

# Inter Mountain Clinical Nutrition

***A Medically-Monitored Weight Management Treatment Program.***



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## May 2009



### GREETINGS FROM GROUP



#### Calendar for Core:

- **May 5<sup>th</sup>** – no group
- **May 12<sup>th</sup>** – ‘How maintenance has worked for me,’ **Analee Mickelson** ICN Aftercare patient.
- **May 19<sup>th</sup>** – ‘At Home Exercise Routine,’ **Missy Orr** ICN Exercise Trainer. Come to group prepared to participate in the demonstration.
- **May 26<sup>th</sup>** – 1<sup>st</sup> step presentation
- **June 2<sup>nd</sup>** – Basic Maintenance Menus for Breakfast, Lunch, Dinner and Snacks, **Heather Filipowics**, ICN Dietation.

#### Email response requested.

Many of us have frequently been concerned about our ability to identify a relapse before it becomes full blown. Once we hit that inevitable wall of full relapse, our rationalizations typically become so strong it is extremely difficult to realize we need help. But if we can see it coming on, we can get help to get back on track; and stop the massive weight gain.

Group has asked for feedback from past patients or ‘aftercare’ responses about how you are doing. They are interested in hearing from those of you who have completed the program; how are you doing? What is working for you? Would you be willing to share with the group via an email to me? [njb@benowitz.net](mailto:njb@benowitz.net).

Specifically:

1. How are you maintaining your weight? Do you have peramentors that keep you on track and focused? If yes, what are they

2. What is your daily routine? Are you counting calories, food journaling or have you established a comfort zone with your choices that keep you in a safe weight margin?
3. Are you exercising regularly and enjoying it? Do you get a sense of contentment when you have finished, almost a meditative calm? Or do you hate it and find reasons to avoid it?
4. What do you do when you gain weight? Do you tell anyone? Can you keep the weight gain to 5 pounds?
5. Do you have a support system?

These are the issues that most patients fear when they are on the fast and about to go into transition. Real food and real choices become a major concern. "Will I be able to make good choices?" Knowing how the rest of you have handled this scenario will help. Our guest speaker on the 12<sup>th</sup> will address these issues and more ( more details below). But your input would be additional insight. Of course the final question has to be: Have you regained part of all of your weight? What if anything have you done about it?

I have been toying with the idea of setting up a google list serve. Questions frequently come up in group that an aftercare-response would be very helpful not only to those active in group but probably for the rest of you who are maintaining your weight out in the real world. If you would be interested in participating, let me know. Again, just email me at [njb@benowitz.net](mailto:njb@benowitz.net).

## **'What an average person has to say about a life-changing experience.'**

Analee is going to speak to group on May 12<sup>th</sup> about the emotional adjustments that accompany a significant weight loss. 'It has been an interesting experience to say the least but has, I believe, finally swung back midline.'



She started the program several years ago at 246 pounds. She had a bad back and the surgeon wouldn't operate until she lost some weight. She lost a significant amount of weight and was able to have the surgery. However, as many of you are familiar with, she then began to regain her weight. "I can lose focus in the blink of an eye." She never totally regained the weight. She would continue to address the relapses by coming to group and working on getting herself back on track.

This last year she seems to have finally found the right balance. Last summer, with her weight stabilized, she had plastic surgery. "Tummy tuck finally healed, and am still glad that I did it, really glad. Would do it again tomorrow even knowing the complications I had."

In November, she shared this story: "The other night I was sitting up with this pneumatic contraption on my legs for swelling and I was watching TV. There I sat in the recliner, ASLEEP eating popcorn. My husband stood in the doorway and watched me. I think it was actually the first time he witnessed it (my eating) though I have talked about it many times. Who the heck sits down with a box of popcorn when you know you have such an issue? I certainly wouldn't hand an alcoholic a beer for her bedside table if she drank in her sleep..... what the cop out is ---going to bed or sleep with food accessible."

Now her weight remains between 132 and 134.

"I am not dieting per se because I have no desire to lose more, but finally know exactly what will keep me between those points on the scale. I exercise 6 times a week for at least an hour, 1 time a week with a trainer. People keep asking me if I am still losing weight but I have not lost since Christmas; however I have gone down in size as I have exercised more."

*Annalee Mickelson*

I think you will all enjoy listening to what Annalee has to share. She has been an inspiration to me for years because of her attitude and the realistic way she looks at her life. Her sense of purpose has been a driving force to many in group over the years. She has just never given up on herself. Think about coming and gaining some insight into your own program and, at the least, enjoy an hour of enthusiasm and motivation from a passionate speaker.



**HEALTH**



### Big Belly and Obesity Linked to Increased Risk of Restless Leg Syndrome.

St. Paul, Minn.- A new study shows both obesity and a large belly appear to increase the risk of developing restless leg syndrome (RLS), a common sleep disorder characterized by an irresistible urge to move your legs. The research is published in the April 7, 2009, print issue of *Neurology*®, the medical journal of the American Academy of Neurology.

