

Intermountain Clinical Nutrition

A Medically-Monitored Weight Management Treatment Program

324 Tenth Avenue, Suite 250
Salt Lake City, UT 84103
(801) 408-2600
www.icnoptifast.com

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GREETINGS FROM GROUP



People Pressure

Are you one of those people who put other's needs before your own? Our culture admires those who sacrifice on behalf of others. We get pleasure and satisfaction from helping and pleasing others. We need other people and one way to get connect is to give a helping hand. The difficulty arises when balance between giving and receiving is lost. How often do you decide to cut down on eating and then change your mind because a friend wants to have lunch? How often are you in a hurry or too busy with children, housekeeping or other multitasking to stick to your diet and exercise plans? Do you make some progress only to hear others say things like, "Oh, why don't you eat something, you'll feel better." You listen and think you might as well stop your efforts to lose weight. Are you so willing to please others or bend under pressure from others that care of yourself becomes minimal?

If the answers to the above questions are affirmative, you are not alone. Many people in our group have spent time being concerned for others and lost track of their own habits of eating. They have comforted themselves and others with food. Of course, we have responsibilities to one another and this message is not encouraging you to become self-absorbed. However, taking a good look at your interactions and patterns of caretaking is helpful. You can step outside yourself and observe for a day and see what your patterns are like.

If you see that you have been sacrificing a bit too much, you have something to look at carefully. Ouch! It can be painful to see ourselves in a new light! The good news is that identifying an issue like vulnerability to pressure from others is a first step toward making a change. The process of weight loss involves a variety of changes. A change that would help in taking off weight is to pay more attention to your inner needs and preferences. The next step is honoring your inner experience while you respect and honor that of others. You might be surprised at how accepting others are when you clearly state your preferences in a matter of fact way.

Losing weight is one way that you take care of YOU. You can improve your physical state as well as your mental state. You are actually able to do a better job of caring for others when you are feeling your best. We all need and want to give to others and care for others. Look at whether the giving and caring you give others is out of balance. If it is, you need to do some shifting, don't wait!

Pat Goldberg, past ICN behaviorist



Study: Hormones linked to regain of weight lost by dieting

By MALCOLM RITTER The Associated Press Published: October 26, 2011 03:54PM

New York • Any dieter knows that it's hard to keep off weight you've lost. Now a study finds that even a year after dieters shed a good chunk of weight quickly, their hormones were still insisting, "Eat! Eat! Eat!"

The findings suggest that dieters who have regained weight are not just slipping back into old habits, but are struggling against a persistent biological urge.

"People who regain weight should not be harsh on themselves, as eating is our most basic instinct," Joseph Proietto of the University of Melbourne in Australia, an author of the study, said in an email. The research appears in Thursday's issue of the New England Journal of Medicine.

Weight regain is a common problem for dieters. To study what drives it, Proietto and his colleagues enrolled 50 overweight or obese patients in a 10-week diet program in Australia. They wanted to see what would happen in people who lost at least 10 percent of their body weight. Ultimately, only 34 people lost that much and stuck with the study long enough for analysis.

The program was intense. On average, the participants lost almost 30 pounds during the 10 weeks, faster than the standard advice of losing 1 or 2 pounds a week. They took in 500 to 550 calories a day, using a meal replacement called Optifast plus vegetables for eight weeks. Then for two weeks they were gradually reintroduced to ordinary foods.

Despite counseling and written advice about how to maintain their new weights, they gained an average of 12 pounds back over the next year. So they were still at lower weights than when they started.

The scientists checked the blood levels of nine hormones that influence appetite. The key finding came from comparing the hormone levels from before the weight-loss program to one year after it was over. Six hormones were still out of whack in a direction that would boost hunger.

The dieters also rated themselves as feeling hungrier after meals at the one-year mark, compared to what they reported before the diet program began.

Experts not connected to the study said the persistent effect on hormone levels was not surprising, and that it probably had nothing to do with the speed of the weight loss.

People who lose less than 10 percent of body weight would probably show the same thing, though to a lesser degree, said Dr. George Bray of the Pennington Biomedical Research Center in Baton Rouge, La.

