

# Intermountain Clinical Nutrition

A Medically-Monitored Weight Management Treatment Program

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## December 2011



*The ICN staff wants to wish you all a wonderful Holiday Season and a  
Happy New Year!*



### GREETINGS FROM GROUP

A HOLIDAY THOUGHT  
By Lynn Evans



“Over-eating can occur with people who don’t have problems with food and weight. Family gatherings, the holidays and often Sundays all are potential overeating events. Garrison Keillor in his book “Lake Wabegon Days” describes an eating event with the following protestations,

*“You have fed me wretched food, vegetables boiled to extinction, fistfuls of white sugar, slabs of fat, mucousy casseroles made with globs of cream of mushroom, until it’s amazing my heart still beats. Food was not fuel but ballast; we ate and then we sank like rocks. Every Sunday, everyone got stoned on dinner except the women who cooked it and thereby lost their appetites – the rest of us did our duty and ate ourselves into a gaseous stupor and sat around in a trance and mumbled like a bunch of beefheads.”*

For individuals struggling with developing a healthy relationship with food and keeping compulsive eating at bay, the holidays can be a particularly difficult time. Being mindful of cue control techniques will be especially helpful and reduce the chances of mindless nibbling or overeating. A few techniques include; storing food and goodies out of sight, removing serving bowls from the table, removing plates and self from the table when finished eating, reaching for glasses of water, instead of goodies, going for a walk instead of remaining in the house, and grabbing a family member or friend and becoming engrossed in conversation instead of focused on food.

Besides these basic behavior modification techniques it is important to approach the holidays with realistic expectations. It is not realistic to believe you will not eat things you normally eat during this time. It is not realistic to believe you will be able to lose weight during the holidays (unless you are in the fasting phase of treatment – even then be realistic.) It is not

realistic to believe that an overeating episode is the beginning of the end and thereby setting up hopelessness, self hate and further overeating episodes.

It is equally important to go into the holiday season realizing you have choices and with each choice comes a particular set of consequences. Be sure and own your decisions and you will less likely feel deprived or guilt. There is a big difference in how you feel inside when you say, "I choose not to," versus "I can't", or "I choose to," verses "I shouldn't.

**Dear God,  
My prayer for 2012 is for  
A fat bank account & a thin body.  
Please don't mix these up like you did last year.  
AMEN!**



## **IN THE NEWS**

### **Medicare To Pay For Obesity Counseling.**

[USA Today](#) (11/30, Kennedy, Hellmich) reports that yesterday, the Centers for Medicare and Medicaid Services (CMS) [announced](#) (pdf) that Medicare "will pay for screenings and preventive services to help recipients curb obesity and the medical ailments associated with it, primarily heart disease, strokes and diabetes." Specifically, the new "benefits will include face-to-face counseling every week for one month, then one counseling appointment every other week for the following five months for people who screen positive for obesity."

"Those who lose at least 6.6 pounds during the first six months will be eligible for once-a-month visits for another six months," [CQ](#) (11/30, Subscription Publication) reports. "The obesity service will be added to other preventive services offered without cost sharing under the health care law."

[Reuters](#) (11/30, Berkrot) quotes CMS Administrator Donald Berwick, MD, who said, "Prevention is crucial for the management and elimination of obesity in our country."

According to [MedPage Today](#) (11/30, Gever), "CMS, which first floated the obesity coverage plan last September, said it expects more than 30% of the Medicare population to qualify for the new benefit." However, "counseling must take place in a primary care setting such as a physician's office. It will not be covered when provided in skilled nursing facilities, hospitals, emergency departments, outpatient surgery centers, or hospices."

### **FDA, FTC Warn Companies To Stop Selling Homeopathic Diet Products.**

The [AP](#) (12/6) reports that the Food and Drug Administration issued warning letters to seven companies, ordering them "to stop selling an unproven weight loss remedy that uses protein from the human placenta." The FDA has approved human chorionic gonadotropin (hCG), produced by the placenta and found in the urine of pregnant women, for certain infertility treatments, but says there is no evidence that it is effective for weight reduction. Sold as drops, pellets or sprays, hCG is often marketed as boosting low-calorie dieters' weight loss, but Elizabeth Miller, of FDA's division for non-prescription drugs and health fraud, said that "the data simply does not support this -- any loss is from severe calorie restriction. Not from the hCG." It also notes that hCG is not on the FDA's list of approved ingredients for homeopathic remedies.

