

# Banded Life

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MARCH 2007

**SPECIAL POINTS OF INTEREST:**

- Diets are not healthy
- Do you associate "willpower" with Diets
- Be aware of yourself!

## Driving to Braums? By Dr. Jay

In my seminars I mention that the band will help you to lose weight, but it won't keep your car from driving to Braums for a milkshake. Nor will it keep you from ordering a double double at Whataburger. In a past article I mentioned that the band will do 70% of the work, but you are responsible for 30%. What is included in that 30%? I would use 5 words to describe it. Be Aware, Realistic and Eat Healthy.

Every patient that comes to my office can easily recite at least 10 diets they have tried in the past. Some can list many more than just 10. Heavy people are the most educated in foods that are healthy for you, and some can recite calorie and fat count of almost every food that exists! I don't give you a diet for that very reason. Diets are not healthy. They promote failure. I want you all to be successful, so I ask that you eat healthy. I want you to get at least 60 grams of protein and 48 ounces of water a day. I want you to know that eating carbohydrates makes you want to eat more, so I want you

to limit all carbs. The band aids in helping you to not eat carbs like bread and pasta, but many have found that chips slide right down. Chips are not healthy. Have a protein bar instead. If you feed your body protein, then you will not be hungry. If you feed it carbs, you will be hungry. Simple.

Many associate the word willpower with diets. I prefer the word realistic. Be realistic in your food choices. Be realistic in your exercise. To say you will never eat ice cream again is not realistic. To limit your ice cream intake to special occasions is realistic. To start off running 3 miles a day when you haven't gotten off the couch in years is unrealistic. To start an exercise regimen that slowly works up to a good cardiovascular workout that may eventually have you running 3 miles a day is realistic. The hardest battle we will fight while losing weight is against our own minds. After having some good weight-loss, patients find themselves beating themselves up over the fact that it isn't fast enough. They have ONLY lost a

certain amount of weight. Cut yourself a break. When was the last time you lost 20 pounds in 3 months? After the holidays, I had quite a few patients who came in and weren't happy with the amount of weight they lost over the holidays. When was the last time you went through Thanksgiving and Christmas and LOST weight? Most people gain 5-10 pounds over the holidays. If you lost 3 pounds, well, that is a victory!

Be aware of yourself. Don't let your brain tell you that you are a failure. Some people feel that they do not deserve to put themselves first and lose the weight in order to become healthy. Trust me, your family will love the fact that you will be around many years to come. If you feel that you don't have enough time to work out because you need to spend time with your children, invite them to be involved in your weight loss. They would love to spend time with you on a brisk walk around a few blocks! Encourage them to spend time with you while you are cooking dinner. This means no fast food. They can stir or chop and in the end, you have spent time with them, taught them about cooking and prepare a healthy meal. A complete win-win situation!

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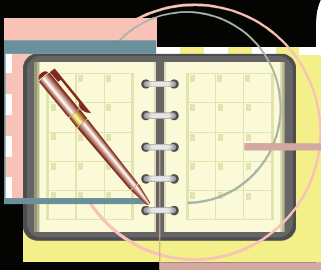
## Focus 2007

by Deborah Marshall-Brown, MA, LPC, PSY-MED

You're *busy*. Your thoughts and actions swirl with all or some of these: work, family, home issues, community issues, personal problems, social issues (friends/time with others), money issues, health and wellness issues. This is a lot to "focus on." Each area is fragmented, because your thoughts and actions are so divided. If you are not where you want to be with your health and wellness goals, you aren't focusing on them. This may sound like a silly overstatement, but let's take a closer look. More importantly, let's FOCUS/CENTRALIZE and *bring your health and wellness thoughts and actions straight to the front, where they belong*. 1. Get out your planner, notebook, agenda or computer. Write this down in capital letters: 2. Your keyword is enjoyment! Find an exercise you enjoy – try different things!! Go on a supermarket mission, exploring and trying healthy new foods. Find healthy recipes at [Cookinglight.com](http://Cookinglight.com) or other sources. Budget for a great exercise outfit. Ask the most positive person you know to exercise with you/support you. 3. Write down 1-3 OBJECTIVES FOR 2007. These are accomplishments that you want for this year.

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## Important Dates:



**March 1st:** Dr. Jay's Support Group Meeting. 7:00pm at Medical City Hospital, Building A in the Cafetorium across from the Cafeteria.

**March 3rd:** Lifestyle and Support Group, 10am– 12noon, Doctors Hospital Professional Bldg. 1, with PSY-MED. Topic: Protein Tasting. Sample various protein supplement/ shakes. Recipe exchange. Call 214-348-5557 for more info or to RSVP.

