

Keep Your Immune System Strong

In the midst of the Coronavirus pandemic, we are all trying to stay healthy and prevent the spread of illness. We may not have control over everything going on around us, but thankfully, there are things we can do to help keep our immune system functioning well! Here are just a few practical tips that can help you stay safe and healthy. *(As always, check with your healthcare provider to make sure a supplement is safe for you before taking.)*

1. **PROBIOTICS** – 70-80% of our immune cells are located in the lining of the GI tract. So, the strength of our immune system is directly linked to our gut health. Probiotics (good bacteria), & prebiotics (food for the good bacteria) can be helpful for most people as having a healthy microbiota (more good than bad bacteria in the gut) can help protect us from getting sick. Taking a probiotic supplement and eating prebiotic and probiotic-containing foods, such as apples, leeks,

asparagus, yogurt with active live cultures, kimchi and other fermented foods can keep your immune system strong!

2. **VITAMINS** – Taking your vitamins and minerals as directed, especially vitamin D, vitamin C, B vitamins, and zinc keeps your immune cells functioning well so your body can fight both bacterial and viral infections with greater ease.

3. **DIET** – Avoid sugar/artificial sweeteners. These can actually suppress the immune system by causing inflammation & increasing bad bacteria in the gut. Instead fuel your body with lean protein foods, healthy fats, fresh/frozen fruits and vegetables.

4. **STRESS** – Life can be stressful even when not living through a pandemic, but add in the uncertainty of these current days & people can tend to feel a rise in their stress level. A critical component to immune

system health is finding positive ways to manage stress. Limit exposure to news reports that might bring about anxiety. Reach out to a friend (safely via phone or internet) to talk about your concerns. Listen to music & do other activities that bring you joy. Practicing deep breathing & getting exercise, especially outdoors in fresh air, can be excellent stress relievers and immune-system boosters!

5. **SLEEP** – T-cells, immune “fighter cells”, get a boost when we sleep. Most experts agree 7-8 hours per night is ideal. To help improve your sleep habits, start with a consistent bedtime each night, avoid technology at least 1 hour before bed & create a calming routine, such as nightly shower/bath, sipping a warm cup of tea or warm water with lemon, and reading a book or writing in a journal.

These suggestions not only support the immune system, but also a healthy weight. Be sure you are taking good care of you so you can get through the days ahead in good health!

Spring, 2020
Volume 8, Issue 4

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Focus on Fitness by Jordann McDermitt

Setting Goals



Setting goals is essential for success. Goals should never be about perfection. The focus should be on consistency and improving overall wellbeing.

SMART goals are the best way to be sure you are on the right path.

SMART goals are **Specific** to what you want to accomplish and why is it important. They are **Measurable** to allow you to track progress and see results through numbers and documentation. They are **Attainable**, a realistic expectation of yourself. Make your goals **Relevant**, or something you are passionate about. Lastly, focus your goal on the **Time** you have allowed for completion.

Every goal should be individualized for your personal abilities and needs. It is helpful to write down your

smaller goals that lead up to your larger goal. It can be very motivating to set a small goal and achieve it, spurring you to keep working toward that larger, more significant, goal.

Not only does setting fitness goals improve your overall well-being, it can improve your self-confidence, focus, empowerment, and satisfaction.

Let your goals help you to realize the best version of YOURSELF, without the influence of others. Aim for the stars and focus your mind and body on your fitness goal – you can reach it!

Smart Snacking



Snacks—everyone loves them! However, there are some right and wrong ways to go about it. Aim to snack smarter by following the tips below:

1. DON'T skip snacks—if you're going to go more than 5 hours between meals, plug in a healthy snack so you're not tempted to overeat, or choose a less-than-healthy option, when mealtime

does come around.

2. DON'T snack when you're not hungry—grazing on those little bites of food “here and there” DO add up and can sabotage your health and weight loss goals. Instead, do a hunger check. Ask yourself if you're truly hungry and rate it on a scale of 1-10 with 1 being not hungry at all and 10 being you're extremely hungry. Aim to eat when you are around the “7” mark.

3. DO plan ahead—when prepping or packing your meals, be sure to include a healthy snack or two to keep you energized and nourished between meals. Having healthy snacks on-hand can prevent those less-than-healthy impulse decisions.

4. DO choose snacks that contain healthy carbs and combine it with some protein or fat. Protein and fat are essential macronutrients that

help keep us feeling full. So, instead of just a piece of fruit, try adding a small amount of nuts with your fresh fruit. You'll stay satisfied longer and get some healthy fats and protein along with the fiber/vitamins/minerals that your fresh fruit has to offer!

Some other healthy snack suggestions:

- 1/2 cup edamame
- Skewer of 2 cubes melon, 2 oz sliced cooked chicken breast, & 2 fresh mozzarella balls
- ½ cup sliced raw veggies, sprinkled with dried herbs, sea salt, dipped in 2 oz Greek yogurt-based veggie dip
- 2 cups popped popcorn sprinkled with 2T. parmesan cheese
- 1 celery stalk filled with 1T. natural nut butter and ¼ cup grapes

Check out the Recipe Roundup section of this newsletter for more healthy snacking inspiration!

Spotlight on Success



Shellie

After Sleeve Gastrectomy

Over the years, my weight gradually went up. But, at 46 years old, when my primary care physician wanted to add a third blood pressure medication, I got worried. I asked what else I could do; he said “lose weight”. Yeah,

like I hadn't heard that before.

