

## Stress and the Scale...

The holidays are upon us and that can mean extra busy days filled with cooking/baking, shopping, financial worries, family get-togethers, and the like. And, all this is in addition to our usual duties, such as work, household chores, and family obligations. That's enough to make most anyone feel stressed out!

But, why does stress sometimes result in weight gain? When stressful circumstances persist, it can increase our appetite, make us hold onto stored fat, and interfere with our willpower to implement healthy lifestyle choices.

When our brain detects a threat, whether it's a physical safety issue or a larger-than-expected credit card bill, our body releases adrenaline so

we can handle the threat by making us feel alert and ready for action. In the short-term, adrenaline helps us feel less hungry as our blood flows away from the internal organs and to our large muscles to prepare for "fight or flight."

Once the adrenaline wears off, cortisol, known as the "stress hormone," signals the body to replenish your food supply. (Fighting off wild animals, like our ancestors did, used up a lot of energy, so their bodies needed greater stores of fat and glucose.)

Today's human, sitting on the couch worrying about how to pay a bill or standing in a kitchen trying to finish the holiday baking, does not work off much energy! Furthermore, the lack of

sleep that can often accompany such times doesn't help either as lack of sleep disrupts the function of ghrelin and leptin—hormones that control our appetite.

The good news is we truly don't have to be victim to the effects of stress. There are ways in which we can better manage trying times:

- Get enough sleep.
- Exercise regularly.
- Eat a healthy diet.
- Prepare for a busy morning the night before.
- Create peaceful times in your day.
- Find relaxation techniques that work for you.

If you still find yourself too stressed out, talk to your health care professional. There are many therapies they can recommend to help you deal with stress and its consequences.

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## Focus on Fitness



It's tempting to neglect exercise during the colder Winter months. But, it's just as important to maintain your fitness this time of year for your overall health as well as weight management.

As long as you have a safe and dry surface to walk on, bundle up and take a brisk stroll around the block; or try a new Winter sport like cross country skiing.

If there's too much snow and ice or you just can't bear the thought of spending another minute in the cold, come up with an indoor exercise alternative. You might

rely on an exercise DVD, workout on a treadmill or stationary bike, or just dance around your living room to some upbeat music!

Don't give in to the temptation to crawl into bed and hibernate until Spring! Regardless of the temperature and/or elements outside, you *can* remain active!

## Nutrition Notes by Jennifer Traub, RD, CNSC

“Oh the weather outside is frightful, but the fire is so delightful. Since we’ve no place to go... let it snow, let it snow, let it snow.”

“Comfort food” is often what we crave in these colder, snowy months. But why not choose those foods that can be warm and comforting to your body, mind, *and* your immune system!

Start your day with a bowl of oatmeal (make it with skim milk or add a supplement powder to boost the protein content).

Oatmeal is naturally low in fat, high in fiber, and a good source of mood-boosting serotonin! Top it with fresh or frozen berries for added immune-enhancing nutrition!



Fish, like salmon, is high in vitamin E and omega-3 fatty acids. Both work to keep your immune system strong and your skin soft! Plus, fish is a great source of that all-important protein!



Don't forget to give your body plenty of fluids during Winter. Try sipping herbal tea, sugar-free hot cocoa, or broth-based soups & stews to stay hydrated *and* warm!



Be sure to check out the recipes in the “Recipe Round-Up” section of this newsletter, including the blueberry & oatmeal pancake and chicken chili recipes, to help you put some of these dietary tips into action!

## Spotlight on Success



**Kathy Sutherland, 6 Months After Sleeve Gastrectomy**

May 19, 2014 was the biggest step in my weight loss journey. It was the day I had the vertical sleeve gastrectomy. After much research, I felt it was the best fit for me. I was prepared to follow the plan to the “T” and have done so. Being successful after weight loss surgery takes commitment.

