

Positive Weight Control for 2010

Happy Holidays from CNC and best wishes for a great 2010! As the New Year is getting started, what better time is there to put our health and well-being at the top of our priority list? We get so busy here every January with people coming in with renewed New Year's resolutions to lose weight. While this is a fantastic resolution and many people will go on to lose weight and successfully maintain weight loss, all too often, a month or two goes by and other priorities jump to the top of the list. Before we know it, weight management is a forgotten memory, only to be re-addressed at the next New Year's resolution.

When weight loss is the goal, once weight loss is achieved, we tend to move on to the next project. Often we revert to old habits that have served us well for our entire lives. Instead, this year, let's change this up. Losing weight by going on a "diet" has such *negative* connotations. Just say the word "diet" and I hear groans of agony – the word "diet" has become synonymous with the short-term restriction of foods we like.

If we really want to achieve long-term health and not just try and see how long we can stick with a restrictive, short-term diet, we need to understand where our eating behavior comes from. Our eating habits have been formed over the course of our lives. From our earliest days we are rewarded with M&M's for using the potty, cookies for cleaning our room, birthday cake, pumpkin pie, and on and on. It's no wonder that we learn to associate less-than-healthy foods with good emotions. In fact, we will eat these same foods for the emotional value even when we're not hungry! Now, when we go on a diet and try to restrict these foods, it's no wonder that we struggle to stick with it – not just will-power, but we feel emotionally deprived.

Negative vs. Positive Thinking

This is why we need to really look at where this eating behavior comes from. Instead of focusing on *negatives* – avoiding foods we like, eating less, not eating out, etc, this year let's focus on *positives*. Instead of thinking "I can't have this and I can't have that," think of all the wonderful healthy foods you *can* have. When you go to the grocery store, focus on putting healthy options in your cart and enjoy them! When you go out to eat, try to find the healthiest option on the menu, not the one that "sounds" the best.

A patient today told me the most valuable thing she has learned at CNC is to eat more, not less. She has found that by eating regular breakfast, lunch,

and snacks, she doesn't go overboard at dinner and in the evening hours. In fact, if you visit our web site and click on the HealthStyles tab, you'll see a very interesting statistic in our September 2009 e-Newsletter. Research has shown that women with a *high intent to control food intake* (i.e. – trying not to eat) weigh 10-13 pounds **more** than their counterparts who do not try to control their intake. In men, this number is 12-15 pounds!

Don't dwell on *not* eating – this negative train of thought will eventually result in overeating, often in the same day! This same patient shared with me that instead of having self-pity for all the things she lacks or can't have, she regularly goes on a "Rampage of Appreciation" and reminds herself of all the wonderful things she *does* have. Treat yourself to a rampage of appreciation today!

This same strategy works for activity. Many people start a workout routine that they can't stand. They feel this routine is

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necessary to be healthy and lose weight, but don't actually enjoy it. It's no wonder that it is a short-lived endeavor. Instead, we need to focus on activities that we *do* enjoy. Do you really enjoy sitting at a desk all day? Or, do you really enjoy watching Television all night? When I pass away (hopefully a long time away!) I certainly don't want my epitaph to read, "Here lies Ethan Lazarus. Ethan spent 73% of his life at his desk and the remainder watching Television." No, I want to get out and see the Colorado outdoors. I want to take Ballroom dancing classes. I want to walk with our new baby around the neighborhood. And, if I ever can find the time, I'd really like to give Yoga a try.

OUR NEW ADVANCED PROGRAM

For many years, CNC has offered individualized Exchange Programs and Fasting Programs. But for many, the Exchange seems too difficult, the fasting programs too restrictive.

We are very excited about our new **Advanced** Program, and it is quickly becoming our most popular meal plan. While similar to the Fasting Programs in that the **Advanced** Program emphasizes getting the right amount of protein, we also work in a fruit, a dairy, and non-starchy vegetables. This allows us to get the calories very low by still being very low in carbohydrate and fat, but does not put people into ketosis.

So, what does this mean? The structure of the **Advanced** plan is just as easy to follow as the Fasting Programs but it is not as restrictive. Because you are not in ketosis, if you eat a little extra carbohydrate, you don't have to worry about being pulled out of ketosis. Our patients are experiencing very good weight loss and really enjoy this style of eating. Also, potassium supplementation and blood testing are generally not necessary. The Advanced Program is flexible enough to be used for any pace of weight loss and also for weight loss maintenance.

If you want to start the New Year with a healthy meal plan that is effective for losing weight and keeping it off, this is worth a look. Call our staff at 303-750-9454 if you'd like more information.

What would be *fun* for you?

What do you *want* to do? Take an art class? Learn to knit? Try Swing dancing? Take up swimming? A Pilates class? Walk around the neighborhood or even try hiking? Or, if you really like a particular Television show, how about working out while you watch it? Take the treadmill out of the closet, put it in front of the TV, and walk for an hour while you watch. If you can take a positive approach towards activity rather than a negative one, it can quickly become the best part of your day.

