



NEW HOPE NEWS NEW HOPE SURGICAL WEIGHT LOSS CENTER NEWSLETTER

Our Guest Speaker . . .

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Greg Christian Catering is a full service custom catering and event company. Having been in business for over thirteen years, we have established our place among the top caterers in Chicago. With a full-service staff of industry professionals, including top chefs, meeting planners, sales and production professionals, we are well equipped to handle all events including: high volume box lunch requests, corporate buffet breakfast and lunch, intimate sit-down dinners at your home, or the most elaborate party at many of Chicago's top venues.

Greg Christian, a graduate of the Culinary Institute of America, is active in the daily operations of his

company, and has accepted the honor of cooking at the Masters Golf Tournament and the Kentucky Derby in recent years.

Greg is currently leading the way in improving the diets of Chicago children with the launch of his not-for-profit, the "Organic School Project". Collaborating with Chicago Public Schools and local health-care professionals, Greg is impassioned about increasing mindfulness of nutrition among school age children and their parents. Currently testing in a select few Chicago schools, the program promotes hands-on gardening and nutritional curriculum in it's objective to nurture a healthier future.

The Program plans to roll out to more schools each year. Additionally, Greg has produced a line of wholesale portable organic meals called "Gogo Organics". The "grab and go" cuisine is experiencing great success with its introduction into retail food establishments along with university and hospital cafeterias.

Greg Christian Catering is about giving you great inventive food and seamless service. Our cooking celebrates multi cultural influences paired with locally grown ingredients, bringing you the most pleasing tastes.



Tips & Pitfalls

- High calorie liquids will defeat your operation
- Avoid sugar
- Each meal should take between 20-30 minutes
- Solids must be taken before liquids.
- Quit when you are full.
- When in doubt about a new food, try it!

Buddy-up

For every 19 post-operative support persons, there are four additional newcomers.

This is where support people can offer to "buddy up" with a newcomer for questions and answers from their very own experiences. There's no better way to get the full picture, get ideas, and build friendships than "buddying up" with someone.

See Liz Stallone or email (estallone@aol.com) if you're interested in being a "buddy".

Guide to Plastic Surgery

Web MD has a great interactive guide to plastic surgery where you can select a body part, then select the procedure you would like to have information on.

For each procedure, there is a general explanation followed by common side effects, complications, recovery, and results. Check it out!!



www.webmd.com

We're on the Web
www.newhopesurgical.com

Recipe



Salmon Croquettes

- 15 ounces of salmon from a pouch
- 2 eggs, beaten (or egg beaters)
- 1/2 cup flour
- 1/4 tsp baking soda
- 1/2 cup buttermilk
- Pepper to taste

Drain salmon. Add eggs, flour and pepper. Add soda to buttermilk, and then add the mixture to salmon. Divide into 4 patties and cook in a skillet sprayed with non-stick cooking spray.

Makes 4 servings.
Each serving:
229 calories
13 grams of carbohydrates
27 grams of protein

Yogurt & Weight Loss



I found this article from Web MD particularly interesting. A study has shown that those eating fat free yogurt lost 22% more weight than those who didn't. Additionally, those that ate the yogurt lost more body fat. Losing body fat is so important because that is an indication that you are not losing muscle mass. Keeping muscle mass ensures that you will burn more calories, so it is all linked.

Be careful with yogurt. Make sure that it is fat free. You can find fat free plain yogurt easily, but most people do not like the taste of plain yogurt. You can modify plain yogurt by adding artificial sweetener to it and a little vanilla flavoring. It then tastes exactly like vanilla yogurt & yogurt is an excellent source of calcium.

Dr. Fred Tiesenga

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The New Hope Support Group started in July 2002. It was started by Dr. Tiesenga as a way for people to get together and exchange their experiences with each other. Whether you've had surgery or are thinking about it. We're all here to help with your journey.

If you've
achieved your
goal. Be proud
and tell the
world...

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Next Support Group Speaker:

Curves Owner

Pam Amatore, R.N

will talk about exercise and the Curves program.