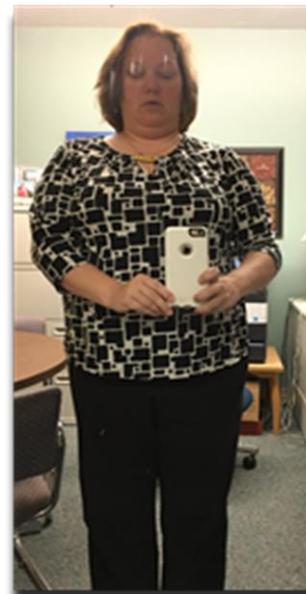
While I tried to lose weight on my own, I wasn't successful. So, I looked into bariatric surgery. From my first appointment at Hurley Bariatric Center I learned a whole new way of life! I started the journey at over 230 lbs. I often quip that I am the poster child for weight loss surgery. I have had NO complications & a fantastic experience. The team support at Hurley Bariatric Center is amazing!

I had surgery Nov. 2017 & reached my goal weight just over a year later in Jan. 2019 having lost over 80 pounds. More importantly, I have maintained that loss for over a year now! The transformation in me has been so amazing that my own mom didn't recognize me! I never realized how miserable that extra weight made me! I enjoy clothes shopping again.

**“I HAVE HAD NO
COMPLICATIONS AND
A FANTASTIC
EXPERIENCE!”**

I trained for & walked 5 miles in the Crim & came in 1st in my age group!!! I am active and healthy now!

I continue to monitor all my food & water intake & my exercise – which includes walking, weight training and yoga. I don't want to waste this new lease on life that Hurley Bariatric Center gave me!



Shellie

Before Sleeve Gastrectomy

Hip Happenings

The Clinic is Open

At time of this newsletter publication, the Hurley Bariatric Center remains open in the midst of the current pandemic and we continue to see patients in our clinic. Should this change, you will be contacted to reschedule any existing appointments. In the meantime, we have implemented steps to support social distancing practices and decrease risk of illness.

HOWEVER, IF YOU ARE ACTIVELY SICK, PLEASE CALL OUR OFFICE AT 810-262-2330 TO RESCHEDULE YOUR APPOINTMENT.

Thank you for your cooperation and understanding.

Recipe Round-up

Tuna Cucumber Snack

Yield: 4 servings



Ingredients:

2 medium Cucumbers
1 (5 ounce) can Tuna, in water*
1/2 cup lowfat Greek yogurt
1/2 cup frozen Peas
sea salt and pepper, to taste

Directions:

Peel the skin off of the cucumbers and cut them into 1 inch thick rounds. Scoop out the middle seed part of the cucumber to create a little bowl to hold the tuna mixture. Be sure to leave the bottom layer in so the tuna mixture won't fall through. Next, mix together the yogurt, tuna, and peas. Divide the tuna mixture

Support Group:
IN SUPPORT OF SOCIAL DISTANCING GUIDELINES, HURLEY BARIATRIC CENTER MONLTHY SUPPORT GROUP MEETINGS ARE TEMPORARILY SUSPENDED UNTIL FURTHER NOTICE. UPDATES WILL BE AVAILABLE ON OUR FACEBOOK PAGE. ALSO, YOU MAY CALL EACH MONTH TO VERIFY IF GROUP WILL BE HELD.

Normal schedule: support group meets the 1st Monday* of every month from 5:30-6:30PM at Hurley Bariatric Center. Call 810-262-2330 for details.



evenly into the cucumber bowls. Sprinkle with salt and pepper to taste.

*can substitute canned salmon or pre-cooked, finely diced chicken breast or thighs.

Nutrition Information per serving:

70 cal, 8g carb, 1g fat, 9g prot

Garlic-Parmesan & Rosemary Roasted Chickpeas

Yield: 7, 1/2 cup, servings

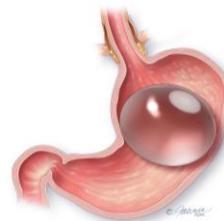


Ingredients:

2 (14.5 Oz.) Cans Chickpeas/Garbanzo Beans, *Drained, Rinsed & Dried*
2 Tbsp. Shredded Parmesan Cheese
1 Tsp. Dried Crushed Rosemary
1 Garlic Clove, *Minced*

Gastric Balloon is Coming!

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If your BMI is between 30-40 and you don't qualify for bariatric surgery, the Orbera Intra-gastric Balloon might be the solution for you!

PLEASE NOTE: IF YOU HAVE HAD PREVIOUS BARIATRIC SURGERY, THE BALLOON IS NOT AN OPTION.

Call 810-262-2330 to learn more!

1/4 Tsp. Garlic Powder Salt & Pepper to Taste

Directions

Preheat oven to 400 degrees F. and line a baking sheet with parchment paper. Spray parchment paper with olive oil cooking spray and set aside.

Toss the chickpeas and remaining ingredients together in a medium bowl until chickpeas are evenly coated with seasonings.

Arrange the garbanzo beans onto the baking sheet in a single layer and spray again with the olive oil cooking spray.

Bake in preheated oven for 30-40 minutes or until the chickpeas are crisp. Carefully remove the sheet from the oven and set aside to cool slightly before serving.

Nutrition Information per serving:

162 cal, 27g carb, 3g fat, 7g protein

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