It is hard work to adjust your eating and drinking habits! It takes a lot of mental willpower: mind over matter. Now, I am 6 ½ months into my journey I am down 124.7 pounds! Walking was my go-to exercise from the get go. I walk on break at work and average a 17 minute mile. To have people who’ve never met me before, cheering for me-- what a great feeling! I can move with much more ease now. My joints don't ache and my asthma has not bothered me. I have been told that I am a motivator to so many people. I feel fantastic and I am open to answer questions for anyone whenever they ask. I hope to watch my grandson, great nieces and nephews grow up! I am 52 years young and did this for myself--to break the cycle of early death that has plagued my family

**“I AM 6 MONTHS INTO MY JOURNEY AND DOWN 124.7 POUNDS!”**

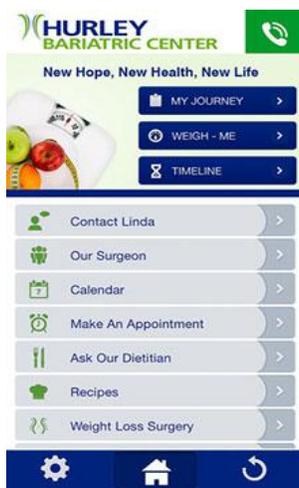
due to diabetes and blood pressure issues. I hope to live to be 100, but as the healthiest 100-year old I can possibly be! I am still a work in progress, but my goal is within reach!



**Kathy Sutherland, Before Bariatric Surgery**

# Hip Happenings

## Hurley Bariatric Center App!



- Learn about weight loss surgery
- Make appointments
- Track your weight loss
- Create a photo timeline of your success



## Weekly Seminars!

In addition to our monthly evening seminar, we now have free weekly seminars available on Tuesday afternoons for those individuals who have not had, but wish to learn more about, bariatric surgery.

If you know anyone who may be interested in surgical weight loss options, they can register for one of our free seminars online at

[www.bariatrics.hurleymc.com](http://www.bariatrics.hurleymc.com) OR by calling 1-888-611-4HMC.

## Support Group:

Hurley Bariatric Center offers a medically-supervised support group on the first Monday\* of every month from 5:30-7:00PM at the Bariatric Center (2700 Robert T. Longway Blvd., Flint, MI 48503). There is no cost to attend and no need to pre-register.

There is also a peer-run Support Group the 3<sup>rd</sup> Monday of the month at Flint's Central Church of the Nazarene. Contact Charles Nelson 810-715-1202 OR [scopernelson@sbcglobal.net](mailto:scopernelson@sbcglobal.net) for details.

\*Support group schedule subject to change in the event of a holiday.



## Recipe Round-up

### Bariatric-friendly Blueberry Pancakes

Yield: 5 servings (2 pancakes per serving)



#### Ingredients

- 2 eggs
- 1 cup low-fat cottage cheese
- ½ small ripe banana
- 2 Tbsp. Splenda
- 1 cup uncooked quick-cooking oats
- ½ tsp. baking powder
- 1 tsp. vanilla extract
- 1 tsp. ground cinnamon
- ½ cup blueberries (frozen or fresh)

#### Directions

1. In a food processor or blender, add eggs and pulse to beat (a hand-held mixer will not work. Only a food processor or blender will smooth batter into pancake consistency).



2. Next, add cottage cheese, banana, Splenda, oats, baking powder, vanilla, and cinnamon. Process until well-combined. Stir in blueberries.
3. Heat a flat skillet or griddle over medium heat. Coat skillet with non-stick cooking spray.
4. Pour in ¼ cup of batter for one pancake. Cook each pancake for about 3 minutes per side. Serve warm with your favorite sugar-free jam or sugar-free syrup.

**Nutrition Information per Serving:**  
174 calories, 23g carb, 4g fat, 15 g protein

### White Bean Chicken Chili

Yield: 4 servings (approx. 1.5 cups per serving)

#### Ingredients

- 1 oz. plain nonfat yogurt
- 1 tsp. chili powder
- 12 oz. chicken breast, chopped
- 2 ½ cups low-sodium chicken broth
- ½ tsp chopped garlic
- 1 cup chopped onion
- 4 oz canned green chili peppers
- 15 oz can cannellini beans

#### Directions

1. Coat large pot with cooking spray. Over med-high heat, add onion & garlic and sauté until tender.
2. Add half the beans, chilis, broth, chicken, and chili powder.
3. Mash remaining beans and add to the pot.
4. Bring to boil, cover, reduce heat and simmer for 20 minutes.
5. Top with a dollop of yogurt and sprinkle of chili powder.

**Nutrition Information per Serving:**  
244 calories, 26g carb, 4g fat, 30g protein



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