



NEW HOPE NEWS NEW HOPE SURGICAL WEIGHT LOSS CENTER NEWSLETTER

Walk from Obesity Why...because you can!!

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In September and October 2006, in cities all across America, obesity sufferers and survivors alike will be joining forces and walking to raise money for research, education, prevention and treatment of the life-threatening disease of obesity. Whether you suffer from this disease or not, we hope you'll join us. Many will be walking on behalf of those unable to do so, because obesity has stolen their mobility, dignity, and hope.

The ASBS Foundation's Walk from Obesity was established to give hope to those needing it most. Walkers raise money by asking friends, family, and co-workers to sponsor them. In addition to walker income, funds are raised through sponsorship, matching gifts, corporate contributions, and other fundraising activities.

The funds raised through this event will support the ASBS Foundation's educational mission by:

- Increasing research funding specifically for morbid obesity
- Improving obesity awareness and reducing its associated discrimination
- Increasing public education about this devastating disease
- Increasing professional education concerning effective treatments of the disease

The **Walk from Obesity** is fun and flexible! Each community can adapt the program material to their own needs. This walk is for everyone; participants can be young or old, active or non-active, thin or obese.

Obesity is a serious, chronic disease affecting over 25% of American adults and 14% of American children (an increase of 75% over the last 20 years). Every day more than 1,000 people in the

United States will die from obesity and its related health conditions. Obesity is a complex, multi-faceted disease that has been misunderstood by medical professionals, governmental agencies and the general public.

Definition of Obesity

The term "obesity" refers to an increase in body weight from an excess accumulation of stored body fat. This deceptively simple definition does not reflect the complexity of the condition.

Causes of Obesity

It is a common misunderstanding that an obese individual has directly caused their condition by overeating and/or a lack of willpower. Negative stereotypes have contributed to the lack of adequate support, education, research and treatment for this disease.

According to the American Obesity Association: "The underlying cause of obesity is not fully understood, though obesity appears to be a complex,

Field Trip with Chef Greg Christian—Sat. Sept 23rd



You'll find the freshest
fruits & veggies

Green City Market. Field trip with Chef Greg Christian at 9:00am
Space is limited to only 10 people for the trip.
We will all meet there at 9:00am.

Directions to the Market

The Chicago Green City Market is located at the South end of Lincoln Park between 1750 N. Clark and Stockton Drive. Discounted parking is available for \$4.00 for the first hour with validation in the parking lot off of Stockton Drive.

Lincoln Park Trolley Service

The 43rd ward has a new Free Trolley service through Lincoln Park and along Michigan Avenue to Chicago's most popular sites. The trolley service stops directly in front of Chicago's Green City Market and runs every 20 minutes.

You can email Greg at www.chicagogreencitymarket.org/directions_driving.asp
This should be a lot of fun and a great way to learn about fresh produce.

Is Your Brain Making you Eat?

According to Dave Krueger, MD, Professional Coach, repetition of behavior is comforting because it's secure and familiar, and we like to know what to expect. He says we substitute familiarity for happiness. Does that describe you?

Is Your Neurology in Charge?

You have well worn neural networks in your brain that get triggered. When you see a food that used to be a regular part of your diet, your brain knows what to do with it "without thinking." In fact, Dave Krueger points out that your brain likes not having to make a decision about something every time it comes up. So, without making a decision, your brain automatically says, "Eat it!"

That's right. No need to make a decision -- you have a well-established brain pattern that makes it easy to pick up that food and eat.

Then, of course, your well-worn guilt and shame neural network gets triggered. And your brain knows how to take you down that pathway, too. The reality is, your brain is not in charge. It is simply following the well-worn path. But hear this! You can change your brain.

Start Digging!

To change how you behave around food, you will need to create new neural networks. That's like digging a new path, instead of allowing yourself to go down the familiar old path.

Digging a new path is hard work. You have to have the right tool (a shovel, not a spoon!). You have to know where you want it to go and you might even have to buy a new map. Of course, you'll probably sweat. It just won't be as much fun as skipping down the old path.

Learn to Accept Change as a Constant

To truly get beyond old eating patterns, you will need to change. Accepting that you need to change is the first step. Understanding that change will require you to be uncomfortable for awhile is the next step.

To tolerate change, you will develop a neural network that accepts change and welcomes the loss of old patterns.

You can do this using positive self talk. Remind yourself frequently that the discomfort you are feeling is temporary, and that eventually your new pattern will be a well-worn path.

There is no
short cut to
change...

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multifactorial disease involving genetics, physiology, metabolism and appetite regulation by the brain, as well as environmental, psychosocial and cultural factors."

New Hope and Dr. Fred will have a booth at the walk. Make sure you stop by.

A few tips for walking:

Wear comfortable shoes and loose clothes.

Walk at a comfortable pace. This is not a race.

You set the pace that's good for you.

Carry a bottle of water.

Walk with a friend. Walking with a friend, or in a group, can make the activity more enjoyable.

Take it one step at a time. Don't focus exclusively on long-term goals. If you stick with it, you will be amazed at what you can achieve!

Have fun and enjoy the beauty around you!!!

Walk Date:
September 30, 2006

Walk Location:
The Walk will be held at the Prairie Stone Sports and Wellness Center in Hoffman Estate (see attached)

Register to Walk Online with a Credit Card, www.walkfromobesity.com

Register using a credit card in our secure payment area. (Choose "Check/Money Order" on the Payment Information page).



Recipe

CAJUN SHRIMP

- 1 1/2 pounds shrimp, peeled and deveined
- 1 teaspoon paprika
- 3/4 teaspoon thyme
- 3/4 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1 teaspoon chili sauce
- 1 Tablespoon olive oil

Combine all ingredients except olive oil into a large zip-top plastic bag. Seal the bag and shake until shrimp is well coated. Heat oil in a large nonstick skillet or wok over medium-high heat. Add shrimp mixture and stir-fry about 4 minutes or until shrimp are cooked. Serve over a bed of greens or brown Basmati rice. Serves 4

Per Serving
215 calories; 35 grams protein; 2 grams carbohydrates

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The New Hope Support Group started in July 2002. It was started by Dr. Tiesinga 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.

We're on the Web
www.newhopesurgical.com

September 18, 2006
Open Forum
Next Support Group Speaker:
October 16, 2006
Mary Terdich, R. N.
from
Juice Plus Vitamin's

