

NEW HOPE NEWS

New Hope Surgical Weight Loss Center Newsletter
May, 2005 Issue

The New Hope Surgical needs patients for testimonials for the web site! Please contact Cecilia @ www.newhopesurgical.com

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EXERCISE : In addition to exercise helping to increase the weight loss, it is important for the patient to understand that exercise is a natural antidepressant and will help them from falling into a depression cycle. In addition, exercise jacks up their metabolic rate during a time when their metabolism after the shock of surgery tends to want to slow down.

THE IDEAL MEAL FOR WEIGHT LOSS : The ideal meal is one that is made up of the following: ½ of your meal to be low fat protein, ¼ of your meal low starch vegetables and ¼ of your meal solid fruits. This type of meal will stay in your pouch a long time and is good for your health.

VOLUME VS. CALORIES : The gastric bypass patient needs to be aware of the length of time it takes to digest different foods and to focus on those that take up the most space and take time to digest so as to stay in the pouch the longest, don't worry about calories. This is the easiest way to "count your calories." For example, a regular stomach person could gag down two whole sticks of butter at one sitting and be starved all day long, although they more than have enough calories for the day. But you take the same amount of calories in vegetables, and that same person simply would not be able to eat that much food at three sittings – it would stuff them way too much.

TEETER TOTTER EFFECT : Think of a teeter totter suspended in mid air in front of you. Now on the left end is exercise that you do and the right end is the foods that you eat. The more exercise you do on the left, the less you need to worry about the amount of foods you eat on the right. In exact reverse, the more you worry about the foods you eat and keep it healthy on the right, the less exercise you need on the left. Now if you don't concern yourself with either side, the higher the teeter totter goes, which is your weight. The more you focus on one side or the other, or even both sides of the teeter totter, the lower it goes, and the less you weigh.

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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.

Recipe of the Month

Prep time: 10 min
Total: 30 min

Stuffed Mushrooms

- 1- tub Cream Cheese (lite)
- 1- med Red Pepper(chopped)
- 4- green onions
- 1- tsp. garlic pwd
- 1- tsp. Italian seasoning
- 8- medium Portobello Mushrooms (stems removed)

Preheat oven to 350 degrees, Mix cheese, peppers, onions and chopped stems from mushrooms, with Italian seasoning
Spoon into mushroom caps:
Bake: 20 mins
Serve: warm