

7 Elements of Success

Happy holidays and happy new year! As 2008 is getting started, what better time to reflect on 2007. What went right? What went wrong? Learning from our past successes and failures is the best tool for success! How did you do with your weight and with your health in 2007? Are you successfully maintaining a healthy weight, or was 2007 a challenge? I'd like to share with you 7 elements that can lead you to success in 2008.

1. Accountability

At CNC, it has been our experience over the last 35 years that the most important element of success is accountability. While it is possible to be accountable to yourself or even to a computer program or the internet, most people do better when they are accountable to an individual. For our patients at CNC this is generally a registered dietitian and/or physician, but it can also be a friend or loved one. Breaking a habit is very hard! Forming new habits that are incompatible with the old ones takes time and frequent reinforcement to prevent recurrence of the old habit. If your weight is slipping in the wrong direction, sometimes the key to getting back on track is simply to pick up the phone and schedule a visit. We are here to help!

2. Set Realistic Goals

Every day we see so many people doing such a great job with their weight loss efforts. But some of these very people still *feel* like failures. Each of us defines success in our own way. No matter how much weight somebody has lost, many individuals set a weight loss goal that is so low that it will be impossible to achieve and/or maintain. Sometimes this goal is so low that it is *unhealthy*. These same people can do a fantastic job with weight loss, dramatically improve their health, lower their risk of heart disease, cancer, and extend their life expectancy, only to think that they are "failures" because they didn't reach an arbitrarily chosen weight goal. Focus on achieving a healthy weight for you at this time in your life, not an arbitrary number on the scale you once were at some point in your distant past. Even a 10 or 20 pound weight loss, if sustained,

TOP 10 WAYS TO LOWER CANCER RISK

Did you know that you can lower your risk for many cancers including cancers of the breast, uterus, colon, and esophagus? Here are the latest recommendations from the *2007 Report on Food, Nutrition, Physical Activity, and the Prevention of Cancer*:

1. **Be as lean as possible** without becoming underweight.
2. **Be physically active** for at least 30 minutes every day.
3. **Avoid sugary drinks.**
4. **Eat at least 5 servings of non-starchy vegetables and fruits daily**, and eat whole grains rather than refined starchy foods.
5. **Limit consumption of red meats** such as beef, pork, and lamb, to 18 oz per week, and avoid processed meats.
6. **Avoid alcohol.** If consumed at all, limit to 1 drink per day for women, 2 per day for men.
7. **Avoid salty foods.**
8. **Don't use dietary supplements to protect against cancer.**
9. **Breastfeed your baby.** It's best for mothers to breastfeed exclusively for up to 6 months before adding other foods.
10. **Cancer survivors should follow the same recommendations for cancer prevention.**

For the full report, visit www.dietandcancerreport.org

can have a dramatic impact on your health.

3. Change the Lifestyles that are Causing the Problem

The patients we treat at CNC usually know what the problems are. Examples include: "I'm a chocoholic." "I work too hard." "I travel every week." "I'm in an unsupportive relationship." "I'm depressed." "I hate exercise." They then ask us which diet to follow to achieve weight loss. Unfortunately, all too often, after achieving their goal weight, they return to the lifestyle that caused the problem in the first place. They are willing to follow a diet for a time, but not to address the underlying problem. Your weight is your health! Treat it with the greatest level of respect. If there are lifestyles causing the weight problem, these must be addressed! Examples:

"I'm a chocoholic." Why? Is chocolate so good you're willing to gain 50 pounds for it? Stop eating it, and you will gradually crave it less. Are you eating for emotional reasons? Consider medication or counseling for food addiction.

"I work too hard." Why? Is it possible to work less? Is money more important than health? Can you work fewer hours and still afford the necessities? What's the point in working so hard if you're not going to be around for retirement? What are you waiting for?

"I travel every week." Well, either travel less, or learn to travel healthfully. Talk to your dietitian about

pre-planning for trips and travel, about things you can safely order at restaurants. Show up prepared.

"I'm in an unsupportive relationship." If a relationship is adversely affecting your health, this needs to be seriously addressed. Consider counseling either on an individual basis or with the other person.

"I'm depressed." So often people use the phrase, "I'm depressed because I'm fat." It is my experience that it doesn't work this way. In this case, generally the chicken comes before the egg. Being depressed commonly results in weight gain; being overweight rarely results in depression. Talk to your doctor or the professional staff at CNC about medical treatment or psychotherapy. It is nearly impossible to have good long-term success with your weight without *first* achieving mental health.

"I hate exercise." The human body was not built to sit on the couch 24 hours a day. If you expect to live a long life and would like to maintain a healthy weight, you need to find ways to be active. The best way to do this is to find fun activities. Don't like walking on a treadmill? How about Yoga? Pilates? Ballroom dancing classes? Snowshoeing? Kickboxing? Golf? Be creative – if you can find something fun, it won't feel like "exercise."