It is estimated that 5-10 percent of adults in the United State have RLS and the disorder has a substantial impact on sleep, daily activities and quality of life.

For the study, researchers questioned 65,554 women and 23,119 men, all of whom were health professionals who took part in the Health Professionals Follow-Up Study or the Nurses' Health Study. None of the participants had diabetes, arthritis or were pregnant. Of the groups, 6.4 percent of women and 4.1 percent of the men were identified as having RLS.

The research found men and women with a body mass index (BMI) score over 30 were nearly one-and-a-half times more likely to have RLS than people who were not obese.

In addition, people who were in the top 20 percent of the group for highest waist circumference were more than one-and-a-half times more likely to have RLS than the bottom 20 percent of the group with the lowest belly size. The results were the same regardless of age, smoking, and use of antidepressants or anxiety.

"These results may be important since obesity is a modifiable risk factor that is becoming increasingly common in the U.S.," said study author Xiang Gao, MD, PhD, with the Harvard School of Public Health in Boston. "More research is needed to confirm whether obesity causes RLS and whether keeping a low BMI score and small waist size could help prevent RLS."

Gao says some studies suggest that obese people have lower dopamine receptor levels in the

brain. "Since decreased dopamine function is believed to play a critical role in RLS as well, this could be the link between the two." Dopamine is a chemical naturally produced by the body that transmits signals between nerve cells.

The study was supported by a grant from the National Institutes of Health and the national Institute of Neurological Disorders and Stroke.

The American Academy of Neurology, an association of more than 21,000 neurologists and

neuroscience professional, is dedicated to improving patient care through education and research. A neurologist is a doctor with specialized training in diagnosing, treating and managing disorders of the brain and nervous system such as multiple sclerosis, restless legs syndrome, Alzheimer's disease, narcolepsy, and stroke. For more information about the American Academy of Neurology, visit [www.aan.com](http://www.aan.com)



## EXERCISE

### Missy Orr – ICN Exercise Trainer

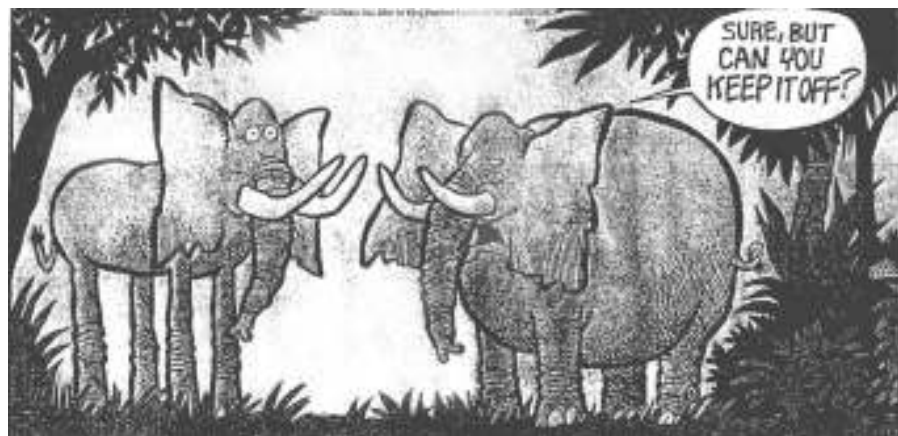
Missy is my personal trainer and has presented at group in the past. She is currently an independent certified personal trainer who works at Planet Swell. She is available to train anyone individually or in groups if people are interested in contracting her. We have even discussed the possibility of setting up a time in the office, maybe on Saturday, and doing a group session if the group shows an interested.



At my request, she is going to give a presentation/demonstration during group on May 19<sup>th</sup>. We will move the furniture and get down on the floor and actually participate in the training session she is preparing. Our goal is to give everyone the opportunity to have a comprehensive exercise program that they can perform at home. Everyone will not be at the same level, but Missy can show us how to adapt exercises to our level of ability.

The major goal is to help everyone get started. The second goal is to give us options. Diversity is the always the best solution because we get bored then restless. Or we get stuck in the same pattern and the exercise isn't as beneficial. Or the weather impacts what we are used to doing, and lacking an alternative we do nothing.

Please join us.



## Help! I am Late again and Enough with the Chit Chat!

By Susan Ayers <http://nextfit.myvoffice.com/susanayers/>

Have you ever wondered what it would be like to have a personal trainer? Let me tell you about my experience with a trainer last year. I was ready to shed the extra pounds I had all around my body. I decided to sign up at the gym with a trainer. I made the commitment to meet once a week and set up a schedule I thought would work.