By focusing on positive actions rather than negative ones, you'll begin to develop a positive attitude towards eating healthy. You won't feel deprived – you'll feel satisfied, because so many of these positive changes will help you feel better. The weight will come off and stay off, not because you went on a short-term restrictive "diet," but because you changed your relationship with food and chose to enjoy eating healthier.

If you are having trouble finding ways to have a positive relationship with healthy eating and activity, our staff here at CNC is very skilled at helping you brainstorm. Call us any time at 303-750-9454 and let's get back on track!

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“Jump Start” Your Weight Loss

A great way to start the New Year, or is it?

As I begin my 7th year at CNC, I have to try really hard to think of any person I have worked with who would not want to “Jump Start” their weight loss program. What better way to get our minds and bodies in gear than a success message: “You can do it!”

Would CNC have remained popular for the past 35 years if we promised agonizingly slow weight loss? Of course not. Many people continue to come see us because they know that they can lose weight quickly and feel good while doing it.

Many patients successfully keep the weight off; however, some continue to lose and gain, over and over again, yet continue to tell me each time that we meet that they need the instant gratification of quick weight loss or they will run out of steam and not stick with it.

If you are one of these people, then

Top Tips from this Newsletter

- 1) *Think Positive, not Negative!*
- 2) *Eat more, not less! (breakfast, lunch, healthy snacks, healthy choices)*
- 3) *Something got you down? Treat yourself to a Rampage of Appreciation! Remind yourself of all the wonderful things in your life that you DO have.*
- 4) *Find an activity you enjoy, and do it!*
- 5) *Want to try something healthy and new? Consider giving the Advanced Program a shot.*
- 6) *If you want to be successful with weight management, don't focus on a short-term diet. Focus on real changes to your daily routine with a goal of reducing by just 100 calories a day.*
- 7) *It's not a diet. It's a lifestyle.*
- 8) *Pick a healthy lifestyle you can enjoy.*
- 9) *Find a routine you can stick to without thinking about it.*
- 10) *If we work together, we can do it!*

Cut out the above tips and keep on your fridge.

perhaps “Jump Starting” your weight loss program is not the best plan for you. As I reflect back on many of my most successful patient stories, there is a common theme. I often ask, “Why did this work for you? After all the previous attempts that didn’t go so well, why did things turn out differently this time, and you lost the weight and kept it off?” The answer is always the same: “It’s not a diet. It’s a lifestyle. I changed my lifestyle, Dr. Lazarus.”

What does this mean?

This sounds nice, but what does it actually mean? We are all creatures of habit – we have a routine that we get comfortable with and we stick to it. Most people that I initially meet with have been in a routine for many years

resulting in slow weight gain. We all want to blame something – “I stopped going to the gym” or “I have a sweet tooth.” But the reality is, we settle in to a routine that we are comfortable with, and we do it mindlessly, day after day, month after month, year after year.

Unfortunately, all too often this routine is slightly off-balance. What do I mean by *slightly*? I mean by 50-100 calories a day. 50-100 calories? That’s nothing! It’s two bites (remember the two bite rule?! It’s 5 or 10 more minutes of being active! (remember handout #5, lifestyle activity?)) Most patients with weight problems are gaining at a rate of between ½ and 1 pound per month. This is 50 to 100 calories a day!

So, what separates the weight loss maintenance success stories from those who are not able to achieve this? People who are willing to look at their routines and make real and lasting changes do the best at keeping it off! As we settle in to our new routine, over time it becomes the new way of doing things, and we can successfully maintain our weight loss without thinking about it.

How can I do this?

Unfortunately, most of us are not successful figuring out the best routine by reading diet books (with all the recent New York Times Best Sellers,

\$50 Gift Certificate

Thank you again for your referrals. We are pleased to continue to offer a \$50 Gift Certificate to show our appreciation.

Thank you!

our country continues to get heavier), using internet programs (too boring, impersonal), or even signing up for gym memberships (go for a few months, then stop going). When I ask patients, “What was the most important thing we offered you at CNC that helped you change your lifestyle?” the answer is always the same: “The accountability.” Most current research studies support our experience. Accountability with an experienced professional remains the

most important tool we can offer for long-term success. When accountability is lost, often the old routines seem to find their way back, the old lifestyle takes root, the weight begins creeping up again.

So, do you really want to “Jump Start” your weight loss for 2010? If the answer is “Yes,” this is fine. But, the more important question is, are you willing and able to look at your routine, and try to put a new routine in place that will successfully aid with long-term success? Whatever approach you choose, shoot for a lifestyle that you enjoy, that is healthy, that you can be comfortable with, that becomes a routine that you can follow without thinking about it. If you can achieve this, you will have achieved long-term success.

It’s never too late to get back to work. If you have experienced weight regain, please don’t hesitate to pick up where we left off, to really look at your routines, and to see if we can find a lifestyle that will promote a healthy weight rather than weight gain. I know if we work together, we can do it!

*“It’s not a diet.
It’s a lifestyle.”*

Staff News

Congratulations to Ethan and Aimee Lazarus on the birth of their son, Zachary Scott.

Clinical Nutrition Center
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