A key message of the study is that "it's better not to gain weight than to try to lose it," Bray said.

Why would a dieter's body rebel against weight loss? It's an evolutionary holdover from earlier times, when weight loss could threaten survival and reproduction, says Dr. Rudolph Leibel, an obesity expert at Columbia University in New York. So "it's not surprising at all" that our bodies would fight back for at least a year, he said. "This is probably a more or less permanent response."

People who lose significant weight not only gain bigger appetite but also burn fewer calories than normal, creating "a perfect storm for weight regain," Leibel said.

He said avoiding weight regain appears to be a fundamentally different problem from losing weight in the first place, and that researchers should pay more attention to it.

The study was supported by the Australian government, medical professional groups and a private foundation. Proietto served on a medical advisory board of Nestle, maker of Optifast, until last year.

Read about it: The New England Journal of Medicine > <http://www.nejm.org>



HOME EXERCISE



Addicted to Exercise?

By NICHOLAS D. KRISTOF, *New York Times* October 29, 2011

FOR decades, scientists have studied areas deep within the brain that seem associated with pleasure and addiction.

Put an electrode in that part of a rat's brain and it will become obsessed with stimulating those areas. When rats are allowed to push a lever in exchange for a mild current that produces a "high" in the "pleasure centers," they will press the lever up to 7,000 times per hour.

These rats forget to eat or drink, and they must be unhooked to prevent self-starvation. Male rats ignore females in heat to get a fix, and nursing mothers ignore their babies.

"Pressing that lever became their entire world," David J. Linden, a neuroscientist at Johns Hopkins University medical school, writes in his fascinating new book, "The Compass of Pleasure." Professor Linden explains how drugs such as cocaine that light up these pleasure centers (there are several interconnected areas) actually rewire the brain to increase cravings. You can look at magnified photos of rat brains and tell which animal was given cocaine and which wasn't.

Yet it's not just drugs. Brain scans suggest that everything from sugar to sex lights up the brain's pleasure circuitry. These all can have neurological consequences that correspond to what we think of as addiction. For example: exercise. As a pathological runner since my days as a high school cross country athlete in Oregon, that struck a chord. Am I addicted to running?

"Exercise addicts display all of the hallmarks of substance addicts: tolerance, craving, withdrawal and the need to exercise 'just to feel normal,'" Linden writes.

O.K., I confess. I might be an addict.

Exercise seems to trigger the release of chemicals called endorphins and enkephalins (the brain's version of opium) and endocannabinoids (the brain's version of marijuana). In the lab, rats can develop an addiction to exercise on a wheel.

Brain researchers are finding many similar patterns. Who knew that orgasms, in men and women alike, light up the pleasure centers much like cocaine? (And who knew that

researchers immobilize subjects in a lab, hook them up to a brain scanner, and then instruct them to engage in sexual activity?)

Linden argues that there is such a thing as a genuine biological addiction to sex. The public's failure to recognize this, he says, means that people often don't receive treatment.

"Sex addicts are among the least likely to seek help among all sufferers of addiction," he writes, adding that this is tragic because sex addicts may be more likely than drug addicts to take others down with them.

Brain chemistry research also suggests that gambling and overeating can be addictive behaviors, analogous to narcotics addictions. In particular, foods with sugar or fat seem to trigger cravings that then rewire the brain's pleasure circuitry to amplify that craving.

One study found that rats fed foods like cheesecake and chocolate showed differences in brain circuitry after just 40 days. The impact was that the pleasure centers of their brains were numbed, so they apparently needed to gobble even more cheesecake to generate the same satisfaction. Whether its sugar or heroin, the body steadily ratchets up the quantity necessary to provide the same high.

Does this mean the end of free will?

Of course not. But it's a reminder that cravings are complex phenomena with strong ties to brain chemistry and genetics. Maybe that's why President Obama has shown astounding self-discipline in his political career while enduring a long struggle with nicotine.

Moreover, our brains impel us not only toward vices, but also toward virtues. In recent years, researchers have found that generosity isn't always a sacrifice; instead, it often exhilarates us. One set of experiments at the University of Oregon involved young women hooked up to brain scanners as they were presented with modest amounts of money.

