

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

ACCEPTANCE

"Happiness can exist only in acceptance."

Dennis DeRougmont

Acceptance is an easy word to say, but can be a challenging concept to put into practice—especially when it involves oneself. Self-acceptance is appreciating, validating and supporting who you are right now—including those things about yourself that you would eventually like to change. Learning to accept who you are, faults and all, feels good and is a strong source of motivation towards making positive changes in your life. If you value yourself, you are interested in investing in things that support your physical, mental, and spiritual health.

*"Acceptance
& tolerance
& forgiveness —
those are life-
altering lessons."
Jessica Lange*



People hang onto their lack of acceptance because they think it will help them to change the things they don't like about themselves. The paradigm is that if one feels bad enough about himself, he will be motivated to change. This may work in the short term, but often the bad feelings discourage us from even trying to change. Think about how difficult it is to change your spouse,

children, co-workers, and parents through criticism. It is not very effective. On the other hand, have you noticed how a little tolerance and acceptance goes a long way toward improving your relationship with others? Apply that same concept to yourself. Acceptance is actually the very first step in the process of change. It allows change. You don't have to be unhappy with yourself to recognize and work towards changing those things you'd like to change. Self-acceptance does not mean resigning yourself to the status quo, but rather accepting things as they are with an eye toward improving what you can.

One of the keys to accepting yourself for who you are now is to remove the harsh criticisms and judgments that devalue. Something as simple as exchanging the word "good" with "want" and "bad" with "don't want" can be powerful in helping to accept a characteristic that you would eventually like to change. This removes the negative connotations that are associated with the terms 'good' and 'bad,' allowing the situation or characteristic to become less hostile.

You can then look at it in a more realistic light. For example, looking at an inability to stick with a regular exercise program, one could use harsh self-talk that devalues: "I never exercise like I should. It is a bad habit that I come home and watch TV at night rather than go for a walk. I am so lazy." Rather than leading to change, these harsh words put us into a deep emotional rut that is difficult to climb out of. More accepting self-talk feels better and will help us change to more desirable behavior: "I want to exercise more because I know that it will make me feel better. I am stressed out after work and I enjoy watching TV. If I walk instead of watching TV, I would reduce my stress and become more fit. I want to take care of my body." The same situation, watching TV rather than going for a walk, can lead to very different feelings based upon the level of self-acceptance.

Try to make observations rather than value judgments. In an observation, you see, feel and hear. An observation is, "I am overweight." A value judgment goes one step further and adds a subjective evaluation: "It is bad to be overweight." Adding the value judgment makes it impossible to accept (or to be okay with) the situation. You can recognize that you are overweight, be okay with it and know that you want to be thinner. If you simply see the situation and identify what you want and why, you can then build up a foundation of self-acceptance.

Keep the big picture in mind. It is easy to get caught up in associating your self-worth with your physical appearance, job title, material possessions, relationships and other volatile situations. But then what happens if you lose your job or your relationships fall apart? Building your self-worth on transient situations is risky. Think instead of the values that you hold, the type of person that you are, your faith,

honesty, your compassion or your commitment to serve others. These foundations are unchangeable through time. They are the things that really matter.

"We cannot change anything until we accept it. Condemnation does not liberate, it oppresses."

-C. G. Jung

Another key to self-acceptance is to focus on positive qualities. In most situations there are both desirable and undesirable characteristics. It is easy to get into the habit of putting the focus on what we don't have rather than appreciating what we do have. Let's use the example of losing 100#. Many desirable things occur, including the ability to be more active, wear more attractive clothing, feel better, improve overall health, decrease the needs for many medications and improve the quality of life. Some undesirable things may also occur. There may be loose skin, an inability to eat as much of any food as desired, and there is the risk of gaining weight back again if lifestyle habits that support a healthy weight are not incorporated. Self-acceptance is recognizing all of those aspects. If we choose to focus on the positive aspects, we will naturally feel good about ourselves. We can look at the entire situation realistically and make decisions from a self-appreciating perspective. If we choose to focus on the negative aspects, they will overshadow all of the benefits we have realized. We

may feel deprived and decide, "What the heck, I may as well eat what I want, my arms still jiggle."

Increase your level of self-acceptance. Acceptance means that you recognize something as true.

- Keep your mind on the "big picture."
- Remove the judgment words "good" and "bad" from your vocabulary.
- Take care of yourself and do not wait for others to do so.
- Develop greater tolerance for yourself and others.
- Accept compliments from others and trust that they are true.
- Find the good and attractive parts of you. Reassure yourself that you are OK.
- Focus on the positive about you.
- Compliment yourself for the task you have accomplished.
- Allow yourself to accept your mistakes and shortcomings.
- See yourself as a whole person.

IT WORKED FOR ME

Submitted by Cindi E.

I found a new product that I carry with me, Wish-Bone® Salad Spritzers. It comes in six great flavors—Balsamic Breeze Vinaigrette, Italian Vinaigrette, Red Wine Vinaigrette, Caesar Delight Vinaigrette, Raspberry Bliss Vinaigrette, Asian Silk Vinaigrette. With only 10–15 calories for 10 sprays it cuts way down on the calories in my salad.



CONSIDERING SURGERY

Adjustable Gastric Band vs. Gastric Bypass

During your consultation, your surgeon may recommend one surgery (gastric bypass or adjustable gastric band) over the other, based upon your individual circumstances. But many people are candidates for either the laparoscopic gastric bypass or the laparoscopic adjustable gastric band surgery.

