

## Harried Holidays

It might seem a bit early to talk about holiday stress, but it seems that planning, shopping, and preparations for the Fall and Winter holiday seasons begin earlier and earlier each year.

For many of our patients, there seems to be just as much stress as there is joy around holiday time. And, all-too-often, people turn to food as a way to manage stress.

According to Norman Pecoraro, PhD, as reported in *Psychology Today*, "one of the functions of stress hormones is to move energy around." The body produces a hormone, cortisol, during stressful situations. This results in excess calories being deposited as fat in the abdominal area, where it has easy access to the liver. This,

in turn, allows fatty deposits to be quickly mobilized for energy, if needed; such as in a "fight-or-flight" emergency.

Once fat stores are depleted, metabolic signals tell our brain to shut off the cortisol-producing response. According to Pecoraro, it "seems to be the body's way of telling the brain, 'It's OK, you can relax, you're refueled with high-energy food.'"

Yet, rarely do those of us in modern society actually use these fat stores for such purposes, and so the fat simply remains stored on the body. We may feel better in the moment after consuming such high-calorie food, but those calories are usually of no use to us and can cause long-term negative health consequences.

To help stop stress eating, try these tips:

**Tame your stress.** If stress leads you to eat, try a stress management technique, such as yoga, meditation or relaxation. Also consider ways you can reduce your exposure to stressful situations, whenever possible.

**Keep a food diary.** Write down what you eat, how much you eat, when you eat, how you're feeling when you eat and how hungry you are. Over time, you may see patterns emerge that reveal the connection between mood and food.

**Get support.** You're more likely to give in to emotional eating if you lack a good support network. Lean on family and friends or consider joining a support group.

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## Focus on Fitness by Danielle Campbell



### Shorter Increments

Autumn can be a busier time of year for many folks, with the school year starting back up and the daylight hours getting shorter.

For those individuals that have difficulty finding enough time to exercise, it is wise to focus on shorter, but more frequent, exercise sessions.

Try to find multiple 10 minute blocks of time throughout your day and fill them with activity!

These times could include quick mini-sessions before work, during your lunch break or coffee break, or even during commercial breaks when watching TV. Prioritize your day and find time to focus on you!



Autumn conjures up images of cider, donuts, and apples—often the candy or caramel-coated varieties! But, while such foods can be associated with comfort, they are also associated with something else: sugar!

According to the Harvard School of Public Health, the average American consumes 22 teaspoons of added sugar a day, which amounts to an extra 330 calories! These calories can contribute to weight gain, of course, but sugar also has other negative health effects.

Sugar can be addictive and is linked to dental cavities and decay, increased cholesterol and triglyceride levels, heart disease, and diabetes.

Common sources of sugars in the diet include sugar-sweetened beverages, fruit juice, cereals and other processed foods.

Some ingredient lists mask the amount of sugar in a product. To avoid having “sugar” as the first ingredient, food manufacturers may use multiple forms of sugar—each with a different name – and list each one individually on the nutrient label. So, to limit your intake of sugar, get in the habit of reading nutrition labels and be on the lookout for some common types of sugars found in foods, such as:

*corn syrup, high-fructose corn syrup, cane sugar, dextrose, sucrose, fructose, malt syrup, cane crystals, corn sweetener, honey, molasses, and agave.*

Often people ask if “natural” sugars are better for health than “refined” sugars. Some natural forms of sugar, such as honey, maple syrup, and molasses tend to have a stronger flavor, which means less can be used to provide sweetness & taste. But the bottom line is that they are all simple sugars and, therefore, contain empty calories which should be limited.

You can actually increase your sensitivity to “sweet” tastes and decrease your intake of sugar/sweetener by taking a week’s “vacation” from added sugar. As your taste buds get used to the less-sweet taste of your foods & beverages, they will more easily pick up on the sweetness that naturally occurs in food. If you choose to reintroduce sugars after this “vacation”, you’ll be surprised how little you’ll need to be satisfied!

## Spotlight on Success



**Carolyn Andrek  
After Lap Band**

In 2009, while wearing high heels and a special-ordered size 36 skirt, I could barely walk from my car to my office without losing my breath as I weighed 399 pounds. It was then that I realized I was ready to do something about my weight. I chose to have bariatric surgery and

in March of 2009, I had a lap band placed around my stomach.

Now, 6 years later, I have lost 215 pounds and no one who meets me would ever think I was once overweight. I can walk without difficulty (even while wearing high heels), and wear clothes off the rack from any store! These past 6 years have been a long journey, but so worth it, as I have gained self-respect and an increased sense of self-esteem.