Sometimes the money was then “taxed,” sometimes they were given the chance to donate to charity, and sometimes they were given additional money.

Their pleasure centers lit up when they received money, as one might expect — but also when they gave money away.

There were considerable variations among individuals. About half of the women seemed to derive as much pleasure, based upon their brain patterns, from

On the basis of the latest brain research, as well as practical experience, let’s acknowledge this profound truth: altruism and generosity can be hedonistic pleasures.



Greeting from the Dietitian

October 15, 2011

On a recent visit to McDonald's, Christie Coleman, a mother of two boys, was surprised to find that her kids' Happy Meals included fewer French fries and something new: apple slices. Coleman says her boys are extremely picky eaters, so she was not happy with the change. "When they do want to eat, they will eat all of their fries, and I don't think that they should get 15 or 20 less fries because McDonald's thinks that they need to eat apples as well," she says.

NPR Series

When it announced the new Happy Meal, McDonald's said it was aiming "to help customers, especially children and families, make nutrition-minded choices for their daily lifestyles."

Coleman thinks her choice is being taken away.

Can people make the right decisions when it comes to what they eat, or should restaurants and institutions do their part to help people make better food choices?

Rising obesity rates are cited for these and other nutritional changes. But Julie Guthman, author of *Weighing In: Obesity, Food Justice and the Limits of Capitalism*, is not quite convinced that obesity is the problem that it is being made out to be.

giving money as from receiving it. The other half enjoyed receiving money more. Not surprisingly, the latter contributed less to charity.

Maybe the research will lead to new tools to fight drug addiction, alcoholism or obesity. Maybe I'll be able to get a runner's high without the sweat. But, to me, the most fascinating insight is that for at least half of humans it truly does seem to be as blessed to give as to receive.



McDonald's says it introduced Happy Meals with apple slices to 'help customers make nutrition-minded choices for their daily lifestyles.'

"The way many of the statistics are constructed seem to overstate the problem," she tells weekends on *All Things Considered* guest host Rebecca Roberts.

For example, the body-mass index that is commonly used to measure obesity and obesity prevalence is inaccurate, says Guthman, a professor at the University of California Santa Cruz. A person's BMI is essentially a ratio of weight to height, but the problem is that bone and muscle tissue are heavy as well.

"So if somebody has a big bone structure or works out a lot or has a lot of muscle mass, they will have a higher BMI," she says.

For those who truly are overweight, Guthman says, choosing among problematic options isn't the answer.

"By the time people walk into that McDonald's restaurant, they've already decided that they want a burger. So many of the problems really stem from the way we produce food," she says.

Whether it's the agricultural chemicals or hormones and antibiotics used in producing beef, Guthman says, these things warrant discussions about food production.

Food Decisions and Choice

Dr. Brian Wansink, the author of *Mindless Eating: Why We Eat More Than We Think*, says we're not even aware of most of the choices we're making about food.

"Regardless of how tuned in we think we are to the food decisions we make and how much we eat, we're a nation of mindless eaters," says Wansink, the director of the Cornell University Food and Brand Lab.

Wansink says the typical person makes more than 200 decisions about food every day — but is not even aware of most of those decisions. Often, he says, environmental cues nudge us into eating more or worse than we otherwise would.

Listing calories on menus doesn't have the impact that healthy eating advocates are necessarily after, he says.

"If you're going in with just a couple bucks in your pocket, you're going to see calories and you're going to say, 'Oh, great, what's going to make me the most full for two and a half bucks?' You're not going to say, 'How can I minimize calories.'" he says. "In that case, something like calorie labeling can actually lead somebody who maybe should be eating fewer calories into actually ordering the most caloric thing."

With all of these food decisions, it might seem that McDonald's is taking some of that choice away by including apples in Happy Meals. But, Wansink says, the choice has always been there.

"I think making it really obvious to people that they have the latitude to come up with the different combinations is good," he says. "In the past you could do that, but mainly only if you knew you were able to do that. Now, they're making that very bold and clear to people."