The first couple times working out with the trainer was OK. I was enjoying the small chit chat with the young trainer. He was not a great conversationalist but it was OK to discuss summer concerts and his messed up love life. At least he had one. Just before my next session, my son got sick and I was unable to call 24 hours in advance, so I was charged for the session. I was really bummed!

I decided to change the workout to after school hours so that would not happen again. Training went pretty well for a few weeks. But, I still had to chit chat with my trainer; more mundane topics; his buddies keg party, and how he was going to go back to Rio and win back the affection of his formal sweetheart

So, I had had enough. I told him I no longer wanted to work out and that was that. But oh NO! I had committed to a year of this and the bank would continue to withdrawal \$120.00 per month. "Read the fine print lady!" So I continued to work-out but changed to a different trainer, a very buff gal with limitless perky energy and I went twice a month for the year. Finally the year was over, and I called the bank to cancel the auto withdrawal! That was really difficult as well. I had to give them 30 days notice and notarize some document and send it registered mail. These guys were tough.

I decided I knew enough exercises to work-out alone I had my I-pod shuffle and listened to my upbeat music and tried to get in shape. Exercise they said should lift my sunken spirits and give me endorphins. I needed a lot of endorphins! My personal life was in shatters and I did not just have baggage, I had container ship size problems.

Then I heard about this NEXT FITNESS key chain trainer! This was the device that I now use and really enjoy. It is a small USB device the size of a kit-kat bar. It fits in my pocket or I wear it around my neck like a necklace. Blingless! I have earphones that connect to the device. It works with a website that allows me to enter my goals and I have access to 45 of the top trainers in the business of exercise. Kathy Smith is one of my favorites!

My latest trainer is from Hollywood and she tells me I am doing great and that she is proud of me! I know it sounds corny but it helps. Also, during the workout they have mind-lines. These are little suggestions to keep in mind during the day about food consumption. One of my favorites is: "Today I will be mindful of what I choose to eat and not choose to eat." What a concept!

Along with downloads of the training session, music is incorporated into the session. As the training session begins, the trainer offers the timeline and the enthusiasm we all need to keep moving. The work-out can be in a gym, at home or outside. The goals can be small, like I want to get off the couch, or I am training for a marathon. You input into the website your age, weight, goals and time you want to devote to each workout. The computer has no judgment, or chit chat! It just automatically matches your goals up the available trainers and the computer outputs this awesome workout just for you and me!

Please check out my office on the Next Fitness website <http://nextfit.myvoffice.com/susanayers/> and order your key-chain trainer. You can work-out anytime you want, no one will give you little remarks that make you cringe! Download a new training session everyday and no more chit chat!  
Good Luck and Get Moving!

**Susan Ayers will bring her 'key-chain trainer' to group sometime in June for a demonstration.**



## Greetings from the Dietitian

Heather Filpowics MS, RD, CD will speak to group on June 2<sup>nd</sup> about suggested meal plans to help with maintenance.

She will review options for breakfast, lunch, dinner and snacks including how many calories are in each suggestion. For those of you who will feel more comfortable with a list of specific food items that you can eat at each meal, this will give you a comfortable start at normal eating.

She will also be available to answer questions. You might also want to take this opportunity to schedule a one-on-one appointment with her to design a more specific eating plan that fits your life style.



**Serving Size Card**  
1 serving looks like...

**Grain Products**

- 1 cup of cereal flakes = fist
- 1 pancake = compact disk
- ½ cup of cooked rice, pasta, or potato = ½ baseball
- 1 slice of bread = cassette tape
- 1 piece of cornbread = bar of soap

**Dairy and Cheese**

- 1 ½ oz cheese = 4 stacked dice or 2 cheese slices
- ½ cup of ice cream = ½ baseball

**Fats**

- 1 tsp margarine or spreads = 1 die

1 serving looks like...

**Vegetables and Fruit**

- 1 cup of salad greens = baseball
- 1 baked potato = fist
- 1 medium fruit = baseball
- ½ cup of fresh fruit = ½ baseball
- ¼ cup of raisins = large egg

**Meat and Alternatives**

- 3 oz meat, fish, and poultry = deck of cards
- 3 oz grilled/baked fish = checkbook
- 2 tbsp peanut butter = ping-pong ball

Thought you might appreciate seeing an example of actual serving sizes.

