



[Clinical Nutrition Center](#)

HealthStyles e-Newsletter

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HealthStyles

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Summer is finally here. What better time to fire up the grill, wake up early, and find new and fun ways to be active!

Have you checked out the [CNC Blog](#)? If you haven't been to the [web site](#) lately, it has been fully updated, and can link you directly to the new Blog. This is a great way to stay current with up-to-date information from the staff at [CNC](#).

This month's articles include:

- Updates to CNC Meal Plans
- Celebrating Independence Day: How about declaring your independence from the food industry?
- Summer Weight Management Tips
- 10 Minute Bouts

Updates to CNC Meal Plans

Advanced Program

In 2008, our staff began developing a new approach for weight loss and maintenance. For over 3 decades, our patients have enjoyed the simple structure of our fasting programs; however, often it is desirable to have a simple structure, but not worry about being in ketosis. We have continued to improve and simplify our Advanced program over the past year, and have finally submitted the final version to our printers. Our patients really enjoy the

Compared to the fasting programs, the Advanced program is also both more convenient and more affordable - potassium supplementation is not necessary, blood work monitoring is minimized, and for patients doing well on the program, after the first month, it is optional to go to every other week visits (rather than *required* weekly visits on fasting programs).

Exchange Program

Extensively revised 3 years ago, the Exchange Program is fantastic both for long-term weight control and for weight loss. However, many have expressed that it can be overwhelming to address all the exchange lists. This year, our staff has all worked together to re-work the Exchange Program to make it as simple as possible. In fact, we have condensed all of the Exchange information to a single double-sided page. For detail-oriented people, we will continue to make available the complete Exchange lists. But many find the simple structure of the new program much easier to follow. Transitioning between the fasting programs, the Advanced program, and the Exchange program has also been simplified.

Final versions of the new meal plans are being reviewed at the print shop, and should be available in the next couple of weeks. Talk to your dietitian about which choice is best for you!

Celebrating Independence Day: How about declaring your independence from the food industry?

On July 4th, 1776, the Declaration of Independence was signed in Philadelphia. Just as we were able to declare our independence from the Kingdom of Great Britain, what better time to declare our independence from food?

A recent article in this month's *Bariatritian* magazine investigated how our bodies process high fructose corn syrup (HFCS). In fact, the metabolism of HFCS follows the same pathway as, believe it or not, alcohol. The author suggests that metabolically, HFCS is like "alcohol without the buzz." As we eat more foods with HFCS we crave more foods with HFCS resulting in our eating far more than we might choose to on our own accord.

independence. Rather than just watching fireworks, why not create some of our own? I thought I'd share some ways how you can take control of your own destiny, your own body, your own nutrition, and your own weight:

1) Declare your independence from HCFS: As much as possible, avoid foods with HCFS. Watch as it loses its grip over you, your cravings disappear, your hunger levels subside, your energy levels increase, and you begin losing weight.

2) Declare your independence from supplements: If the gas at the gas station stated "gets better gas mileage!" or "better for your car engine" or "helps your car have more horse power!" would you believe it? Then why believe the hype in the food and supplement industry? For several years the dairy industry claimed that eating more dairy helped "burn more fat." Remember all the yogurt containers that said eating yogurt would burn more fat? This was an unsubstantiated claim. The entire food and supplement industry is poorly regulated. I suggest ignoring all of the claims you see printed. Do your own research - discuss with your doctor or dietitian, and make informed choices.

3) Declare your independence from restaurants: have you ever noticed that every time you go out to eat everything on the menu sounds great? Have you ever noticed that even if you weren't that hungry, you leave having eaten more than you planned to, stuffed beyond comfort? Restauranteers know how to get you to spend more money at their establishments. From the ambiance, the color of the walls, the music that is played, the way the tables are arranged, the wait staff, and even the menus, from the moment you arrive you are being marketed to. Be a shrewd negotiator - show up having done your research. Know what you would like to eat before you get to the restaurant and order accordingly. Skip the appetizers, blue cheese dressings, desserts, and high calorie drinks. Substitute out high calorie sides or fried items for extra vegetables. Enjoy eating out your way!

4) Declare your independence from family and friends: how often have you gone to a family function and felt peer pressure to taste and eat everything in sight? Be a leader - host family functions and only serve yummy healthy options. At family gatherings, refuse to eat the high calorie desserts and sides, but have seconds of the healthy options. How about a cup of coffee for dessert? Lead by example - family members and friends will follow suit.

5) Declare your independence from food. I saved this for last, because it is most important of all. In all our years of helping patients with weight management, the declaration of independence from food is the most exciting
... for many, successful patients. This is necessary, because your weight

control. We need to decide what we will eat. Only with careful pre-planning can we loosen the grip food has over us. If we don't keep up with our calories during the day, hunger will win over and we will eat everything in sight - the food will have won the battle. Hunger is a powerful sensation, and if left out of control, it will win the battle over willpower every time. Instead, plan your day, take control of the fuel your body needs, don't let yourself get out-of-control hungry, and the battle is yours.

Have a great summer, and I hope it starts with a new-found willpower to be in control!