There is an abundance of information (both good, solid information and misinformation) on both surgeries on the Internet. Deciding which surgery is best for you can be a difficult decision. Talk to other people before making your decision; those who have had an adjustable gastric band and those who have had a gastric bypass. Both surgeries are effective tools in helping people reach and maintain a healthy weight if appropriate lifestyle changes are made and maintained.

Conversely, both surgeries can fail if lifestyle recommendations are not followed. They should also both be thought of as permanent; an adjustable gastric band may be removed and a gastric bypass reversed, but weight gain will result. The table at right summarizes the similarities and differences between these two options.

ROUX-EN-Y GASTRIC BYPASS	ADJUSTABLE GASTRIC BAND
Gold standard, more long-term information available	Newer technology, promising results
More complex operation	Less complex operation
Rapid weight loss during first year, many achieve 65% of excess weight loss.	Typically, slower weight loss—may lose up to 55% or more of excess weight within the first year
Life-long vitamin and mineral supplementation required to prevent deficiencies	Life-long vitamin and mineral supplementation recommended
Dumping Syndrome (intolerance to added sugars)	No Dumping Syndrome — avoiding simple sugars recommended
Requires more complex surgery to reverse. Should be considered permanent	Requires less complex surgery to reverse. Should be considered permanent
No “appliances” left in body	Non-reactive “appliance” remains in body
No adjustments required	Requires adjustments for best results
Hormonal changes often reduce hunger cues; satisfaction typically achieved with smaller amounts of food	No alteration in hunger but satisfaction typically achieved with smaller amounts of food
Best results occur with regular exercise	Best results occur with regular exercise
Barix Clinics recommends: Six small high protein meals	Barix Clinics recommends: Six small high protein meals
Meeting protein goal daily	Meeting protein goal daily
Adequate fluid, most calorie free, consumed between meals	Adequate fluid, most calorie free, consumed between meals
Avoiding foods that have more than 2 grams of added sugars	Avoiding foods that have more than 2 grams of added sugars
Limiting foods that are high in fat	Limiting foods that are high in fat
Regular exercise program	Regular exercise program

WHAT'S NEW?



Barix Clinics has two new products available to make meeting your protein needs easier than ever. The Detour Low Sugar Carmel Peanut bar is packed with 30 grams of protein with the delicious tastes of creamy caramel, rich milk chocolate and roasted peanuts. Use as a meal replacement or eat for a snack. Just \$2.00 per bar.

New Whey has developed the most concentrated source of protein yet. Forty-two grams of protein in 3.1 ounces of fruit flavored beverage. This convenient, not-too-sweet supplement comes in grape, orange and fruit punch flavors. Just \$3.00 each.

Available online at www.barixclinicsstore.com and at all Barix Clinics locations.

REWARD YOURSELF

This month, you could earn a **\$25 GIFT CERTIFICATE** for your "It Worked For Me" tips or recipes! Just submit as many recipes and "It Worked For Me" tips as you like. The most original and creative will be awarded a \$25.00 gift certificate. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. Tips must be submitted by July 31, 2007. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

OTHERS CARE PLEASE SHARE

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story to <http://www.barixclinicsstore.com/id190.html>. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

REQUEST

A FREE BROCHURE FOR YOU OR A FRIEND



AT 800-282-0066,
OR WWW.BARIXINFO.COM

QUESTIONS?

ABOUT FINANCING YOUR SURGERY...

Call a **Barix Patient Service Representative** at 800-282-0066.

RECIPES



RAW BROCCOLI SALAD

From splenda.com

- 4 cups broccoli florets, finely chopped
- 1/4 cup red onion, minced
- 2 Tbsp. Splenda®
- 2 Tbsp. cider vinegar
- 2 Tbsp. light mayonnaise
- 2 Tbsp. sunflower seeds, roasted and salted
- 3 Tbsp. seedless raisins

Mix Splenda, cider vinegar and light mayonnaise together in bowl. Add sunflower seeds, raisins, onions and broccoli. Toss until coated. Chill until ready to serve. Makes 6 servings.

NUTRITION INFORMATION

PER SERVING: 60 calories, 3 grams protein, 2 grams fat, 10 grams carbohydrate, 85 mg sodium.

RECONSTRUCTIVE SURGERY

To receive a **FREE RECONSTRUCTIVE SURGERY** guide, call 800-282-0066 or send us an email at rc@barixclinics.com with your name and contact information.

Our reconstructive surgery program is currently performed at our centers in Michigan, Ohio, and Pennsylvania. Call us today for more information!

MOUSSE

From barixclinicsstore.com

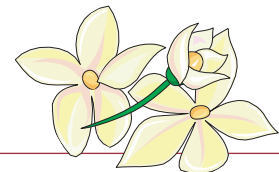
- 1 1/2 cups cold skim milk
- 1 pkg. fat free, no-added-sugar instant pudding (4 serving size)
- 1 cup Cool Whip Lite®

Pour milk into medium mixing bowl. Add pudding mix. Beat with a wire whisk for two minutes. Gently fold in whipped topping. Spoon into individual dishes or medium serving bowl. Refrigerate until ready to serve. Makes 5 servings.

NUTRITION INFORMATION

PER SERVING: 83 calories, 3 grams protein, 3 grams fat, 311 mg sodium.

Summer serving suggestion: layer with fresh fruit (strawberries, raspberries, bananas) and garnish with a dollop of whipped topping and fresh fruit slice.



"The first step toward change is awareness. The second step is acceptance."

Nathaniel Branden

SUBSCRIBE to *On Track With Barix*

www.barixclinicsstore.com/newsletter.html