

Holiday Happiness & Health

When it comes to the holidays, no matter which holidays you celebrate, many emotions can be evoked. For some, it's a feeling of joy when decorating for Hanukkah or Christmas. Sometimes it's sadness, such as when missing a loved one for example. For others, it's stress over the busyness of the season with shopping, wrapping, and celebratory preparations.

In some way, shape, or form, it's been a difficult past couple of years for us all. And, much of that has been out of our control. But, something we do have the control over is making an effort to mindfully focus on aspects of the season that DO bring you delight. This can not only impact your happiness, but it can positively impact your health.

Studies have shown a connection between a

positive mental outlook and health benefits like lower blood pressure, less heart disease, better weight control and healthier blood sugar levels. While it may take effort, focusing on positive aspects of life can truly be worth the work.

A 2014 study by the University of San Francisco on the effect of positive thoughts on people with chronic viral illness, showed those that actively practiced positive thinking actually had lower viral load counts than those who did not practice positive thinking.

Judith T. Moskowitz, a professor of medical social sciences at Northwestern University Feinberg School of Medicine in Chicago, developed a set of eight skills to help foster positive emotions. The eight skills are:

- Recognize a positive

event each day.

- Savor that event and log it in a journal or tell someone about it.
- Start a daily gratitude journal.
- List a personal strength and note how you used it.
- Set an attainable goal and note your progress.
- Report a relatively minor stress and list ways to reappraise the event positively.
- Recognize and practice small acts of kindness daily.
- Practice mindfulness, focusing on the here and now rather than the past or future.

To help you more richly enjoy this season, and promote overall better health, consider implementing a routine into your day that incorporates these eight skills. Setting aside a few minutes each day to start practicing even one or two of these skills can make a positive difference! And, that, can be very joyful indeed!

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Focus on Fitness by Lisa Kalbfleisch, RD



When developing an exercise routine that works for your health goals, be sure to focus on the activity that sounds most enjoyable to you for your primary source of movement. Some creative ideas can include a

dance class, walking outdoors in a space that you enjoy, swimming or even basketball. Finding a form of movement that is a fun part of your routine, makes it much easier to keep it a consistent part of your life, instead of a task that you do not look forward to.

Other ways to make exercise even more enjoyable can involve asking a friend to join you. Or, consider pairing the exercise with your favorite music, audio book, podcast or TV show. This can make exercise something that you really look forward to each day as you begin to pair it with some of your favorite things! That pairing also helps to

solidify exercise as a part of your routine for long-lasting success.

Making exercise an enjoyable part of your daily routine can take a bit of creative thinking. But, the benefit that comes with knowing your movement is something that both improves your health as well as brightens your day is well worth it in the long run!





Inflammation occurs in our bodies for a number of reasons, some of which are positive and helpful, whereas others can create negative health impacts over time. Inflammation can occur to help keep you healthy and safe from potentially harmful things, such as when you are exposed to a virus or bacteria. However, other sources of inflammation, like high blood sugar levels or a diet full of pro-inflammatory foods, can create a harsh environment, leading to

chronic inflammation, which does have negative health impacts.

Filling your diet with anti-inflammatory foods can help you fight off that negative inflammation. Some common food sources that can be a part of your diet are fruits such as blueberries and cherries, green leafy vegetables like spinach and kale, salmon, olive oil, tomatoes, walnuts, spices and many others. Be sure to include these types of foods in your diet as often as possible to help you reduce inflammation.

Another important step in making dietary changes that can help you manage inflammation levels is avoiding pro-inflammatory foods. These foods can be much more common in our diet than we even realize, and they can be found in processed foods like refined

carbohydrates (white bread, refined pasta and desserts made with white flour), soda pop, fried foods, and processed meats, such as hot dogs. Be sure to avoid these foods, as having them frequently can increase your exposure to pro-inflammatory sources.

Check out our recipe section for a warm turmeric latte recipe, loaded with anti-inflammatory ingredients, like turmeric and ginger. This drink is perfect to keep you warm during chilly temps this winter season!



