

Inter Mountain Clinical Nutrition

A Medically-Monitored Weight Management Treatment Program.



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July-August 2009



GREETINGS FROM GROUP



In group this month, we talked about our dreams, our wants, our shoulds, and our musts. These effect our priorities during the day and control our moods and our behaviors. One of the major struggles we all have is learning how to change our priorities for the day, to incorporate planning for meals that our healthy and exercise. This planning is mandatory for weight maintenance. The secret to being able to do this with any consistency is having this task be pleasant. Our mental state at any given moment can alter our willingness to follow through with this simple process. When we are stressed, angry, frustrated, tired, hasseled, our mood is often argumentative, our rationalizations at a high level. How do we learn to pause, quiet our mind, and focus on what we believe is important. Many people have tricks, activities, moments of calm that they can slip into when they need to refocus on their priorities. I found the following article to be a good example of how different people keep 'grounded.'

Overview of article from '**O**' *The Oprah Magazine*, May 2009, pg 166

Need a Lift?

How are you feeling these days? Like hiding your head under the pillows (and your money under the mattress) and saying "wake me when it's over"? Click on the following link for the full article.

<http://www.oprah.com/article/omagazine/200905-omag-uplift>

Here are some of the comments from people in the article on what they do to lift their spirits:

Marin Alsop, music director, Baltimore Symphony Orchestra>> "Being totally engaged in the moment is the most uplifting thing I can do, and fortunately, I am able to do it frequently. When I'm engaged with 100 musicians and 2,000 listeners in a journey through a Mahler or Brahms symphony, there is a genuine and

heartfelt human connection that goes beyond words. I feel the same depth of connection when I take a hike in the Colorado Rockies with my 5 ½ year-old son. His joy at what *is* is contagious.”

Dacher Keltner, PhD, UC Berkeley professor of psychology and author of *Born to Be Good*>> “I believe in the absolute brilliant delights of lightheartedness, whether it’s rough-and-tumble with my daughters or wordplay with my wife; goofing around, calling each other nicknames, punning. I try to make sure a big part of the day is spent just being silly.”

Elizabeth Alexander, PhD, Inaugural poet, essayist, and Yale professor>> “It always works to take a walk when I am blue. Letting pace and breath govern the fretful body calms the mind and rinses it of worry—the endorphins take the edge off anxiety. There is no walk that has not left me better able to face even the gravest of woes. And to be a small creature among trees, sidewalks, trucks, oceans, mountains—wherever the walk takes place—puts problems in proper perspective.”

Lorrie Moore, novelist and short-story writer>> “Champagne celebrates good tidings, and many elaborate events—weddings being the most dire—are engineered just for a lovely glass of it. But why wait for happiness? Start directly with the celebratory drink, just as the Cowardly Lion achieves his quest for courage by first putting on a medal. Even Spanish cava in a cheap glass flute can produce feelings of uplift and communion.”

Cornel West, PhD, author and professor of African-American studies at Princeton>> “Most people try to escape their daily lives through stimulation or titillation. But spiritual uplift happens through real connection—conversation, community action, music. I lift my spirits listening to Mahalia Jackson.”

, novelist and short-story writer>> “I go out to eat alone. It’s nice with my husband, but the chance to read a book while having a glass of wine and an amazing meal—that’s the best. Recently I was at the Culinary Institute in Hyde Park, New York, and I had a five-course meal all on my own—a complete extravagance, but I told myself that two of us would have been twice as expensive. It’s great to just hang out with myself.”

Philippe Petit, high-wire artist>> “I do magic constantly. I have magic tricks in my pocket, in case I meet anyone out of chance, especially a group of kids. Seeing them amazed by a coin that disappears and comes back—seeing the face of a child believing in magic—is something that will transport anyone from the darkest mood.”

Larry Kalkstein, NYC taxi driver>> “I lost everything in some bad investments a year ago, and now I’ve been driving a cab for ten months. I make \$700 to \$900 a week, working ten to 12 hours a day. When I’m feeling down, I stop at the Frick Collection on Fifth Avenue and look at the Rembrandts. How he painted hands is the most beautiful thing in the world. Rembrandt’s hands always lift my spirits.”

A TRIP TO COSTCO--- (thank you Carol)

Yesterday I was at my local COSTCO buying a large bag of Purina dog chow for my loyal pet, Biscuit, the Wonder Dog and was in the checkout line when a woman behind me asked if I had a dog.

