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Contact Us

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Special Announcements:

Seminar will be held on Mondays at 6pm. We hope you will join us and share your story with those beginning their journey. Please contact the office for the schedule.

Dr. Thompson of Cornerstone Behavioral Medicine will be the guest speaker at Support Group Tuesday, April 27 6-8pm. Look for your invitation soon or call the office for details. 336-878-6340

Stress and Nutrition

As Spring roars in we find ourselves busy again after the hum drum months of winter. Spring not only revitalizes nature but reinvigorates each of us, bringing more school and community activities, and new projects at work and home. And when stress leads to unhealthy lifestyle patterns, stress can create *more* stress! Here are a few things you should know about stress and nutrition:



Stress can affect your metabolism, tastes, and blood sugar. Stress creates a “fight or flight response” in our bodies which causes the release of various hormones including cortisol. Too much cortisol can slow your metabolism and create cravings for salty or sugary foods. These foods are typically processed and less healthy. And prolonged stress can alter your blood sugar levels, causing mood swings, fatigue, and poor concentration.



How you handle stress further affects your health by causing nutrition deficiencies. Giving in to the cravings caused by stress and the release of cortisol creates unhealthy food choices. Stress from a harried schedule can make us forget our water intake and also lead to eating too little or skipping meals completely. Eating too little or consuming unhealthy foods can cause imbalances in blood sugar. Conversely, stress can lead to mindless munching causing overeating by eating when you aren't hungry. Poor nutrition can also lead to lowered immunity making you more susceptible to both major and minor illnesses, which can further increase stress levels.



Mindful Eating can aid in stress management and nutrition maintenance. Mindful eating is the practice of being fully present and non-judgmentally aware of the act of eating. It can be an effective strategy for eating less, enjoying food more, and even reducing stress.

- Remove the distractions – stop eating while engaging in other activities, especially watching television. Distractions prevent you from realizing what and how much you've eaten.

- Be aware – pay attention to the tastes and textures of food. When aware of what you are eating you are better able to enjoy food. And enjoying your food makes you more aware of when hunger moves to satisfaction. Awareness of satisfaction allows you to realize when you are full and enables you to be more satisfied with less food.



Make dinner at home and make time for exercise. Busy schedules lead to physical and mental fatigue. However, healthy home cooked meals and exercise will give you the renewed energy necessary for your active lifestyle.

“LORI APPROVED RECIPE”

CRUSTLESS SPINACH AND CHEESE QUICHE

Butter-flavored cooking spray
¾ cup fresh white mushrooms, chopped
¼ cup shallots, chopped
2 - 10 ounce packages frozen chopped spinach
1 tablespoon water
¼ cup egg substitute
½ cup skim milk
½ cup low-fat Swiss cheese, diced
¼ teaspoon ground nutmeg

1. Spray a microwaveable casserole dish with butter-flavored cooking spray. Add mushrooms and shallots, cover dish, and microwave on high for 1 minute.
2. Place frozen spinach and water on top of mushroom mixture. Cover and microwave on High for 3 ½ minutes.
3. Uncover and break up spinach, flipping it over. Recover and microwave on High for another 3 ½ minutes. Remove from microwave and drain if too watery.
4. In a separate bowl, combine egg substitute and milk and stir in diced cheese and nutmeg.
5. Stir spinach, mushrooms, and shallots in casserole dish to combine. Pour egg-milk-cheese mixture on top, cover, and microwave on High for 4 minutes.

Calories: 142.77, Protein: 15.52g, Fat: 4.16g, Carbohydrates: 10.02g, Cholesterol: 15.61mg, Fiber: 5.19g, Sodium: 221.07mg

Serving Guidelines:

For Band:
Weeks 1-4: Not Recommended
Weeks 5+: Serve ¼- ½ cup as is

For Bypass:
Weeks 1-4: Not Recommended
Weeks 5+: Serve ¼ - ½ cup as is

Remember:

**Registered
Dietician
Susan
Steelman**

is available by
appointment
for nutrition
counseling.

Please call the
office at 336-
878-6340 for
details.

Take advantage of
the resources
available at

**The Fitness
Center**

located at

Carolina
Regional
Heart Center

at High Point
Regional Health
System.

Call 336-878-6221

for more
information.

TIP OF THE MONTH

The most important difference between those who are **successful** and those who regain weight is the proper use of **psychology**



A New Life

I had Mini Gastric Bypass Nov.10, 2009. In 4 months I have lost 75 pounds and have gotten my life back or should I say a new life!!!!!! This surgery has changed my life physically and mentally. Before surgery my liver enzymes were through the roof, I was swollen all over, my back and legs were killing me and I had to sleep in a recliner in order to be able to sleep. My blood pressure was starting to go up after it had come down when I quit smoking in 2007. I was taking 2 pain pills a day just so I could work 8 hours. I had the nerves burned on

the end of my spine a year before to help with my back pain and was getting ready to do it again. I don't have to take the pain pills anymore. I tried not eating and my doctor told me I was not eating enough. Then my doctor suggested I try the South Beach Diet and I was still gaining; that's when she suggested the MGB. It was the best gift ever!! The staff at the Bariatric Center are the BEST; you can count on them to help you in anyway they possibly can. Now I exercise with the Wii and walk almost everyday. It's so very nice to do things again, especially with family that I use to avoid. I went shopping last weekend and got into size 10 pants. I was a size 9 before I got pregnant – 38 years ago!

-Ellen Pryor



If you would like to share your story, please send before and after photos along with a 1/2 to one page write up of your experience to bariatrics@hprhs.com

