



METABOLIC AND WEIGHT LOSS CENTER

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- Summer sale on bariatric products! Don't miss out on great discounts.

What's Happening this Month:

- * Don't forget you can swap clothes in the "Capital Closet" from 4:30 to 5 PM before the support group. Bring in your clean clothes that no longer fit and "shop" for clothes that might be your size.
- * 2015 Support Group Dates:
July 22, August 19, September 23, October 21, November 11, and December 9—all from 5 to 6 PM
- * Upcoming free information sessions for those interested in weight loss surgery
 - Wednesday, July 8 and July 22
 - all at 6 PM
 - Location: NJ PURE Conference Center at Capital Health Medical Center – Hopewell
- * Our Meal Prep Monday Raffle is coming back in July! Motivate others and share your delicious summer recipes. All patients who submit a meal prep photo with recipe and description gets entered into our summer raffle.
- * Don't forget to "Like" us on Facebook to see this month's Meal Prep Monday photos as well other tips and information.



POSITIVE SELF-TALK: The Medicine for Weight Loss Success

Who said there is no medicine for weight loss? This medicine might not come in a bottle and requires a little more work than taking two pills with water daily...we call it positive self-talk. Learn how daily positive self-talk can be your medicine to improve your health and weight loss success!

WHAT IS NEGATIVE SELF-TALK?

We're taught not to let others put us down, but sometimes the person wearing down our sense of self-worth and limiting our potential is us! The words our inner dialogue uses when we think can actually increase our stress levels and limit our potential.

When your self-talk is negative, you may perceive things as more stressful. For example, when you tell yourself something is "difficult" or "unfair," it becomes more stressful to deal with than if you tell yourself it's a "challenge," or even a "test." If you say "I can't handle this," you more likely can't. This is because your subconscious mind tends to believe the thoughts it hears. You can limit your abilities by telling yourself you can't, that "this is too hard" or

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POSITIVE SELF-TALK *con't*

that you shouldn't even try. That's the last thing you want to do, especially when changing your lifestyle. We want to see what you **CAN** do!

When you tell yourself you can't do something (or some other self-limiting thought), you tend to stop looking for solutions. Here's an example:

"I can't plan my meals ahead like my dietitian says I have to because my schedule is too busy and I've never had time before so I can't now!"

VS.

"My schedule is busy but in order to take care of myself, how will I plan my meals ahead with my current schedule?"

Notice the difference between telling yourself **YOU CAN'T** handle something and asking yourself how **YOU WILL** handle something? Doesn't the second thought feel more hopeful and produce more creativity? Negative self-talk tends to be a self-fulfilling prophecy.

WAYS TO AVOID NEGATIVE TALK

The first step toward change is to become more aware of the problem. You probably don't realize how often you say negative things in your head or how much it affects your experience. The following strategies can help you become more conscious of your internal dialogue and its content.

JOURNAL WRITING: Carry a journal around with you and jot down negative comments when you think them. Write a general summary of your thoughts at the end of the day. Or just start writing about your feelings on a certain topic and later go back to analyze it for content. Journaling can be an effective tool for examining your inner process just like it is with journaling your food (log, assess, and plan ahead).

THOUGHT-STOPPING: As you notice yourself saying something negative in your mind, you can stop your thought midstream by saying to yourself "Stop."

Saying this aloud will be more powerful, and having to say it aloud will make you more aware of how many times you are stopping negative thoughts and where you are when you're doing it. You can also try using a rubber band on your wrist!

PARENT YOURSELF:

—Avoid being a parent to yourself that is too easy going because then we will stick to what is easy, avoid challenges, and never accomplish our goals. For instance, if you tell yourself "eat whatever you want, you deserve it because you had a hard day," you will start using food as a reward and end up gaining weight.

—We also do not want to parent ourselves in a way that is too strict because then we will rebel and/or burn out. We will most likely do the opposite of what our original weight loss or health goal was. For example, if you tell yourself "you can never have a chocolate chip cookie again," you will most likely want it more. Eventually you will buy it and eat it in excess (in case you decide to take it away from yourself again).

—The goal is to act as a guiding parent to yourself. One that leads and makes a healthy suggestion and an explanation. "[YOUR NAME], remember when you bought the whole box of cookies and how guilty you felt after eating them? Maybe try something healthier, like the 80-calorie Greek yogurt, so you can fight your sweet craving but continue to meet your protein goal and lose weight."

—Remind yourself of healthy behaviors and how they positively affected you and remind yourself of your negative behaviors and all the negative effects.

Making a POSITIVE CHANGE

USE THE TOOLS: By keeping a journal and using these other tools to become more aware of your inner voice, using positive affirmations and surrounding yourself with positive energy, you can turn things around for the better and experience much less mental and emotional stress in your daily life.

12 POSITIVE AFFIRMATIONS

Write down your own affirmations.

Here are some examples...