What did she think I had an elephant? So since I’m retired and have little to do, on impulse I told her that no, I didn’t have a dog, I was starting the Purina Diet again. I added that I probably shouldn’t because I

ended up in the hospital last time, but that I'd lost 50 pounds before I awakened in an intensive care ward with tubes coming out of most of my orifices and IV's in both arms.

I told her that it was essentially a perfect diet and that the way that it works is to load your pants pockets with Purina nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my tale.) Horrified, she asked if I ended up in intensive care because the dog food poisoned me. I told her no, I stepped off a curb to sniff an Irish Setter's butt and a car hit us both.

I thought the guy behind her was going to have a heart attack he was laughing so hard. Better watch what you ask retired people. They have all the time in the world to think of crazy things to say.



HEALTH

STUDY: CUTTING CALORIES EXTENDS LIFE

Health>> Permanent dieters' hearts were functioning optimally.

By Karen Kaplan, *Los Angeles Times*.

For a country in which roughly 200 million people are overweight or obese, scientists have discouraging news: Even those who maintain a healthy weight probably should be eating less.

Evidence has been mounting that the practice of caloric restriction -- essentially, going on a permanent diet -- greatly reduces the risk of age-related diseases and even postpones death. It has been shown to extend the lives of yeast, worms, flies, spiders, fish, mice and rats.

Now, in a study funded by the National Institutes of Health and released today, many of the same benefits have been demonstrated in primates, the best evidence yet that caloric restriction would help people.

The findings, published in the journal *Science*, tracked rhesus monkeys that were on a reduced-calorie regimen for as long as 20 years. The animals' risk of dying from cancer, heart disease and diabetes fell by more than two-thirds.

The study comes as some validation to the cadre of Americans who profess to practice caloric

restriction in their daily lives. It was also welcomed by scientists who study the biological mechanisms of aging and longevity.

"It adds to the evidence piling up that caloric restriction, independent of thinness, is a healthy way to stay alive and healthy longer," said Susan Roberts, of the Human Nutrition Research Center on Aging at Tufts University, who wasn't involved in the study. Fewer "diseases in old age has to be something most everyone wants."

Luigi Fontana, a medical professor at Washington University in St. Louis, examined people who have been practicing caloric restriction for an average of 6½ years and found their heart function was equivalent to that of people 16 years younger.

"Mild caloric restriction is beneficial to everybody," Fontana said.

Although the regimen sounds grueling, it is hardly a starvation diet, experts said.

It typically begins with an assessment to determine how many calories an individual needs to consume to maintain a healthy weight. Then that number is shaved by 10 percent to 30 percent.

People on caloric restriction can eat three meals a day. A typical menu includes cereal with fruit and nuts for breakfast, a big salad for lunch and a dinner of lean meat and reasonable portion sizes. There's also room for a couple of snacks and even a small dessert from time to time.

NEWS OF THE WEIRD – *The Salt Lake Tribune*, July 10, 2009

Why am I gaining weight? And who ate all the food? >> Anna Ryan, 42, of Blue Springs, MO., was baffled for years why her normal 140 pounds sometimes ballooned to as much as 260 despite her consistently vigorous diet and exercise regimen. Finally, two years ago (according to a June 2009 dispatch in London's *Daily Mail*), nocturnal tests performed by Overland Park, Kan., physician Scott Eveloff revealed a disorder: Ryan was a sleepwalker whose routine included as many as eight kitchen visits a night in which she gorged herself but of which she had not memory the next morning.



EXERCISE

GOOD MOOD CAN RUN LONG AFTER WORKOUT

Health>> Post-exercise buzz can last for up to 12 hours, study shows.

By Nanci Hellmich, *The Salt Lake Tribune*, June 4, 2009, pg. A14

Exercise experts have known for years that moderate physical activity improves mood. Now a study shows that people are in a better mood for up to 12 hours after they work out.

Researchers at the University of Vermont had 24 college students ride an exercise bike for 20 minutes at a moderate intensity. Another 24 people did no exercise during the same time period.

Afterward, participants in both groups filled out questionnaires that evaluated their overall mood at several intervals one hour, two, four, eight, 12 and 24 hours. The questions addressed tension, anger, vigor, fatigue, confusion and depression.

The researchers found that people in the exercise group experienced a significant improvement in mood immediately after the exercise. They also had improved moods after

two, four, eight and twelve hours compared with the people who didn't exercise, says Jeremy Sibold, an assistant professor in the university's Department of Rehabilitation and Movement Science.