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.

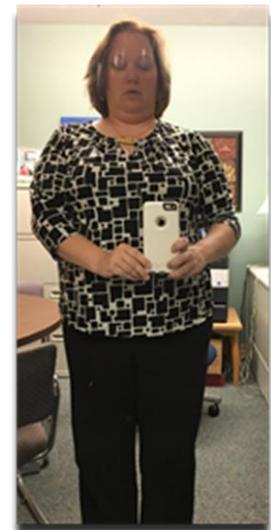
While I tried to lose weight on my own, I wasn't successful. So, I looked into bariatric surgery. From my first appointment at Hurley Bariatric Center I learned a whole new way of life! I started the journey at over 230 lbs. I often quip that I am the poster child for weight loss surgery. I have had 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 😊



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, don't delay! Call the clinic at 810-262-2330 to schedule your appointment.

Support Group:

Join us for our monthly support group! This is open to both pre- and post-surgery patients!



The support group meets the 1st Monday of every month from 5:30-6:30PM at Hurley Bariatric Center (with exception of inclement weather/holidays). No need to pre-register—just come! Call 810-262-2330 for details.

Non-Surgical Medical Weight Loss Program:



Note: THIS PROGRAM IS NOT AVAILABLE FOR THOSE WHO HAVE HAD PREVIOUS BARIATRIC SURGERY.

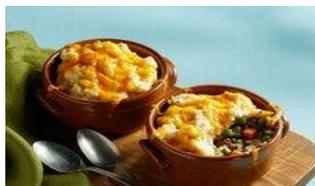
For individuals with a BMI ≥ 25 , we offer a non-surgical medical weight loss program. This program uses meal replacements as well as education in the areas of diet, exercise, and behavior to help achieve an average weight loss of 30-50 pounds over a 12-week period.

If you, or someone you know, is interested, please call the clinic at 810-262-2330 for more information

Recipe Round-up

Easy Cauliflower Shepherd's Pie

Yield: 4 servings



Ingredients:

2 (12-ounce) packages frozen mashed cauliflower
2 tablespoons dried chives
¼ teaspoon ground pepper
1 pound 92%-lean ground beef
2 teaspoons Worcestershire Sauce
1 teaspoon dried thyme
1 ½ cups frozen peas and carrots
1 cup frozen chopped onion
½ cup grated reduced fat extra-sharp Cheddar cheese (1½ oz.)

Directions:

1. Place oven rack 5 inches from broiler. Preheat the broiler (use "low" setting if you have it). Microwave cauliflower according to package directions until softened. Stir in

chives and pepper; set aside.
2. Heat a large cast-iron or other ovenproof skillet over medium-high heat. Add beef and cook, stirring occasionally and breaking up the meat, until browned, 6 to 8 minutes; drain off most of the fat.
3. Stir in Worcestershire and thyme, then add peas and carrots and onion; cook, stirring, until the vegetables are softened, about 5 minutes. Remove from heat.
4. Spread the cauliflower mixture evenly over the beef mixture and sprinkle with Cheddar. Broil just until the top is browned, about 3 minutes. on HIGH, until almost tender.

Nutrition information per serving:
366 cal, 13g total fat, 21g carb, 38g prot

Turmeric Latte

Yield: 1 serving



Ingredients:

1 cup unsweetened almond milk or coconut milk beverage
1 tablespoon grated fresh turmeric
1.5 teaspoons pure maple syrup or honey
1 teaspoon grated fresh ginger
Pinch of ground pepper
1 pinch Ground cinnamon for garnish

*optional: can add ½-1 scoop unflavored or vanilla protein powder, if desired

Directions:

Combine milk, turmeric, maple syrup (or honey), ginger and pepper in a blender. Process on high until very smooth, about 1 minute. Pour into a small saucepan and heat over medium-high heat until steaming hot but not boiling. Transfer to a mug. Garnish with a sprinkle of cinnamon, if desired.

Nutrition Information per serving (not including optional protein powder):
70 cal, 2.7 g total fat, 8g carb, 1 g prot

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