to control your body’s reaction, but you need to put skills in place ahead of time.

can all be positive stress management skills to develop. Seek professional help if you need it.

**Eat six small meals each day.** Meals should be ¼ - ¾ cup in size (liquid meals can be larger). Most meals should include a good protein source. The smaller portions help to keep your surgical modification intact; the

frequency and the protein keep blood sugar levels even. Work to reach protein goals each day, add fresh vegetables and fruits, and eat whole grains for a balanced diet. Move away from eating highly processed foods.

**Fluids should generally be calorie-free.** Your surgery is effective at limiting calories from solid foods, but not liquids. Exceptions are up to 3 8oz glasses of low fat milk, 6 oz of 100% juice, and protein drinks as a meal/snack replacement. Be sure to drink at least 64 oz of calorie-free (or very low-calorie) beverages every day. Drink between rather than with meals to prevent overfilling your smaller stomach.

**Intentionally move more.** That old saying, if you don’t use it; you lose it, is so true. Our sedentary lifestyles cause our muscles to break down or atrophy and our metabolisms to stall. We lose our flexibility and ability to participate in the activities we enjoy. The key is to start with a level that

### Factors that can lead to Weight Gain and Obesity

Lack of energy balance	Inactive lifestyle
Environment	Genes/family history
Lack of recreational opportunities	Health conditions
Work schedules	Medications
Oversized portions	Emotional factors
Lack of access to healthy foods	Smoking cessation
Food advertising	Age
Lack of quality sleep	Pregnancy
Stress	

If you wait until the stressor(s) hits, it will likely overwhelm your best intentions. If you have a tendency to eat in response to stress, this is a must, because life happens and stress will come. Meditation, guided relaxation, regular exercise, good sleep habits, positive thinking, and healthy escapes

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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, 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**  
[www.barixclinicsstore.com/share\\_your\\_story.html](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  
**800-282-0066**

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is comfortable for you and then build your strength and endurance. This can take the form of a walking program, Zumba classes, riding a stationary bike while watching TV, or training for a 5k run. Find something that you enjoy or at least don't mind doing and then be consistent.

**Stay accountable.** Monitor your weight weekly and take action if it rises above a specific number. Taking measurements can be helpful to see progress when you hit a plateau or start a new fitness program which can cause the scale to stall. Use a food and activity log or app to maintain a better understanding of your energy balance (calories in and out). A pedometer is a great way to monitor how much you move. Use a buddy system, support groups, or online support for additional accountability.

**Set up your environment for success.** Don't bring trigger foods into the house – instead stock up your home and workplace with healthy foods and drinks for snacks and meals. Plan ahead and take foods with you. Have healthy treats on hand to substitute for office birthday party cake, sweets in the break room, and the co-worker's candy dish.

**Don't regularly rely on restaurant food.** It's harder to make healthy choices when confronted with a menu full of indulgences. Restaurant meals contain 200 (plus) more calories than meals prepared at home. Slow cooker meals can be a nutritious alternative and the meat cooked this way tends to be moist, tender and well-tolerated after surgery.

**Sleep deprivation leads to all sorts of changes in your body that promote weight gain.** Most experts agree that 7-8 hours a night is the optimal sleep time for adults. And studies bear this out: sleep for 6 hours and you are 23% more likely to be obese (than those sleeping 7-9 hours); 5 hours and odds increase to 50%; 4 hours and there's a 73% increase. Here are some tips for

improving your sleep:

- Use a CPAP if you need it for sleep apnea



- Follow a consistent bedtime routine
- Establish a relaxing setting at bedtime
- Get a full night's sleep every night
- Avoid caffeine or any other stimulants before bedtime
- Don't focus on problems or worries at bedtime
- Don't go to bed hungry or too full
- Avoid rigorous exercise within six hours of bedtime
- Make your bedroom quiet, dark, and a little cool
- Get up at the same time every morning
- Turn off lights and electronics

Emotions can be powerful forces that drive eating. They can take the shape of thoughtless, impulsive, binge eating, or numb feelings, or an intentional distraction from conflict, boredom or pain. Emotional eating often results in an unhealthy eating cycle of negative emotions and overeating, or eating unhealthy foods. To control emotional eating, find healthy ways to manage stress, keep a food diary to reveal patterns, get support, avoid boredom, keep your home/work/car free of unhealthy comfort foods, eat six small healthy meals/snacks, enjoy no-added-sugar treats on occasion, and learn from set-backs. Don't hesitate to seek professional help, if needed, to find the motivations behind your emotional eating and to learn new coping skills.

## Slow Cooker Beef Vegetable Soup

1 pound boneless beef chuck roast, trimmed and cut into bite-size pieces  
 3 medium carrots, cut into 1/2-inch-thick slices  
 2 small potatoes, peeled and cut into 1/2-inch cubes  
 1 medium onion, chopped  
 1/2 teaspoon salt  
 1/2 teaspoon dried thyme  
 1 bay leaf  
 2 14.5-ounce cans diced tomatoes  
 1 cup water  
 1/2 cup frozen peas

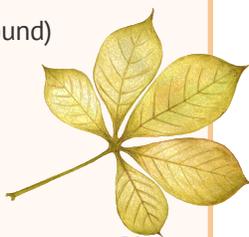
Combine beef chuck pieces, sliced carrots, cubed potatoes, and chopped onion in slow cooker. Sprinkle with salt and thyme. Add bay leaf, tomatoes with their juices, and water. Stir until all ingredients are combined.

Cover; cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Remove and discard bay leaf. Add peas 15 minutes before serving. Makes 6 servings.

**Nutrition information per serving:** 179 calories, 19g protein, 19g carbohydrate, 3g fat

## Sweet Potato Wedges

3 medium sweet potatoes (about 1 pound)  
 Cooking spray  
 1/4 teaspoon salt  
 1/8 teaspoon ground red pepper  
 1/8 teaspoon black pepper  
 Preheat oven to 500°



Peel potatoes; cut each lengthwise into quarters. Place potatoes in a large bowl; coat with cooking spray. Combine salt, and peppers, and sprinkle over potatoes, tossing well to coat. Arrange potatoes, cut sides down, in a single layer on a baking sheet. Bake at 500° for 10 minutes; turn wedges over. Bake an additional 10 minutes until tender and beginning to brown. Makes 4 servings.

**Nutrition information per serving:** 153 calories, 2 grams protein, 0 grams fat, 35 grams carbohydrate, 166 mg sodium.



## In the News

### More benefits of bariatric surgery...

An additional benefit of bariatric surgery is an improvement in or remission of urinary incontinence in women, according to a recent study. Incontinence is an obesity-related problem; 70% of women who have urinary incontinence are also obese.

The study found that those who lost the most weight had the highest remission. In the study, 2/3 of the women lost 30 percent of their weight and their incontinence was cured. Those who did continue to have incontinence had it much less frequently. This is another example of how bariatric surgery improves quality of life beyond the weight loss.

## It Worked for Me

Now that the evenings are getting cooler and darker, cozy up with a warm drink to relax in the evening. No-added sugar hot cocoa mix is delicious added to milk and you get an extra boost of protein. Heat milk first and then add cocoa mix. You may need to use a large mug and an immersion blender to get it to mix well. Top with a dollop of whipped cream for a special treat. Another favorite is Alpine® Sugar Free Spiced Apple Cider—a cinnamon stick adds flavor. You might also enjoy decaf coffee (for the evening) with sugar-free creamer added.



Autumn...the year's last,  
 loveliest smile.

William Cullen Bryant



## 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 October 31, 2014. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).