At 24 hours, there was no difference in mood between the two groups. The study was presented last week at the annual meeting of the American College of Sports Medicine.

"There are other studies that show there is acute improvement in mood after exercise, but we found those improvements are more durable than we thought," Sibold says.

That's an especially important finding for people who have depression or stress, he says.

"Daily exercise can improve your mood and mitigate some of the stressors of your day," Sibold says. "It's clear that exercise is critical for both physical health and mental health."

Wasatch Women Lover Your Body 5K/10K 2009

Saturday August 22, 2009 @ 7:00 AM local time

The race will start and end at the northwest terrace at Sugar House Park, 1330 East 2100 South.

For more information or to register on line, click on the following link.

http://www.active.com/page/Event_Details.htm?event_id=1732244&assetId=1ff55df9-0d51-4454-adc7-737f7a9f9f0e

The Salt Lake Tribune's

HIKE OF THE WEEK Series

<http://extras.sltrib.com/hikes/results.asp?typehike=All®ion=All&Submit=submit>



Greetings from the Dietitian

By Jennifer Larue Huget-Special To *The Washington Post*, June 15, 2009

Blogging dietitian invites people to watch her watch what she eats

On June 2, Cristin Dillon-Jones had Kashi Heart to Heart cereal mixed with Total Cinnamon Crunch, skim milk and blueberries for breakfast, canned vegetarian black-bean chili and a mozzarella/tomato/basil salad for lunch, and grilled salmon and potatoes with steamed broccoli for dinner. And she has the pictures to prove it.

For the past two years, Dillon-Jones has taken photos of her meals and posted them, with nutrition information and commentary, on her blog on Self magazine's Web site.

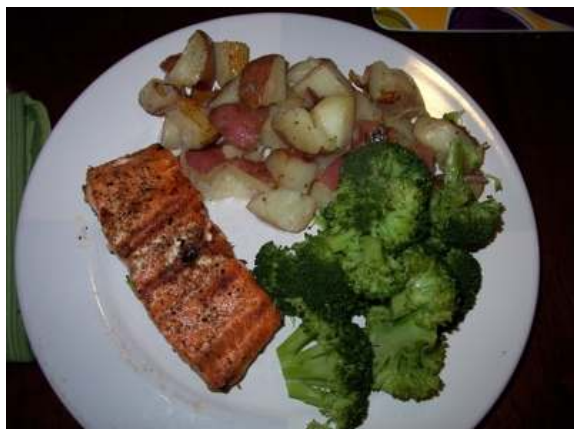
Dillon-Jones, a 27-year-old registered dietitian, was working as a nutritionist and running her own meal-planning/grocery-shopping/food-preparation business when Self asked her to start the "Eat Like Me" blog as part of a package of new online health and fitness offerings. The idea was simple: Show readers what a healthy young registered dietitian eats every day.

Using an unremarkable Kodak digital camera, Dillon-Jones takes plain-Jane pictures of her bowls of cereal and fruit, peanut-butter-and-jelly sandwiches and dinner



Cristin Dillon-Jones, a 27-year-old registered dietitian, writes "Self" magazine's Eat Like Me blog, to show readers what a healthy young registered dietitian eats every day.

leftovers turned into lunches. Rarely does her diet venture outside the ordinary. Yet for those of us who have never learned -- or have managed to forget -- how a human being should eat to stay healthy, the blog is oddly riveting -- and useful.



Registered dietitian Cristin Dillon-Jones' meals include, for dinner: salmon, potatoes, broccoli. (self.com)

Dillon-Jones, who lives in Boston, also takes her camera along to the grocery store so that readers can see what she puts into her cart. Although she doesn't expect readers to eat exactly as she does, her example offers something solid and sensible to grasp, especially for those of us who've been so buffeted by diet fads that we're not really sure anymore whether a bag of pork rinds (a snack of dubious nutritional value made popular by the high-protein Atkins weight-loss diet) is good for us.

We who have struggled with our weight might be baffled and relieved to see that Dillon-Jones, a trim, athletic young

woman, eats regular food, sometimes enjoying a restaurant burrito or a takeout pizza (with a glass of red wine). On other evenings, it's leftover lasagna and a salad for her and Chinese takeout for her husband. Daytime meals often feature a turkey sandwich and a latte, a baggie of Goldfish crackers (which she seems to eat more often than you'd expect) and a peach for a snack.

