



METABOLIC AND WEIGHT LOSS CENTER

What's Happening this Month:

IN THIS ISSUE

- A Letter of Request From Your Dietitian—BE THANKFUL for Your Tiny Successes
- Our 'Time is Money' Fitness Challenge Details
- Our POP-UP Thrift Store Details
- RECIPE and PRODUCT of the Month

- * November 1-30 is our 'Time is Money' Fitness Challenge! The prize? MONEY! See details in the newsletter, your e-mail and on our Facebook page.
- * Our Capital Closet Pop-up Thrift Store is November 18 from 7 AM – 2 PM. Half of the profit will go to our Fitness Challenge winner and the other half to improving our patient support and educational resources!
- * Our Upcoming Support Group Dates are: December 9, January 20, February 17, March 23, and April 20 from 5 – 6 PM in the Radiation Oncology Conference Room at Capital Health Medical Center – Hopewell. Block out your schedule in advance!
- * If you had surgery and are not a member of our Post-Op Online Support Group, The Capital D.R.E.A.M. Team, please e-mail Caroline (clazur@capitalhealth.org) so she can e-mail you the link and accept your request. This is a great way to obtain support from other post-op patients in our program right at your fingertips at any time!
- * Congratulations to the winner of our October Meal Prep Photo Contest, who was recently announced, and thank you to all who participated. Great job prepping ahead!
- * Upcoming Information Session Dates for those interested in weight loss surgery with our program: December 9, January 6, January 20 from 6 – 8 PM in the Radiation Oncology Conference Room at the Capital Health Medical Center – Hopewell.
- * Don't forget to "Like" Capital Health Metabolic & Weight Loss Center on Facebook for healthy lifestyle tips, motivations and program updates.



BE THANKFUL for What You Are Succeeding at In Every Little Way...

Dear CHMWLC Family,

As we approach Thanksgiving, I know there are a lot of things you do daily, or have done, for which you should be acknowledged, thankful and proud! Tiny successes have contagious superpowers. That is why each one must be acknowledged. It is why we suggest documenting your "woo-hoo" moments and your journey, and why we make sure you write down your "woo-hoo" moments at every support group. Tiny successes don't unleash their superpowers unless they are acknowledged.

When we acknowledge a tiny success, it gives us confidence to achieve another tiny success, and another, and another. Sooner than you expect, those tiny successes have balled up into something major. But, like I said, they only have power if you actually document them! Actually see them. When you are caught up in what you wish you were doing better or just in your day-to-day not focusing on you, you miss seeing what you are awesome at. And you miss the contagious confidence boost released by acknowledging your success.

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BE THANKFUL *continued*

So this month, I am going to ask you to stop and notice all of your tiny successes. The workout you got in, even though you were traveling to a family holiday get together or preparing for family to come over. The holiday pastry you chose not to eat because you realized you were bored or just craving it because you saw it. The time you took out of your night to meal prep, even though you wanted to just go to bed. Every. Little. Thing. Notice them all. I am thankful you pushed through. You should be too!

How can you notice them? You can write them down in a journal, or send daily or weekly e-mails to yourself that you save and look back at. To our post-surgery patients, you can post them in the D.R.E.A.M. Team Facebook Group to motivate each other. Show off what makes you a D.R.E.A.M. Team. Pre-op patients, send an e-mail to me with your tiny successes. I can share them anonymously on our Facebook wall if you wish.

Focus on what you are succeeding at in every little way and be thankful and proud you did it! Then you will tap into a secret reservoir of confidence your mind has waiting for you. I know I am asking you to do it, but don't do it for me. Do it for you!

Wishing you all much self-love as you embark on this month's adventure in your health journey.

CF Caroline

RECIPE of the Month

SPAGHETTI SQUASH WITH CHICKEN & KALE PESTO

(Recipe adapted from Food Network)

This Recipe of the Month is from our Dietetic Intern Maureen. She discovered a unique spin on spaghetti squash and "healthified" it. See what she had to say about changing the recipe:

Spaghetti Squash is a great alternative to regular spaghetti. Like whole wheat pasta, it is a good source of fiber, vitamins and minerals as well as nutrients, but it is much lower in carbohydrates, and therefore calories, and you do not sacrifice taste or texture. I adjusted an original recipe I found on Food Network to decrease the fat because, although they used healthy fat from oil and nuts, these fats are still very calorie dense. I also added chicken breast to help increase the protein and make it into a complete meal. You can always substitute for a different lean protein of your choice. Enjoy!