On its website, [ABC News](#) (12/6, Salahi) reported that the FDA's Miller says that it's unclear how much hCG is contained in the homeopathic products -- some suggest only trace amounts -- or whether the products truly contain hCG at all, even if so labeled, adding that "whether they contain it or not, they are illegal and unapproved drugs." She notes that there are no studies showing that any hCG-bearing product has any additional weight-loss benefit when supplementing a

low-calorie diet. The segment also notes FDA warnings that a very low-calorie diet "can cause gallstone formation, electrolyte imbalances, and even heart arrhythmia, regardless of whether the hormone is also taken."

The FDA notes that many of the products "claim to 'reset your metabolism,' change 'abnormal eating patterns' and shave 20 to 30 pounds in 30 to 40 days, [USA Today](#) (12/6, Hellmich) reports. The agency also says that it doesn't know how many consumers are using the products, in part because sales are mostly through the internet and thus hard to track.

[Reuters](#) (12/6) reports that the Federal Trade Commission joined the letters, lists the seven companies, and notes that they have 15 days to notify the FDA of the corrective actions they will take.

The [Chicago Tribune](#) (12/7, Deardorff) points out that the warning letters told the companies that they could face legal action if they do not by month's end review "unsubstantiated health claims" and fix numerous other violations, noting that several companies "used the FDA logo on their sites."

[HealthDay](#) (12/7, Preidt) notes that hCG products are typically marketed to accompany diets of as little as 500 calories per day.

Also covering the story are the [CNN](#) (12/7, Young) "The Chart" blog, [WebMD](#) (12/7, McMillen), [MedPage Today](#) (12/7, Gever), [ABC News](#)"Nightline" (12/6, Alfonsi, 11:36 p.m. EST), and the [National Journal](#) (12/7, Quinton, Subscription Publication).



## HOME EXERCISE

### Thought for the Day

We don't know YET how to reduce the load. But we HAVE been practicing stopping in the midst, being mindful, breathing, BEING THERE, if even for a moment, guided by morning reading of Thich Nhat Hanh's Peace is Every Step: The Path of Mindfulness in Everyday Life.

'When you drive around the city and come to a red light or a stop sign, you can just sit back and make use of these twenty or thirty seconds to relax, to breathe in, breathe out, and enjoy arriving in the present moment. There are many things like that we can do.'



### Greeting from the Dietitian

By Jennifer Thornock



#### Healthy Holiday Party Ideas

The holiday season is sold as a time of traditions. Many of these traditions are food related which can be difficult for those involved in a weight management program.

One approach is to not become part of the problem. Spread the gift of health to your family and friends and make new traditions that support you goals.

Our loved ones often struggle to come up with gift ideas for us. Here's a list of tips and gift ideas to make this holiday season a little healthier.

### **Family and Friends**

Christmas is a time for parties and socializing. We need to focus on family and friends, and add activities that can shift the focus from food to fun. Here are a few suggestions.

- Sing songs around the piano (or sing along with tapes or CD's if you don't have a piano).
- Go caroling in your neighborhood.
- Share stories of your favorite holiday memories.
- Wrap toys for children in need.
- Collect canned goods for a local food bank.
- Watch classic holiday movies like *It's A Wonderful Life* or *White Christmas*.
- Instead of meeting for holiday meals with friends, have a gift party. Each person brings whatever project he or she is working on for gifts. You get to have fun talking to all your friends and you get closer to crossing off all the items on your to-do list.
- Parents: Fill stockings with tiny toys, jewelry, barrettes, craft supplies, baseball cards, and other collectibles instead of candy.

### **Hosting Parties**

- Have a place in the house other than the food table where people can gather and socialize.
- Have plenty of diet drinks around
- Have a simple vegetable tray. People will remember who was there not what food was.

### **GARDEN VEGETABLE SOUP**

1 ½ cup sliced carrot  
1 cup diced onion  
4-5 garlic cloves, minced  
5 cup broth (my favorite in this one is beef, but if you must you can also use chicken or vegetable)  
6 up. (or one whole head) diced green cabbage  
1 14oz. can green beans  
2 14oz. cans diced tomatoes, WITH juice  
2 tablespoons tomato paste  
1 ½ teaspoon Italian Seasoning  
¼ teaspoon salt  
1 cup diced zucchini  
2 teaspoon Olive Oil  
Freshly Grated Parmesan Cheese, if desired

Coat an extra-large Dutch oven with olive oil (of course you can use cooking spray, too but the olive oil lends such a delicious flavor and is good for you), heat. Sauté' the carrot, onion, and garlic over low heat until softened, about 5 min.

Add broth, cabbage, beans, diced tomatoes, tomato paste, Italian seasoning, and salt; bring to a boil. Reduce heat; simmer, covered, about 15 min or until beans are tender. Stir in the zucchini and heat for 3-4 min. Serve HOT. (with a sprinkle of freshly grated Parmesan cheese if desired.)

Serves 12.

Thank you Kira