

Stress Eating? Self-Care Can Help

We are living through some tumultuous times, leaving many people feeling anxious or fearful. It is not uncommon for some to reach for food to help numb the discomfort or soothe anxiety. Add in cortisol, a hormone released during times of stress, and losing weight can be extra difficult.

This is where making time for self-care — focusing on your own health, well-being, and personal needs — is an essential part of the weight-loss equation. So, at a time when things may feel very out of control, you would do well to realize there ARE things you have control over. And, largely, that involves managing your thoughts and your day.

1. START YOUR DAY WITH MINDFULNESS—“mindfulness” is a buzzword you might hear tossed around. But, it is not one to dismiss.

Mindfulness involves observing your thoughts and feelings without getting sucked into them---as if you were someone on the outside of yourself looking in. Take just 10 minutes a day---a SMALL amount of time that can have a BIG impact on your health---to sit quietly, allowing your thoughts and feelings to arise and pass without acting on them. REDIRECT any negative thoughts to positive ones. This takes mental effort, but gets easier with just a short amount of time of practicing this. Your mental and physical self will thank you as your daily sense of worry begins to dwindle.

2. FIND SMALL WAYS TO SELF-SOOTHE--- To avoid the temptation to stress-eat, focus on your five senses to identify calming (and calorie free) things to employ throughout your day. For

example, diffusing essential oils to can engage your sense of smell. Taping up pleasant pictures from magazines of beautiful landscapes or gardens can fill your sight. Playing classical or soft music can soothe through your sense of hearing. Sipping a cup of earthy herbal tea can stimulate our sense of taste. Soaking in an Epsom salt bath is a great way to relax and the warm water can feel comforting to your sense of touch.

3. SOLIDIFY SLEEP SCHEDULE—did you know that sleep deprivation hinders weight loss? Too much sleep doesn't help either. Aim for 7-9 hours per night. Set a nightly limit on screen-time (no smart phones after 9 p.m., for example) and create a relaxing bedtime routine (such as taking a shower or bath and enjoying a good book before bed).

-adapted from MyFitnessPal blog

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Focus on Fitness by Jordann McDermitt

Exercise Barriers



Everyone has barriers with beginning and maintaining an exercise schedule. There are real obstacles, such as work and family obligations, physical barriers such as joint pain, and time restraints.

However, it is also common to make excuses to avoid physical activity. Excuses act as a barrier only if we let them! Follow these tips to help ensure you aren't missing being physically active for at least 30 minutes a day, 5 to 6 days a week.

- Schedule it! Exercise should not be something you do only when you have time. It should become a regular part of your lifestyle. Block off 30-45 minutes of time, at least 5 days per week, to engage in some sort of physical activity. This consistency will improve your fitness, mood, and overall health.
- Break it up! Many people claim they do not have enough time to exercise. If you don't have 30 consecutive minutes to exercise, break it up into two or three 10-15 minute increments throughout the day.
- Multitask! Rather than watching that TV show you watch every day while relaxing on the couch, enjoy your TV show while you walk on the treadmill or pedal on a recumbent bike.
- If you have a physical barrier to exercise, such as joint pain, consider chair exercises. There are many videos available on online formats, like YouTube.

Plant-Based Eating



Plant-based eating offers many benefits, such as increased fiber, vitamins, and minerals as well as reduced saturated fat intake. An increase intake in plant foods has been shown to reduce the risk of some health conditions such as heart disease and cancer.

Certain plant foods such as beans/legumes, seeds, grains, and pseudo grains like quinoa can be decent sources of protein when

meat/animal proteins are more expensive or in limited supply.

As protein is an important nutrient to those who have had bariatric surgery, take note the grams of protein of some commonly consumed beans, seeds, and grains, below:

½ cup black beans = 7g protein
 ½ cup quinoa = 4g protein
 ½ cup tofu = 12g protein
 ½ cup black eyed peas = 7g protein
 ½ cup wild rice = 3g protein
 2T. hemp seeds = 6g protein
 2T. chia seeds = 4g protein
 ½ cup edamame = 9g protein
 ½ cup lentils = 9g protein
 15 almonds = 4g protein

A plant-based diet doesn't mean meat-free. You can get creative with most any recipe to make a little bit of meat go a long way. Try mixing black beans or cauliflower

rice with ground turkey when making taco filling. Add chopped veggies, such as mushrooms, onions, and bell peppers along with mashed chick peas to your beef burger patties. Or, use meat as a garnish, instead of treating it as the main event, on veggie-packed grain bowls. Try the Black Bean "Rice" Bowl recipe on page 3 of this newsletter for a healthy, plant-based meal idea!