With her blog attracting 65,000 unique visitors and 367,000 page views per month, Dillon-Jones has won a following with her down-to-earth approach, one that doesn't insist on perfection or rely on calorie-counting. Instead, she tries to eat according to the federal government's food pyramid, which suggests the number of servings from each of six major food groups that we should eat every day.

But she doesn't obsess over those numbers; if, say, her vegetable consumption falls short one day, she makes note of the fact and pledges to compensate the next day. "Long-term health" -- not quibbling over daily details -- "should be the first priority," she says. "You could have asked 10 different people to write this blog, and you'd get 10 different approaches. Mine wasn't a perfect thing. That's why people latched onto it."

Her good habits started early. "My parents never put any pressure on us to eat restrictively," she says. "I ate Lucky Charms, but also milk and fruit. My mom cooked a lot, and she also baked. We always had sweets in the house. Doing it at home was great, mixing good food with fun. ... It's not just like going to the store, picking

Healthy living tips from "Eat Like Me" blogger Cristin Dillon-Jones

When it comes to treats, Dillon-Jones is a big believer in indulging in the real McCoy: full-fat desserts, for instance, instead of reduced-calorie or low-fat versions.

"I never set rules. I just try to be healthy and to eat healthy." That means not completely ruling out any kind of food.

"People take an all-or-nothing approach to dieting. They say, 'If I have a bad breakfast, then that day is gone.' Well, they should just have a good lunch, maybe add some exercise" to their day.

"If there's junk food in the house, you constantly have to tell yourself 'no.' Better to pass up the junk in the grocery store, then bake a worthwhile treat now and then and relish every mouthful."

"I never wanted to go to a party and not enjoy myself. I realized that if I did what I should do most of the time, then I can do whatever I want at a party."

"Having food as an enemy or nemesis isn't good. You have to eat every day; you don't want it to be a constant battle."

up a cupcake and eating it. Making it yourself seemed social and fun." She still likes to bake, and she and her husband cook together a lot, often making meals for friends.

Dillon-Jones' approach also derives from her conviction that keeping things simple helps ensure success. "If it's not something you can do every day for the rest of your life, then it's not worth it," she says. "I don't want to be at a restaurant and weighing food."

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"I never wanted to go to a party and not enjoy myself. I realized that if I did what I should do most of the time, then I can do whatever I want at a party."

"Having food as an enemy or nemesis isn't good. You have to eat every day; you don't want it to be a constant battle."



OPTIFAST 800® Chicken Soup – Update

Progress is being made in the shelf life analysis of the new chicken flavors soup to meet the quality requirements for introduction. At this time we anticipate the chicken flavor to be available in late Quarter 3 of 2009. We will continue to update you on the progress in the Program Director news. We apologize for the inconvenience and the limitation of flavors available to your clients.

OPTIFAST on Facebook!

We have recently developed an OPTIFAST Facebook Fan page – titled OPTIFAST. If you have a Facebook account, please take some time to check it out. Our goal for this page is to create an online social network where those going through the OPTIFAST Program can learn and get added support from each other and from others who may have been in their shoes. We will be adding more to this page, but right now we have some photos and video from past PR/editorial tours we've done with patients and our (short) version of the DRTV spot, along with recent press releases and some links to The OPTIFAST site.

We'd love to have you populate this page with your own comments and support. For example, feel free to post on the "wall" or within the "discussion" section. We'd also like clinics to use the "events" tab to share information about upcoming sessions within their own clinics – this way patients can find a clinic in their area that may have an upcoming meeting they could attend. We are also looking for additional ways to gain momentum within the Facebook network by adding "fans" to our page, so please feel free to become a "fan" of the OPTIFAST page yourself (just click on "become a fan").

Please pass this note along to your patients – we value your feedback and participation as we look for new ways to get the word out there about the benefits of OPTIFAST!

Raising the bar on full meal replacement.

NEW FLAVOR!

OPTIFAST 800® Peanut Butter Chocolate Bar

Deliciously crunchy with a salty-sweet taste experience



NEW FLAVOR!

OPTIFAST 800® Berry Bar with Yogurt Coating

A satisfying blend of crisps, chewy berries, and yogurt coating.