Balancing Burgers with Broccoli

Given adequate information, can we be trusted to make healthy decisions about what we eat?

Marion Nestle is a professor of nutrition and food studies at New York University and the author of three books, including her most recent, *What to Eat*. She says there should be a common American interest in making sure all our food options are healthier.

"People don't really have a lot of control over what they eat," Nestle says. "So the idea of trying to get people to ... change their behavior around diets is to try and make it easier for people to eat more healthfully."

Studies show that nutrition and food labeling don't make a lot of difference in what people buy on average, Nestle says. But, she says, it does make a difference to people who pay attention.

"What that means is, the next step on the education side is to try and get [more] people to pay attention to calories," she says.

Nestle says what needs to change is our default eating habits.

"Right now, the default is junk food. How about making the default healthy food?" she says. "People can always order junk food if they want to; nobody is stopping them from doing that."

Of course junk food has its place in American diets, Nestle says. What we want is healthy foods to be *most* of what people are eating, and junk foods to be an occasional treat as originally intended.

"Nobody ever thought that fast food would be what people ate every day," she says.

Helmet and seatbelt laws were created to help people not make the dangerous choice of not wearing them. With food, Nestle says, there's no reason why that regulation should be any different.

"We do things as a society to try to help people make healthier choices," she says, "and that works for food as well as for all of those other things."

The original cauliflower pizza dough or bread sticks

1 cup diced cauliflower*
1 egg
1 cup mozzarella cheese
½ teaspoon fennel
1 teaspoon oregano
2 teaspoons parsley
Pizza or Alfred sauce
Meat toppings
Mozzarella Cheese



- Preheat oven to 450° F.
- In a medium bowl, combine cauliflower, egg and mozzarella. Press evenly on the pan. Sprinkle evenly with fennel, oregano and parsley.
- Bake at 450° for 12-15 minutes.
- Remove from oven. Add sauce to the crust and toppings and cheese.
- Place under a broiler at high heat just until cheese is melted.

*Use frozen cauliflower prepared according to package directions. After cooked and slightly cooled, shred with a cheese grater, then measure for recipe.

Nutritional Information for the entire crust: 434 calories.

<http://blog.yourlighterside.com/2009/05/low-carb-pizza-dough-cauliflower.html>



No-bake pumpkins pie with whipped cream (100 calories slice and less than 1 gram of fat)

Butter-flavored cooking spray
6 sheets (14x9") frozen phyllo dough¹, thawed
¼ cup cold water
1 envelope unflavored gelatin powder
2 ¾ cups canned pumpkin (1 1.2 15-oz cans)
1 cup fat-free plain Greek style yogurt

1/3 cup agave syrup
4 packets stevia sweetener powder
1 ½ teaspoons pumpkin pie spice
1 teaspoon vanilla extract
1/8 teaspoon salt

Whipped cream

1 cup fat-free milk, divided
1 1/8 teaspoon unflavored gelatin powder
½ teaspoon coconut nectar

3 packets stevia sweetener powder
1 vanilla bean, split

1. Heat the oven to 350°. Coat a 9" pie dish with the cooking spray.
2. Unroll the phyllo dough then cover with plastic wrap while you work. Lay 1 sheet on the phyllo on the counter. Lightly mist the phyllo with cooking spray. Set a second sheet of phyllo over the first, rotating it slightly. Mist the second sheet of of phyllo.
3. Use a knife to carefully trim the stack of phyllo into a 12" circle. Discard the scraps. Carefully lift the stack and set into the prepared pie dish, gently pressing the phyllo against the bottom and sides of the dish.
4. Bake the phyllo crust for 10 to 12 minutes, or until it is lightly browned and crisp. Set aside to cool while preparing the filling.
5. In a small saucepan, combine cold water and envelope of gelatin. Set aside for 5 minutes.
6. Set the saucepan over medium and heat, stirring constantly, until the gelatin is dissolved. Set aside to cool slightly.
7. In a large bowl, stir together the pumpkin, yogurt, agave, and four packets of the stevia, the pumpkin pie spice, vanilla extract and salt. Stir in the gelatin mixture, mixing well. Pour the pie filling into the cooked phyllo crust. Chill in the refrigerator for 4 to 6 hours before serving.
8. When ready to serve, prepare the whipped cream. In a small bowl, combine 2 tablespoons of the milk and gelatin. Set aside for 5 minutes.
9. In a small saucepan over medium, combine the remaining milk, coconut nectar and three packets of stevia. With the tip of a small knife, slice open the vanilla bean, then scrape the seeds into the pot. Discard the vanilla pod. Bring the mixture to a simmer, stirring to dissolve the nectar. Add the gelatin mixture to the hot milk and whisk to dissolve. Pour the mixture into a medium stainless steel bowl or the bowl of a stand mixer.
10. Place a larger bowl half-filled with ice water beneath the bowl of milk mixture (if using a stand mixer, put small zip=close bags of ice around the bottom of the mixer bowl). Beat the milk mixture with the whisk attachment on high for 8 to 10 minutes, or until the mixture is thickened to a shipped cream consistency. The volume of the mixture will grow as it cools and whips.
11. To serve, cut the pie into 10 wedges. Spoon 2 tablespoons of the whipped cream over each pie wedge.