4. Attitude Adjustment

I see people excited with their weight loss in and out of CNC every day. But what impresses me most is people who are excited

Clinical Nutrition Center

7555 E. Hampden Ave., Suite 301, Denver, CO 80231

303-750-9454

Ethan Lazarus, MD James Berry, MD

www.ClinicalNutritionCenter.com

about *maintaining* weight loss. Always focusing on losing weight will lead to certain failure – you can't lose forever! And if you internally define success only as *losing* weight, eventually there will be a week where the weight has gone up. You'll feel like you did all this work for nothing, and then the inevitable climb back to the old weight will commence. Why? *Because you need to feel successful, or you won't stick with it.* Try to be just as excited about maintaining weight loss as you were while losing weight. Define success as feeling good, the new clothing you can wear, how good it feels to be active, and on all the improvements to your health.

5. Learn about Nutrition

Many patients at CNC do a terrific job with weight loss on one of our fasting programs, but then find it difficult to make the transition to an Exchange-type program for long term weight maintenance. Why is this? For many, the fasting programs offer a simple, no-brainer approach to weight loss. You know what to do. It's easy! No decisions. Problem foods are out-of-sight and out-of-mind for a while. It is critical that you learn about nutrition – not just how to follow a very low calorie diet, but what your body's unique nutritional

Are calorie-free products really calorie free?

Did you know that the FDA allows a food manufacturer to claim that a product is fat free if it has less than .5 grams of fat per serving, and calorie free if it has less than 5 calories per serving. Both values can be rounded down to zero on the nutrition label. Many companies make the serving size tiny to accommodate these regulations.

So, what's the take-home message? Read your labels, but use common sense! If the first ingredient on your "Calorie-free" cooking spray is oil, but the serving size is 1/3 of a 1 second spray, then how many calories are you really getting from the more typical 4 or 5 second spray?

\$50 Gift Certificate

Did you know that CNC does no formal advertising? The majority of our patients hear about us either from their friends, families, and coworkers, or from their physicians.

We wanted to take this opportunity to say "Thank You" for spreading the word! As a small, one-location clinic, it would be impossible for us to remain in business without each of your continued referrals. This is why for 2008, we will continue to provide you with a \$50 gift certificate for new patient referrals.

Thank you!

needs are. If you can learn this, and learn the nutritional composition of the foods you are consuming, you will feel just as confident about weight maintenance as you did about being on a fasting program. Now it's your turn to really learn from your dietitian!

6. Increase Activity

According to data collected at the University of Colorado Health Sciences Center's National Weight Control Registry, 97% of respondents who have successfully maintained substantial weight loss report increasing activity. Are you with the 97%, or the 3%? If you want to have a realistic chance of maintaining a healthy weight, any activity you can fit in to your daily routine will greatly enhance your odds of success.

7. Manage other Contributing Medical Conditions

Many unmanaged medical conditions will result in weight gain. These include: hypothyroidism, diabetes, insulin resistance, and depression. Unfortunately, many medications that doctors use can help with the intended problem, but can also lead to weight gain. Discuss with your doctor (or Dr. Lazarus / Heather Thomas at CNC) the medications you are on. Are there alternatives that can aid with weight loss too, rather than causing further weight gain? If weight is lost, are these medications

still necessary? Optimizing these issues will stack the deck in your favor, so to speak, and greatly enhance your odds of success!

Make 2008 your best year yet! Get to the root of your problems, and you will be successful. At CNC, we have always welcomed back anyone needing further guidance. If you haven't achieved / maintained your goals, call us at 303-750-9454 and get back on track!

Testimonials

CNC would like to extend a special "Thank You" to all of our patients who have provided testimonials for our web site and our success book. These inspirational experiences are now available for all of us to read. Many people who are struggling with their efforts have used these peoples' success stories to stick with it, or to get back on track. All too often, we hear somebody exclaim, "If they could do it, then I'm going to give it my best shot too!" Visit www.clinicalnutritioncenter.com, click on the "Testimonials" tab on the left, and prepare to be impressed!

Staff News

Congratulations to Dr. Ethan and Aimee Lazarus on the birth of their daughter Zoey on February 7th, 2007.

Clinical Nutrition Center
www.ClinicalNutritionCenter.com

7 Elements of Success!

NEWS FLASH:

(303) 750-9454

Denver, Colorado 80231

7555 E. Hampden Avenue, Suite 301

Ethan Lazarus, MD, James Berry, MD

CLINICAL NUTRITION CENTER

Address Service Requested.

PRST STS
U.S. POSTAGE PAID
DENVER, CO
PERMIT NO. 2378