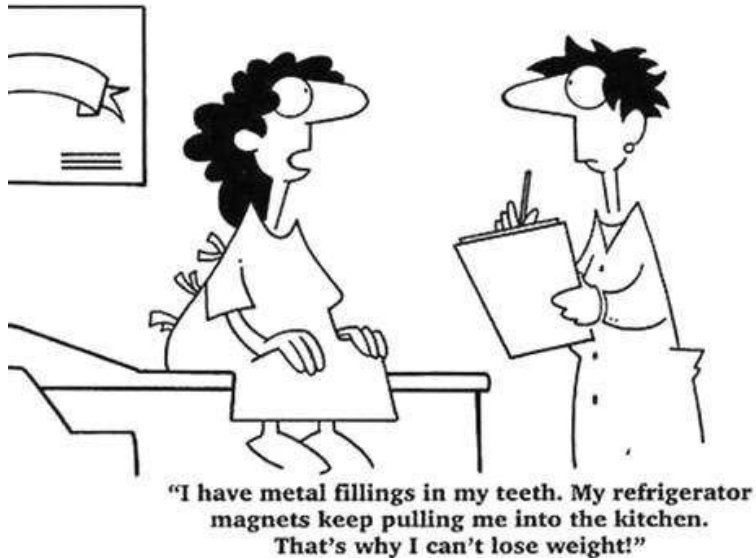


The OPTIFAST Team is very excited to announce the availability of two new OPTIFAST 800 Bars - OPTIFAST 800 Peanut Butter Chocolate and Berry with yogurt coating!

These satisfying and chewy flavors join the OPTIFAST 800 Chocolate bar as a full meal replacement bar choice. No other medical weight management program offers a nutritionally complete bar as part of a full meal replacement diet.

We believe OPTIFAST patients will love the new chewy crisps at any point during active weight loss, transition or as a meal replacement

in the long term management phase. OPTIFAST consumers who tested these flavors gave them the highest hedonic ratings of any OPTIFAST 800 product!



Cool Chick Salad

2 cups chopped cooked chicken breast
1 cup canned black beans, drained and rinsed



1 ½ cups diced tomato
1 cup whole kernel corn
½ cup diced red onions
¼ cup chopped fresh cilantro

Dressing

2 tablespoons lime juice
1 tablespoon olive oil

½ teaspoon each ground cumin and sugar
¼ teaspoon each salt and pepper

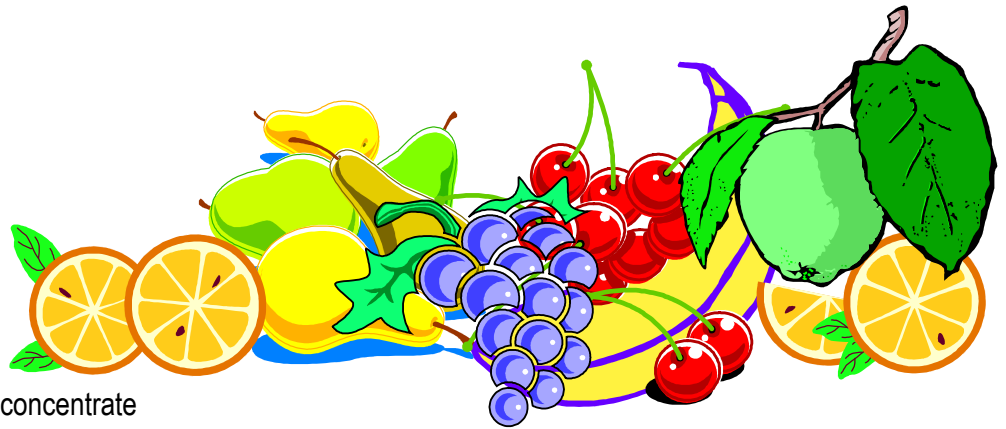
1. Combine first 6 ingredients in a large bowl and mix well.
2. In a small bowl, whisk together dressing ingredients. Pour over bean mixture and stir until dressing is evenly distributed.
3. Cover and refrigerate until ready to serve.

Makes 6 servings

Per serving: 273 calories.

Rootie Toot Fruit Salad

2 cups low-fat sour cream (look for a thick brand)
2 tablespoons honey
1 tablespoon frozen orange juice concentrate
1 teaspoon grated orange zest



6 cups chopped fresh fruit (try a combination of bananas, oranges, kiwi fruit, strawberries, and apples, or choose your favorites)

1. Mix first four ingredients together in a small bowl.
2. Cover and refrigerate for 1 hour.
3. Stir sauce and fruit together in a large bowl.
4. Serve immediately.

Makes 6 servings.

Per Serving: 168 calories.

Hint: To prevent the flesh of apples from turning brown after cutting or peeling them, dip them in lemon juice. Make sure you mix the sauce and fruit together just before serving otherwise the salad will be runny.