Note: This pie can be made up to one day ahead. The whipped cream is best serve immediately, but it can be covered and chilled in the refrigerator. To bring the whipped cream back to the original creaminess after chilling, place the bowl of whipped cream in a larger bowl half-filled with ice water and beat with the whisk attachment of an electric mixer on high until nice and creamy, 3 to 4 minutes. It will lose volume first but then grow again as you beat it.

Serves 10

Phyllo, filo, or fillo dough is paper-thin sheets of [unleavened](#) flour dough used for making pastries in [Middle Eastern](#) and [Balkan](#) cuisine

CALORIES IN THANKSGIVING FOOD

Beverages

Apple Cider	1 cup	115
Champagne Punch	6 oz	124
Wine	3.5 oz	84
Kahlua Sombrier	4 oz	340

Appetizers

Mixed nuts	1 oz	170
Candied Pecans	1 oz.	139
Cheese Ball	1 oz	110
Crackers	5	80
Crudite's	8 oz.	75
Sour Cream & Onion Dip	2 tbls	60
Chex Mix	2/3 cup	130
Stuffed Mushrooms	6 small	386
Deviled Eggs	one	59
Cheese Puffs	one	71
Shrimp with Cocktail Sauce	3	30
Fruit Cup	1/2 cup	70
Sherbet	1/4 cup	55
Pumpkin Soup	8 oz.	70

Salads

Tossed Salad, oil and vinegar	10 oz	75
Ambrosia Salad	1 cup	183
Molded Jello Salad	1/2 cup	103

Main Course

Dinner Roll	1 small	87
Butter	1 pat	36
Cheesy Corn Bread	2x2	96
Turkey, roasted white meat	4 oz	180
Turkey, roasted dark meat	4 oz	323
Turkey gravy	1/4 cup	50
Stuffing	1/2 cup	190
Mashed Potatoes	1 cup	190
Candied Yams	1/2 cup	210
Sweet Potato Casserole	3/4 cup	624
Honey Glazed Carrots	1/2 cup	45
Green Beans Almondine	1/2 cup	220
Green Beans Casserole	1/2 cup	75
Peas and Pearl Onions	1/2 cup	40
Jellied Cranberry Sauce	1/4 cup	110
Cranberry relish	1/2 cup	110

Dessert

Pumpkin Pie	1 slice	316
Apple Pie	1 slice	411
Pecan Pie	1 slice	503
Vanilla Ice Cream	1/2 cup	145
Pumpkin Roll with Cream Filling	1 round	306
Chocolate Cream Pie	1 slice	535
Baked Apple	1 apple	182
Tee, brewed	8 oz	2
Coffee, black	10 oz	5
Coffee with cream and sugar	10 oz	120
Coffee with Irish Cream and Sugar	10 oz	186

The numbers are derived from Calorie Count's database of 106,000 foods and ingredients, and from the 278,000 recipes entered by our members over time. If your particular food is not in the database but you have a food label, you can enter it using the "add it here" link at the Food Log section of your