### Gaucha steak with four-herb Chimichurri

*The flavor in this dish, like Fieri himself, just doesn't stop. The sharp, slightly herby marinade tenderizes and flavors the meat and makes a great bridge to the Chimichurri. If you want to cook the steak on the second day of your trip, freeze it in the marinade at home and let it defrost in the cooler while you're at camp.*



#### Marinade

- 1 minced garlic clove
- ¼ cup cilantro leaves
- 2 tablespoons olive oil
- 3 tablespoons tequila
- 1 tablespoon each fresh lemon and lime juice
- ½ teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 ½ pounds skirt steak

#### Four-Herb Chimichurri (recipe below)

1. **At home:** Whirl garlic, cilantro, oil, tequila, lemon and lime juices, salt and pepper in a blender or food processor. Transfer to a large re-sealable plastic bag. When ready to marinate steak (at least 1 and up to 24 hours before cooking), add steak to bag, shake to coat with marinade, reseal, and chill.
1. **At campsite:** Prepare a gas or charcoal grill for high heat (450° to 550°; you can hold your hand 5 inches above cooking grate only 2 to 4 seconds). Frill steak over direct heat (cover if using gas), about 4 minutes per side for medium-rare. Let sit 10 minutes, and then cut across the grain into ½" thick slices. Serve with Four-Herb Chimichurri.

#### Makes 6 servings

**Per serving:** (steak only) 171 calories, 52% (90 calories) from fat

### Four-herb chimichurri

*Fieri likes a super-spicy Chimichurri; if you'd like yours milder; go for the lesser amount of chili powder.*

In a food processor, pulse 4 chopped **garlic cloves**, ½ cup each **cilantro** and **parsley leaves**, 6 large **basil leaves**, 1 tablespoon **oregano leaves**, 2 tablespoons each minced **white onion** and **red bell pepper**, 1 teaspoon **salt**, 2 teaspoons freshly ground **black pepper**, ½ teaspoon ground **cumin**, and 1 ½ teaspoon to 1 teaspoon **Ancho Chili powder** until coarsely chopped. Pour in 2 tablespoons each olive oil and red-wine vinegar and whirl to combine. Pack in a travel-safe container.

**Makes** a generous ½ cup

**Per serving** (1 ½ teaspoons): 53 calories 79% from fat.

### Chili lime corn on the cob

*Cooking corn on the cob in its de-silked husk keeps the kernels moist and adds a nice grassy flavor. For less fuss, feel free to bully husk the corn and wrap it in foil.*

4 tablespoons butter, at room temperature  
1 teaspoon each finely shredded lime zest and  
chili powder  
½ teaspoon salt, plus more for sprinkling

½ teaspoon freshly ground black pepper  
½ teaspoon granulated garlic  
6 ears corn

1. **At home:** Combine butter, zest, chili powder, salt, pepper, and garlic in a small re-sealable plastic bag. Mash around to combine thoroughly. Chill until ready to use, and then bring to room temperature.
1. **At home or campsite:** Pull back husk from each ear without detaching from bottom of cob. Remove as much silk as possible and fold husk back over ears. Soak ears in water for at least 30 minutes and up to 1 hour.
  - a. Drain ears, open husks, dry ears with paper towels, and spread evenly with butter mixture. Fold husks back over ears and tie in place with kitchen string or strips of husk.
  - b. Corn can be kept at this point, chilled, up to 24 hours.
2. **At campsite:** Prepare grill for indirect medium heat (350° to 450°; you can hold your hand 5 inches above cooking grate only 5 to 7 seconds.) If using charcoal, bank coals evenly on opposite sides of the fire grate, leaving a cooler center section; if using gas, turn all burners to high, close lid, and heat 10 minutes. Then turn off one burner and lower others to medium. Grill corn over cooler spot, covered, until tender and charred, 20 minutes. Serve with salt for sprinkling.

### **Serves 6**

**Per serving:** 112 calories, 39% fat

## **Jicama Slaw**

*Cut the vegetables at home, make the dressing, and then toss everything together when you're ready to eat. Use a handheld slicer (like a mandoline or a Benriner) to make cutting the vegetables easier.*

2 carrots, peeled and julienned  
1 small jicama (about 1 ¼ pounds), peeled and julienned  
1 large red bell pepper, cored and very thinly sliced  
¼ head red cabbage, cored and very thinly sliced  
½ red onion, halved lengthwise and very thinly sliced lengthwise, rinsed, and patted dry  
6 tablespoons each olive oil and unseasoned rice vinegar  
3 tablespoons fresh lime juice  
1 tablespoon minced cilantro leaves, plus more for garnish  
1 teaspoon each salt, freshly ground black pepper, and sugar  
½ teaspoon each chili powder and red chili flakes.

1. **At home:** Put cut vegetables in a large re-sealable plastic bag. Keep, chilled up to 2 days.
  - a. Combine oil, vinegar, lime juice, minced cilantro, salt, pepper, sugar, chili powder, and chile flakes in a small re-sealable plastic bag or container.
  - b. Keep, chilled, up to 2 days.
2. **At campsite:** Add dressing to vegetables, shake to combine well, and let sit 15 minutes, stirring 2 or 3 times. Serve garnished with cilantro, if you like

### **Makes 6-9 servings**

**Per serving:** 142 calories; 63% from fat.