- ... I deserve to feel good.
- ... I am healthy and strong.
- ... I have unique abilities and talents.
- ... I take care of myself because I am worth it.
- ... I feel safe and confident.
- ... I deserve to enjoy time to myself.
- ... I can make a difference.
- ... I am a good friend.
- ... I am willing to take risks to grow and change.
- ... When something goes wrong, I'll handle it.
- ... I am a good person, mistakes and all.
- ... I am worthy and capable
- ... Your affirmations go here:

BE POSITIVE: When making positive affirmations, be sure they're positive. This means saying what you *want* to see and experience, not what you *don't want* to see and experience. For example, instead of saying, "I don't want to feel guilty" or "I've stopped feeling guilty," use "I'm feeling peace and freedom." Sometimes your mind doesn't register the negative and it just hears the concept, "guilt," which is what you're trying to avoid.



Featured Products of the Month

Now that it's July again, the temperature is rising and so is our need for water. If you have trouble meeting your fluid needs, try these products below. Find some way that works to increase your fluid intake—make it a priority! You might want to buy a free app or spend \$50 on a Smart Water bottle that glows when you need more water and adjusts your fluid needs based on location and exercise. Whatever works for you, use it!

SMART PHONE APPS: Waterlogged, WaterMinder, iDrate or Daily Water

WATER BOTTLES: Hy-dr8 water bottle (thanks to our patients for telling us about this!)—Indicates amount of water you should have by the time marked. Post-surgery patients can just remove the straw and sip from the other side.

NEW WATER BOTTLES that connect to your smart phone are currently in the works and out on the market, such as BluFit and Hydracoach water bottle (Amazon.com). They range from \$29-\$60, have a Bluetooth attachment to determine your location and weather. If you and it are in an area where you need more water, it glows to let you know it's time to drink water!

RECIPE of the Month

'CUE THE PULLED PORK

— Recipe from Hungry Girl

NEED TO BRING OR MAKE A DISH FOR A FOURTH OF JULY BARBEQUE? Try Hungry Girl's no-guilt pulled pork: 24 grams of protein and only 6 grams of fat. We THOROUGHLY enjoyed it!

PER SERVING (2/3 cup): 220 calories ■ 6g fat
540mg sodium ■ 16g carbs ■ 1g fiber ■ 12g sugars
24g protein ■ PointsPlus® value 5

DIRECTIONS

To make the sauce, place all ingredients except onion and pork in the slow cooker. Stir until mixed. Add onion and pork and coat well with the sauce.

Cover and cook on high for 3 to 4 hours or on low for 7 to 8 hours, until pork is fully cooked.

Remove all the pork and place it in a large bowl. Shred each piece using two forks—one to hold the pork in place and the other to scrape across the meat and shred it.

Return the shredded pork to the slow cooker and mix well with the sauce.

If you're serving a group, keep the slow cooker on its lowest setting, so the pork stays warm. If you like, season to taste with crushed red pepper. Yum time!

MAKES 6 SERVINGS



INGREDIENTS

- 1 cup canned tomato sauce
- 1/2 cup ketchup
- 2 tbsp. plus 2 tsp. brown sugar (not packed)
- 2 tbsp. plus 2 tsp. cider vinegar
- 2 tsp. garlic powder
- 2 cups sliced onion, cut into 2-inch strips
- 3/4 lb. raw lean boneless pork tenderloin, trimmed of excess fat
- 3/4 lb. raw boneless pork shoulder (the leanest piece you can find), trimmed of excess fat
- Optional: crushed red pepper

+ Motivation Corner

"Your value is the product of your thoughts. Do not miscalculate your self-worth by multiplying your insecurities."
—Unknown

"Avoid wasting time on the problem. Put your energy into figuring out the solution."
— C.L.

"If it will improve your life, realize that you're WORTH IT, believe that you DESERVE it and then FIGHT FOR IT."



SUMMER SALE ON BARIATRIC PRODUCTS!

Get these discounts now through September 1, 2015!



QUEST PROTEIN BARS

\$25/box (originally \$30.69)

flavors:

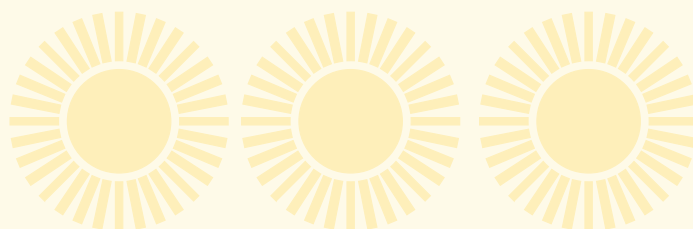
Coconut Cashew
Cookies and Cream
Banana Nut Muffin
Vanilla Almond Crunch
White Chocolate Raspberry



QUEST PROTEIN SHAKES

all flavors:

\$45/tub (originally \$60)



BARIATRIC ADVANTAGE UNFLAVORED

protein shake only:

\$45 (originally \$60)

BARIATRIC ADVANTAGE FRENCH VANILLA MVI

\$15/bottle (originally \$18.25)

BARIATRIC ADVANTAGE B12 SUPPLEMENT

\$5.50/bottle (originally \$8.70)

ALL BARIATRIC ADVANTAGE CALCIUM CHEWS

500mg bag: \$25/bag (originally \$31.70)

250mg bag: \$10/bag (originally \$12.65)