Spotlight on Success



Gloria
After Roux-en-Y Gastric

I have battled with my weight all of my adult life. I would lose some, but always gain it back. Finally, in May 2018, I found out I was borderline diabetic. I was already on 2 blood pressure medications. I didn't want to be on medication for diabetes as

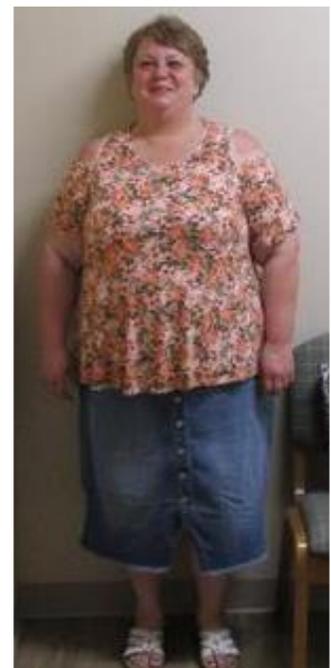
well. So, when my primary care provider encouraged me to consider bariatric surgery, I was ready to listen to what she had to say.

I met with the surgeon at Hurley bariatric Center on July 11, 2018. That was the first day of the rest of my life. I weighed in at 297.4 lbs that day. I couldn't believe I'd gotten that big. I listened to what they had to say and I followed their leading to prepare me for surgery. I charted everything that went into my mouth and still do so to this day.

On December 4, 2018 I had the Roux-en-Y. I lost almost 70 lbs before surgery but knew I still needed this tool to keep me going. If I was going to have the surgery I was going to make sure I did things right. I followed all of the instructions I was given and by July 4, 2019 I had reached my goal weight of 144 lbs. Since then, I've continued to lose,

but have been maintaining my weight for about 9 months at 127 lbs.

I feel great! I take no medicine other than my vitamins and my life has never been better! Thanks to Hurley Bariatric Center for helping me get my life back!



Gloria
Before Roux-en-Y Gastric Bypass

**"THANKS TO HURLEY
BARIATRIC CENTER
FOR HELPING ME GET
MY LIFE BACK!"**

Hip Happenings

The Clinic is Open



The Hurley Bariatric Center is open and seeing patients. We are taking precautions to keep our patients safe. If you are due for your routine visit, call the clinic at 810-262-2330 to schedule your appointment.

Recipe Round-up

Black Bean "Rice" Bowl

Yield: 2 servings



Ingredients:

- 1 cup riced cauliflower
- 2 tsp Extra Virgin Olive Oil
- Half Medium Onion, diced
- Half Bell Pepper (any color), diced
- 1 cup chopped fresh veggies (any chopped veggies you have on-hand will work! Consider broccoli, carrots, celery, leeks, green beans, etc).
- ½ tsp each: cumin, onion powder, -
- garlic powder, chili powder.
- Salt and pepper, to taste
- ½ cup canned black beans, rinsed
- 4 TBSP salsa
- 4 TBSP diced avocado

Support Group:

**HURLEY BARIATRIC
CENTER SUPPORT
GROUP MEETINGS
WILL RESUME JULY
6TH at 5:30PM!**



The usual support group meeting schedule will resume 7/6/20, meeting the 1st Monday of every month from 5:30-6:30PM at Hurley Bariatric Center. Call 810-262-2330 for details.

Gastric Balloon is Coming!



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!

Lower-carb Fresh Blueberry Muffins

Yield: 4 servings



Ingredients:

- 1.5 Scoops Berry or Vanilla flavored Protein Powder
- 1 Egg White
- 2 Tbsp Vanilla Greek Yogurt
- ¼ Tsp Baking Soda
- ¼ Cup Water
- ¼ Cup Blueberries

1. Preheat oven to 350 degrees.
2. In a bowl, mix together all ingredients. Consistency should be like pancake batter.
3. Use wax paper or muffin cups in a muffin tin. Pour batter into 4 regular size muffin cups
4. Bake for 20 minutes, until golden on top.

Nutrition Information per muffin (will vary depending on brand of protein powder and yogurt used)

75 cal, 5g carb, 1.5g fat, 10g protein

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