

August 16, 2004



# New Hope News

New Hope Surgical Weight Loss Center

Volume 2, Issue 8

## Vitamin B12 is Vital to Daily Living

Vitamin B12, also known as Cyanocobalamin, is quite a vital vitamin for one's intake. Yet, not many of us may know much about it, such as what it is, what it does, and where we can find it.

Firstly, it is a member of the vitamin B complex group that is primarily produced only by fungi and bacteria.

Its deficiency in the body typically occurs due to malabsorption from the intestine rather than from malnutrition alone.

A sufficient quantity of gastric juice is essential to facilitate its absorption in the intestine. Calcium and protein-rich food also assist the absorption of this vitamin from the intestines.

But you might ask why is Vitamin B12 so important?

Vitamin B12 is essential for the production and regeneration of

red blood cells, which can protect a person from anemia.

It is also needed for the proper functioning of the central nervous system. It can improve an individual's concentration, memory, and learn-

*"Vitamin B12 is necessary for the proper utilization of fat, carbohydrates, and protein for body building."*

ing.

Vitamin B12 is necessary for the proper utilization of fats, carbohydrates, and proteins for body building.

This vitamin is also involved in many essential metabolic and enzymatic processes, including the metabolism of folic acid.

It may also really boost one's energy levels. That is why many post-bariatric patients feel so tired when they are lacking this vitamin.

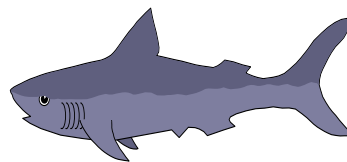
Be sure to include this vitamin in your daily diet.

Also, for women in particular, Vitamin B12 stabilizes menstruation and combats postnatal depression.

For all the above reasons, please do not forget all of your essential vitamins, otherwise, there are consequences to expect.

So where can you find Vitamin B12 to avoid a vitamin deficiency?

It is mostly found in foods of animal origin including: liver, kidney, fish, beef, pork, lamb.



Vegetarians are therefore advised to increase their intake of milk or take vitamin B12 a tablet form as a supplement.

However, it is also found in many cheeses, eggs, fortified cereals, and fortified soymilk.

### Inside this issue:

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### Special Quote of the Month

*"Make the most of yourself, for that is all there is of you."*

*—Ralph Waldo Emerson*

# Simple Tips to Help you Overcome your Plateau

It may seem inevitable to hit a plateau after bariatric surgery, but it does happen to everyone.

Plateaus are very annoying moments in which your body is trying to adjust to its new self.

In order to overcome a weight loss plateau in your diet, you should essentially maintain your calorie intake but increase exercise levels.

This helps to raise metabolism and shorten the effects of the weight loss plateau. Let's explain this further.

Plateaus may last more than 2-4 weeks. If you go for more than 4 weeks without losing weight, while following diet and exercise, there are a few adjustments to make.

With a different way of eating, everything is a total shock to your body. All of a sudden your body is not taking in as many calories and eating the right way, and you are pushing your body so that it responds to physical activity.

The number of calories burned are higher because you are

requiring more effort to do simple exercise.

As time progresses, your body does get used to this. Eventually, your body can more easily exercise, and no longer require the amount of calories that it did before.

That is the reason why the weight loss is at a halt. Your exercise activity is always the same and you are consuming the same amount of food.

*"In order to overcome a weight plateau in your diet, you should essentially maintain your calorie intake but increase exercise levels."*

Now to reverse this, you need to change things up a bit.

Start with food intake. Reduce your calories or fat grams a *touch* more.

Also, you might eat 5-6 smaller meals throughout the day rather than eating 3 square meals a day, just to throw off your body. This should only be done for a week.

Furthermore, remember to increase your water intake.



As far as exercising goes, switch that up as well. If you normally only walked before, you can do other things like swim or bike ride.

Another thing to try out is increase the time of your exercise routine to about 5 minutes.

However, if you prefer to keep your exercise session at what you would normally keep it, then you can just try making it more intense. If you walk or run, you can try sprints at the last 5-10 minutes.

Add weights to your routine.

It is important to try different things and experiment a bit throughout your plateau(s), but more importantly, do not lose hope. Just stay patient. You'll get through it.

## Walk from Obesity Event Update!!

Here is the event we've all been waiting for!

Let's show everyone a good time for a great cause.

The purpose of this organization, and this event in particular, is to educate the public and healthcare professionals about effective treatments for this disease.

Obesity affects 25% of adults and 14% of America's children. Obesity is now the leading cause

of preventable death, only second to cigarette smoking. The public has ignored this disease for many years. It is the lack of knowledge that our society has that perpetuates the disease.

This nationwide non-competitive walking event will bring together participants of all ages throughout the Chicago land area.

We will be joining one another on **September 18, 2004 at the**

**Danada Forest Preserve of DuPage County, located at 3S580 Naperville Rd, Wheaton, IL 60187.**

Registration will begin at 9:30 a.m. and the walk will commence at 11 a.m. sharp!

There will be face painting, booths to learn more about vitamins or surgery, refreshments, and even a sword fighting demonstration.

Don't miss out!!