I have also learned self-control. I make sure to have three meals a day, but my portions have dramatically changed. In addition, what I eat is mainly protein, and then vegetables and I rarely eat anything sweet. When I need to satisfy a craving, I do eat a bite for the taste so there is no overall resentment.

**“I HAVE GAINED SELF-RESPECT AND AN INCREASED SENSE OF SELF-ESTEEM.”**

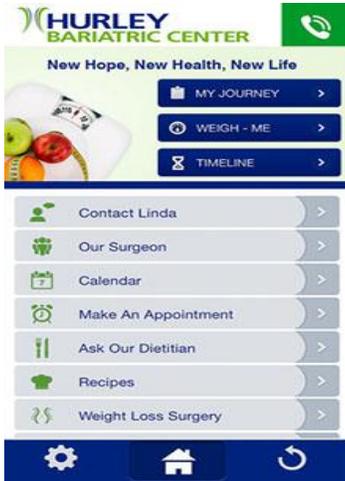
I appreciate everyone at Hurley Bariatric Center. I still visit the center annually, and as needed, to ensure my band is still perfectly in place and operational. The treatment I receive there has always been spectacular. My quality of life today is ‘perfect’ and this motivates me daily to keep it that way!



**Carolyn Andrek  
Before Lap Band**

# Hip Happenings

## Hurley Bariatric Center App!



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

## Support Group:

A medically-supervised support group meets the 1<sup>st</sup> Monday\* of every month from 5:30-7:00PM at Hurley Bariatric Center. Call 810-262-2330 for details.

A peer-run Support Group meets 3<sup>rd</sup> Monday of the month at Flint's Central Church of the Nazarene. Please contact Charles Nelson 810-715-1202 for details.

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



## Back On Track Course:

Back by popular demand! The "Back on Track" class is a 6-week course, designed to help those who've had weight loss surgery achieve, and maintain, a healthy weight for life!



The next Back on Track course begins Tuesday, October 6<sup>th</sup> (5:00 – 6:30 PM). Classes will be held each Tuesday through November 10<sup>th</sup>.

Cost is \$10 per class, and space is limited. Call today to reserve your spot! 810-262-2330

## Recipe Round-up

### Lemon Salmon with Lima Beans

Yield: 4 servings



#### Ingredients:

- 1 lemon, halved
- ½ cup plain Greek yogurt
- ¾ tsp paprika
- 2 tsp olive oil
- 3 cloves garlic, thinly sliced
- ¾ tsp oregano
- Pinch red pepper flakes
- 1-pound bag frozen baby lima beans
- Kosher salt & black pepper
- 2 Tbsp fresh parsley
- 4, 4-ounce skinless center-cut salmon filets

#### Directions:

1. Slice 1 lemon half into 4 thin slices. Set aside. Grate zest of other lemon half, set aside. Squeeze juice of ½ lemon into bowl and add yogurt and ¼ tsp paprika.
2. Preheat broiler. Heat 1 tsp oil in med saucepan over med heat. Add garlic, oregano, & red pepper flakes; saute 2 min. Add lima beans, 1.5 cups water & lemon zest. Bring to boil until beans are tender, about 20 minutes. Remove from heat. Add salt, pepper, parsley, 1 Tbsp yogurt mixture and remaining oil.
3. In small bowl, mix remaining paprika, salt and pepper to taste in a small bowl. Sprinkle over salmon. Arrange salmon on foil-lined baking sheet and top each fillet with a lemon slice. Bake just until cooked through, 6-8 minutes. Serve with lima beans and top with yogurt mixture.

#### Nutrition Information per serving:

310 cal, 7g fat, 25g carb, 35g prot

### High Protein Ice Cream

Yield: 4, ½ cup, servings



#### Ingredients:

- 2 cups non-fat Greek yogurt
- 4 scoops chocolate protein powder
- 4 Tbsp PB2 peanut powder (optional)

#### Directions:

1. Combine all ingredients in food processor or blender. Spread into square pan & place in freezer for 1 hour.
2. After 1 hour, take out & stir mixture with a spoon or fork to break up potential clumps. Place back in freezer for 30 minutes.
3. Complete Step 2 1-2 more times until the mixture reaches your preferred consistency.

#### Nutrition Information per serving:

148 cal, 2g fat, 11g carb, 28g prot (protein content will vary per brand of protein powder used)

We're on the Web!

[www.bariatrics.hurleymc.com](http://www.bariatrics.hurleymc.com)

2700 Robert T. Longway Blvd. Suite H  
Flint, MI 48503  
Phone: 810-262-2330  
Fax: 810-235-2721  
E-mail: [bariatrics@hurleymc.com](mailto:bariatrics@hurleymc.com)