**March 3rd:** Aparicio's Restaurante Mexicano & Tequila Bar, 101 E. 18th St. Plano TX. 2:00pm –5:00pm  
RSVP-Cynthia 214-243-0840 or cpj1@swbell.net

**March 8th:** Bandster Dinner at Mercado Juarez 1901 W. Northwest Highway, Dallas TX 6:30pm  
RSVP-Cynthia 214-243-0840 or cpj1@swbell.net

**March 15th:** Bandster Dinner at Mercado Juarez 2222 Miller Road, Arlington TX 6:30pm  
RSVP-Cynthia 214-243-0840 or cpj1@swbell.net

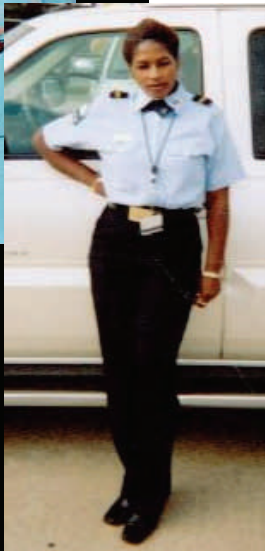
**March 22nd:** Collin County Bandster Dinner at El Chico 1222 North Central Expressway, McKinney TX. 6:30pm  
RSVP-msimpson@co.collin.tx.us

**March 31st:** Meal Planning Discussion at Whole Foods Dallas. Join us in discussing healthy food choices and sample a variety of menu items. A Nutritionist/ Dietitian from Whole Foods will be discussing food labels and protein content of the food as well as a tour of the store to assist in making healthy choices. Call 214-348-5557 for more info. RSVP is required.

**Special Thanks** to all the great people that joined us for the January Protein Tasting Group. A lot of products were tasted and everyone walked away with information about the many products on the market today. Don't forget to show your PSY-MED card at GNC for discounts on all their products. Join us in March if you missed this group.

## March Support Group

Have you lost some weight and noticed that things are a bit off? You may be misjudging door frames and table edges and ending up with lots of bruises. Perhaps when you wear heels, you feel as though you are going to fall over. When you lose weight, sometimes your body has to readjust to its new size. You may be doing some good cardiovascular exercising, but are you doing any core exercises? Come to the meeting and learn some exercises that will help you gain a better center of balance. No sweating involved! Just come and be prepared to get that center of gravity back. Walk and even wear heels with confidence! This will be an excellent tool to help you in the future, no matter how much weight you have lost!



## Patient of the Month

My name is Sylvia and I first heard about the LapBand surgery in Inform Magazine. I read Holly's story and made an appointment to see Dr. Jayaseelan. I had been struggling with my weight since 1994. Due to medical reasons, I was unable to lose the weight and keep it off. Dr. Jay performed my surgery over one year ago and I have lost 89 lbs towards my target goal. I have never felt better since I had the surgery. I've had no problems at all. Life is great. I believe I had the best doctor. Big thanks to Dr. Jay, he's the Greatest!

Pre-op weight: 254

Post-op weight: 165

Pre-op size: 18

Post-op size: 6

Surgery date: 9-12-05

Every week, something seems to reach up and slap me in the face. The slap this week is how so many of you feel that you don't deserve to be healthy and thin. I felt the same way! During my weight loss, I would periodically wonder when the weight was going to come back. You see, I had never really been thin. Oh, there were moments, like when I was on Medi-fast and got down to 144 pounds. Lasted there for about 1 minute and then I ate a meal and gained everything back, plus more! No matter what diet I was on, I always got my old buddy (fat) back and they always brought more friends to stay with me. Uninvited guests! They came with every single diet I had ever been on! They became squatters on my property and after awhile, they owned me for as we all know...possession is 9/10ths of the law!

With the band, I just kept waiting for the other shoe to drop. Those pounds that had packed up and left my body, decided to come back home and they brought yet another load of pounds to set up house, intending on remaining there for the rest of my life. It has been almost 8 years and I think it is safe to say, the unwanted pounds have found another place to call home.

As I was losing weight, I kept thinking what did I do to deserve to be thin? At times I would sabotage myself as I didn't really think I had the right. Why not? Well there are many things...some of which were that I had been told by people that I was fat and just needed to get over it (actually a Doctor said that!). Men that I had crushes on in my youth found me the best buddy kind of girl but not the kind of girl you date. I was always best friends with the beautiful girl, who found it convenient for me to be fat (just made her look even thinner). My mind was my biggest enemy. After all, the known is comfortable. Being invisible was comfortable. Knowing how people would react to me because of my size was comfortable.

The unknown is scary! Becoming visible is scary! As I was kicking all the pounds out of my body for good and a new person was emerging, I found that I had to get to know a new Cynthia. I needed to admit to myself that I was entering foreign territory. Who am I really? What does this new Cynthia like and dislike? Where will I end up in life?