-Dr. Lazarus

Summer Weight Management Tips

Tips:

- 1) Salad dinners – toss greens and veggies with tuna, chicken, or salmon. Add dried fruit or grapes, pine nuts, just a light touch of dressing, and dinner is served.
- 2) For a refreshing summer drink, try 1/3 cup grape juice with 12 oz. sparkling water. It's a healthier alternative to soda and offers variety to your daily water intake.
- 3) Go to bed a little earlier to feel rested in the morning. Adequate sleep is essential to healthy weight management.
- 4) Keep a pitcher of decaf iced tea in the fridge. Grow some mint under your water faucet in the yard and enjoy mint tea anytime all summer.
- 5) Take advantage of the grill and summer fruits and vegetables for quick, simple meals. Colorful combination ideas: red, yellow and green bell peppers, red onions, zucchini and summer squash or tomatoes, broccoli and onions. Mix with ¼ c. fat free salad dressing or marinade of choice. Fold double layer aluminum foil, spread vegetables over foil, cover with another piece and fold edges to seal. Grill over low heat 20 minutes or

- 6) Take advantage of the great weather early in the morning and get out and do something active outdoors – walking, biking, swimming, or even tennis, golf, canoeing, and outdoor exercise classes.
- 7) Participate in a local 5 or 10K walk. Ask a family member or friend to join you.
- 8) Summer fruits are abundant and make the perfect dessert after a meal.
- 9) Try to get your food shopping done without helpers by going in the evening or early morning when Dad or a babysitter might be available.
- 10) Ways to stay active when you're busy:
 - a. If your kids are involved in team sports, use their practice time to walk or jog around the field or pool, do resistance exercises at the playground (pull-ups, chin-ups, squats, standing pushups, or take your hand weights).
 - b. When hosting out of town guests, looking for new activities, or trying to keep the kids busy, plan active entertainment:
 - i. hiking numerous parks around metro area or mountains
 - ii. walking tour of downtown Denver, Cherry Creek, etc.
 - iii. Biking or mountain biking: Highline Canal, Platte River, Chatfield, Cherry Creek Reservoir, Waterton Canyon
 - iv. Paddle sea kayaks around local or mountain lakes
 - v. Nature tours at Roxborough Park and S. Platte River park (behind Aspen Grove)
 - vi. Disc Golf at mountain resorts – call ski areas for more information
 - vii. Theme Parks, Water Parks, Zoos
 - viii. Golf – walk the course instead of using a cart

11) Build a better BBQ by serving marinated Portobello mushroom "burgers" with lettuce, roasted red peppers, non-fat sour cream or mustard on whole grain buns - instead of traditional ground beef burgers. Choose baked chips and salsa in place of potato chips & dip. Replace potato or macaroni salad with grilled vegetables. Enjoy frozen fruit bars instead of ice cream.

12) When traveling, plan ahead to exercise self-control when making food and alcohol decisions. Also, try to book a hotel room with a refrigerator to store nutritious snacks and low calorie beverages. You will be glad to arrive home without gaining weight!

-CNC Registered Dietitians

“Ten Minute Bouts”

Does the idea of exercising to augment weight loss efforts seem overwhelming? So many of us are working outside the home, inside the home, juggling kid's activity schedules while at the same time trying to maintain a healthy lifestyle. It can seem just too much to try to fit exercise into the whole mix.

Some advice that may be helpful is to think in **“10 minute bouts.”** Think about it: who has one hour, let alone thirty minutes, to carve out of the day to elevate that heart rate? Sometimes it is more manageable to think about ten minutes at a time. Try getting to work just ten minutes earlier and walking around your building or doing the stairs. Repeat this during lunch or when you can escape for ten minutes during the day. Just one more time before driving home in the evening can do wonders to get that blood flowing and energize that body that has been behind a desk or computer for eight to ten hours straight. Do the math: you have exercised for thirty minutes!

This takes some pre-planning, setting the alarm a few minutes earlier. Your health is worth ten minutes. When you start off the day with a little bit of movement, it can change your mindset for the whole day. You are living a healthy active lifestyle. You are making your health a priority. Believe me, I have heard every excuse (and made even more myself). The bottom line is we can do this incrementally.

Another helpful adjunct is wearing a pedometer. This can visually show us how much more we are moving throughout the day. Our goal is 10,000 steps a day.

coworkers. Walk to their office instead. Try not to use the restroom on your floor. Use the stairs instead of the elevator. Again, start by going down the flights. Gradually work your way up to walking up the stairs as well. Many patients have reported such a sense of accomplishment that they can climb the stairs eventually without huffing and puffing at the top. This is one of those encouraging markers of improved overall fitness.

Notice that none of these tips involves going to the gym? Obviously there are additional health benefits that can be achieved by longer more intense forms of exercise, but the all or nothing approach certainly leaves many of us "under-exercised." "**10 minute bouts,**" wearing a pedometer, stairs when possible and using a different floor bathroom can and do make a difference. Using this approach as a starting point can certainly get us in the right direction. Try implementing some of these suggestions and see if you don't feel more energized. These are lifestyle changes and they stick to make a permanent impact on our health.

-Heather Thomas, P.A. -c

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