NUTRITION INFO for 1 serving or ¼ of recipe:

CALORIES 271 ■ PROTEIN 24g

CARBOHYDRATES 15g ■ FAT 14g



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RECIPE of the Month

SPAGHETTI SQUASH WITH CHICKEN & KALE PESTO *continued*

INGREDIENTS

Makes 4 Servings

- 12 oz. of Boneless Skinless Chicken Breast
- Cooking spray (i.e. PAM)
- 1 medium spaghetti squash (about 3 pounds)
- 1/4 cup hazelnuts, roughly chopped
- 2 cups roughly chopped kale leaves
- 1/2 cup fresh parsley
- 1 clove garlic
- 2 tablespoons golden raisins
- 1.5 tablespoons extra-virgin olive oil
for spaghetti
- 1/4 cup grated parmesan cheese,
plus more for topping
- 1 teaspoon Worcestershire sauce
- Kosher salt and freshly ground pepper

DIRECTIONS

TO COOK THE CHICKEN:

1. Heat a skillet that has a lid over medium-high heat.
2. Add a few sprays of cooking spray to your pan and allow to heat for a minute.
3. Add chicken breasts in a single layer. Cook for one minute, then turn them over.
4. Put the lid on the pan and turn the heat to low.
5. Cook for 10 minutes. Do not take the lid off the pan.
6. Turn off the heat and leave the lid on the pan for another 10 minutes to complete cooking.
7. After the second 10 minutes, take the lid off, check to make sure the chicken is cooked all the way through (no pink inside, inside temperature >165 degrees), and you're done.
8. Place the chicken on the side until ready to put on top of spaghetti squash.

TO MAKE THE SPAGHETTI SQUASH:

1. With a sharp knife, pierce squash in at least 5 places, making sure these remain open (this is important or squash may explode in microwave).
2. Place on 2 paper towels in microwave oven. Microwave on high 10 to 12 minutes, rotating and turning squash 3 times during cooking, until squash gives slightly when pressed.
3. Meanwhile, toast the hazelnuts in a dry skillet over medium-high heat, stirring occasionally, about 3 minutes. Transfer to a plate and let cool. Save half for topping the squash when finished and use the other half in pesto.
4. When squash is finished cooking, remove from microwave and let stand 5 minutes or until cool enough to handle. Cut squash in half lengthwise and discard seeds. Using fork, remove flesh from shell (it will come out in spaghetti-like strands).
5. Pulse the kale, parsley, garlic, raisins and half the toasted nuts in a blender or food processor until combined. Add olive oil; blend until smooth. Add 2/3 cup water, the parmesan, Worcestershire sauce, 1/2 teaspoon salt and a few grinds of pepper. Pulse until the pesto comes together, adding up to 3 more tablespoons water to loosen, if necessary; season with more salt and pepper.
6. Heat a few sprays of cooking spray in a large skillet over medium-high heat. Add the spaghetti squash and cook, stirring, until coated. Add the kale pesto mixture. Stir to coat, adding up to 1/2 cup water to loosen. Top the squash with the remaining toasted nuts and more parmesan.



Featured Product of the Month

NASCOBAL NUTRITION DIRECT

Nascobal Nutrition Direct is a vitamin and mineral company designed for bariatric patients that delivers a 30-day supply of vitamins and minerals to your home for \$25 per month, if approved. Each month, you can expect home delivery of Nascobal Nasal Spray and the following supplements:

— BARIACTIV MULTIVITAMIN

— BARIACTIV CALCIUM + D3 & MAGNESIUM

— BARIACTIV IRON + VITAMIN C

— NASCOBAL B12 NASAL SPRAY

This is especially a great program for post-gastric bypass patients. The nasal spray you only take one time per week and the iron pills are extremely small! If you are a sleeve patient that is interested, you do not need to take the B12 nasal spray but cannot order without it. The iron pill you also do not require if you had the sleeve unless directed by your bariatric team. If you do not require iron, you can request not to receive the iron.

Ask about enrollment in our office or visit their website
<http://www.nascobal.com/patient/enrollment-in-nascobal-nutrition-direct.html>

+Motivation Corner

"Success is the sum of small efforts - repeated day in and day out." — Robert Collier

"Success isn't just about what you accomplish in your life. It is also about what you inspire others to do." — Unknown

"Gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow." — Melody Beattie



Our 'TIME IS MONEY' FITNESS CHALLENGE is Happening from November 1 to November 31.

The patient with the most active time wins...**CASH!** If you have not yet joined, you can still do so and enter your workouts (we are trusting you will be truthful). Steps to join:

1. Download the Free App 'Endomundo.' Create a username.
2. Join our 'Time is Money' Fitness Challenge through the e-mail sent by Dr. Chung. If you have not received an e-mail, please e-mail Caroline ASAP at clazur@capitalhealth.org.
3. Go to 'History' in the app menu and add your workout dates, activity type and active time. Your workout will populate in the challenge.
4. The more time you spend exercising, the closer you get to the cash! This is a great time to push your limits and challenge yourself.

GET SOME HOLIDAY SHOPPING DONE

and encourage others to at our

POP-UP Thrift Shop

NOVEMBER 18, 2015 7 a.m. to 2 p.m.

Capital Health Medical Center – Hopewell • Gold Elevators – Lower Level (by the Cafeteria)

Half of our profit will go to the winner of our 'Time is Money' Fitness Challenge and the other half will go to our Capital Health Metabolic and Weight Loss Center for our program resources and education for our patients.



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