

NEW HOPE NEWS

New Hope Surgical Weight Loss Center Newsletter

August Edition

If You Want Healthier Hair, Eat This

Healthy hair requires a healthy diet. Hair typically grows a half-inch each month. Restrict your calories too much, and your hair growth will slow. It could even fall out. Hair needs a nutrient-rich supply of blood to the follicles to grow and be its healthy best.

Here's a quick test to tell if your hair is healthy: Stretch a strand of hair by the root when it's wet. Tug gently. If it stretches about 30 percent of its length before it breaks, it's healthy. If it snaps instantly, it's damaged.

Eating a healthy, well-balanced diet with the following nutrients is one of the best things you can do for your hair:

Omega-3 fatty acids

Salmon, mackerel, halibut, sardines, herring, flaxseeds, flaxseed oil, canola oil, soybeans, soybean oil, pumpkin seeds, pumpkin seed oil, walnuts, & walnut oil.

Zinc

Oysters, cereal, Alaskan King crab, the dark meat of turkey, cashews, sunflower seeds, spinach, kidney beans, and tofu.

Vitamin B-6

Bananas, salmon, light meat of chicken, sweet potato with the skin, cod, watermelon, and spinach.

Vitamin B-12

Cereal, top round steak, canned tuna packed in water, flounder, turkey breast, fruit-flavored yogurt, skim milk, and mozzarella cheese.

Recipe of the Month: *Strawberry Banana Smoothie*

1/2 cups, 3 servings

❖ **Ingredients**

- 1 1/2 cups (375 mL) Frozen, unsweetened strawberries
- 1 banana
- 1 cup (250 mL) skim milk yogurt
- 3/4 cup (175 mL) SPLENDA* Granular
- 1/2 cup (125 mL) skim milk

❖ **Directions**

In blender, combine strawberries, banana, yogurt and splenda* Granular; blend until smooth. Gradually blend in milk until desired consistency.

Notes:

To make a Peach Banana Smoothie, substitute frozen Unsweetened peaches for the strawberry

❖ **Nutritional Information**

per serving

- Energy: 141 Cal
- Protein: 6.2 g
- Fat: 0.4 g
- Carbohydrates: 29.6 g

HELP WANTED:



New Hope News is looking for some interested people to help with our monthly newsletter. We need you to share your ideas, concerns and any questions you think would benefit our readers. See Denise Robinson for more information

Selenium

Baked potatoes with the skin, roasted pork loin, eggs, top sirloin, turkey breast, wheat germ, whole wheat bread, and cashews.

Other healthy tips:

Drink lots of water--8 to 10 glasses a day--to hydrate your body and keep your hair silky and shiny.

Eat lots of fruits and veggies and stay away from processed foods.

Take your vitamins daily.

Liz Stallone
RNY 01/13/04

New Hope Surgical

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***NEEDED: New Hope Testimonials
for our Web Site.***

News:

New Hope Surgical Group Monthly Newsletter is to keep us informed with our questions and concerns and sometimes yummy recipes. To keep this going we are asking for your help. We are all busy with our own lives, and we understand this. But this is a very important part of our lives too. So please help us keep our newsletter going

VITA MIST

With Vita Mist being one of the easiest ways to take your daily-required vitamins an opportunity has come to the New Hope Surgical Support Group. As a Group we would need to order 3 tubes a month for a cost of \$15.96 a tube or \$ 47.88 a month. With our goal being to order at least 16 tubes for our group members a month, this covers the cost of the order and a small profit for the group that could cover the cost of the supplies we need to hold our monthly meetings. In the month of May we have Melissa Birriell as the guest speaker for Vita Mist, so she can remind us of the different types of vitamins they have to offer. I think that this would be a great opportunity for the group to be able to help support itself. If any of us are ready to order we can do this with Melissa.

Commitment.

Definition of Commitment: *To pledge or assign to a particular course or use*

This is what all of us have done by choosing to have either the lap band or by pass surgery. We must all remember that no matter which one we have chosen, it will only be a "tool" that we need to learn how to stay committed to for the rest of our lives. We have made this commitment to change our lives to become healthier, more active and be able to live a longer life. Now making the changes we need to stay committed and this can sometimes be a challenge. By coming to your support meetings once a month and finding support with others who have made the same life's change is always one positive way to keep up with your commitment.