I know, I am getting way to deep, but the point is to realize that we are going through a life changing experience. We will have to cast off those old fat personalities and get to know the real person who has been hiding down there for all those years. I have a friend who is in his fifties. He is single and for the first time he has bought a house of his own and is decorating it to HIS taste and not anyone else's. Some friends of his saw his home. One of them said "this is so not like him" Well actually, it is exactly like him. It is the first time he has had the chance to be himself. He is getting to know what he wants and how he wants things done.

In a sense, this is what we are doing as we shed our heavier selves.....

## FOCUS

(continued from page 1)

They should be "big" enough for you to work on all year, but realistic and accomplishable. **4.** Write down the GOALS that lead straight to your objectives. Your goals will result in the accomplishment of your OBJECTIVES! Your goals should include your nutrition and exercise plan, and your follow-up schedule with your bariatric physician and your Psy-Med Behavioral Health Counselor. If there are obstacles to your goals, jot them down, and then jot down a strategy for overcoming each obstacle. **5.** Now, write down simple HEALTH AND WELLNESS ACTIONS you will take each day. These should be simple actions that will lead to the achievement of your GOALS. **Here are some examples to get you started:** *Replace one unhealthy food with one healthy food daily (for example, replace your chips, crackers, cookies or ice cream snack with a protein shake, piece of fruit or yogurt.) Eliminate, or half an unhealthy meal item from your day.* **6.** Write down your exercise appointments in your planner. If you have to miss a session, reschedule it on your planner. Don't let your exercise depend on whether you're in the mood. Think of the daily healthy actions you take without considering whether or not you "feel like it..." do you brush your teeth or shower only when you're feeling really motivated? Make sure your physician has cleared you for exercise, and get going! *Don't let yourself down* with your exercise. **7.** Choose one simple, extra activity daily. For example, park your car several lanes away from your usual space, take the stairs once a day, or take a five to ten minute walk break during your workday. **8.** Gather your tools for success. Start a clip file of articles that inspire you and put them in your binder. Check out [Dallas Morning News Healthy Living](#) section. Do you need to talk with your family about rearranging schedules to support your exercise time? Do you need to find a walking buddy? New walking shoes or great exercise clothes? **9.** Finally, enjoy your healthy journey! Don't wait until you reach your goals – your life becomes one unending goal without fun celebration at each step.

## A FEW WORDS ON: MOTIVATION AND EMOTION by PSY-MED, Inc.

### MOTIVATION:

Ever notice how, when you have chores or projects to do, that you procrastinate forever, but once you get started, the motivation takes over, and you seem energized to finish? Exercise, and making healthy food changes are the same way. **DO NOT SIT AND WAIT FOR MOTIVATION TO COME!!! MOTIVATION COMES FROM MAKING A START!!**

### EMOTION:

Recent research tells us that individuals who have AN EMOTIONAL CONNECTION to their health and wellness plan are the most successful. To attach a positive EMOTIONAL CONNECTION to your health and wellness plan, ENJOY IT! Choose healthy foods that you enjoy – there are a lot of them to choose from – string cheese, protein shakes, healthy smoothies, almonds, yogurt, chicken, fish, tuna. Choose activities that you enjoy, and find an environment that you love. Expand your definition of exercise – walk at White Rock Lake, skate, bicycle (try renting a tandem with a friend), box, dance! **For more information or to start working on your personal wellness plan with a Health Counselor, call 214-348-5557. All insurance accepted**

## Texas Lapband Center

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[www.texaslapbandcenter.com](http://www.texaslapbandcenter.com)

# Spiced Apples With Vanilla Sauce

4 Medium apples, cored  
1 teaspoon cinnamon  
1/2 teaspoon ground ginger  
1/4 cup Splenda granular  
1/4 cup water  
2 tablespoons lemon juice  
2 tablespoons fat-free sugar-free instant vanilla pudding mix  
3/4 cup skim milk

1. Preheat oven to 350.
2. Peel a 1/2 inch horizontal strip around apples to help release juices during baking.
3. Place apples in a 9x9 baking dish.
4. Combine cinnamon, ginger & Splenda in a bowl.
5. Place 1 Tbs of cinnamon mixture in the cored-out center of each apple. Sprinkle remaining mixture over the top of the apples.
6. Combine water and lemon juice in a cup. Pour liquid around apples.
7. Bake until apples are soft when pierced with a knife, about 15-20 minutes; remove from oven and let cool.
8. Pour pudding mix into a medium bowl; whisk in milk to make a fairly thin sauce.
9. Place one apple in a dish, and drizzle with sauce.

Serving size: 1 apple with 1/4 c sauce.