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Life Without Limits

DR. BRIAN GLUCK

Emotional Eating vs. Physical Hunger

It is often so hard to distinguish between emotional eating and physical hunger. This is a recap of a great article printed in the Obesity Help magazine in September.

Emotional eating often means you crave a certain food and will not be satisfied with anything but that food. You are open to a variety of food choices with physical hunger.

Emotional eating can be sudden while physical hunger may be gradual. You may become anxious with emotional eating and must have the food immediately.

You don't feel satisfied with emotional eating-it continues for a longer period of time. You miss the sense of satiety with emotional eating and keep eating.

Emotional eating comes with regret and embarrassment. You tend to degrade yourself afterwards.

When physical hunger is satisfied you are empowered. You feel good about yourself and acknowledge that food is one way of taking care of your health.

Emotional eating is real. Here are some tips to cope:

- Become more aware-when the desire occurs, stop and take a deep breath. Focus on the cause.
- Identify the trigger. Where or when does it occur? Who might you encounter before?
- Identify healthy ways to cope. What makes you feel good-a book, chat with a friend, walk, craft. How can you remove yourself from the situation?

For the complete original article, visit <http://www.obesityhelp.com/forums/amos/Voice-Of-Emotional-Eating.html>

Get Moving!



We are trialing individual appointments instead of group classes at the HEART Center. Josh Green is our exercise physiologist. He is available to all patients through the first year after their surgery. We encourage you to take advantage of his services. He can help you create a fitness plan that works for you, whether that be at the HEART Center, home, or another facility. Contact Josh at greenjf@trinity-health.org or call 231-672-3648.



Sara is enjoying dressing up so much more one year after her surgery!



Nutrition News:

Crock Pot Cooking

All of us would jump at the chance to have a healthy dinner ready when we get home. We'd get even more excited if there were few dishes and it didn't cost too much. Your crock pot can make this a reality.

Crock pot cooking is a great way to cook inexpensive, leaner cuts of meats. Beef chuck eye roast, blade steak, flank steak, and steak tips are good to look for. Pork chops, shoulder, and butt roast work well too. If using poultry, it is best to cook along with a 'wet' ingredient like tomatoes or sauces.

The veggies you use add moisture and keep the meat tender. Be sure they are cut to uniform sizes for even cooking. Firm veggies work best—onions, potatoes, carrots, beets, and other root vegetables.

Soups and stews work well too. Add any quinoa or beans in the last 30 minutes of cooking. Canned beans

are ideal for quickness. Dry beans would need to be pre-soaked and cooked.

Crock pot cooking doesn't require much liquid. When adapting a recipe for the crock pot, reduce the liquid by at least half. Water, broth, stock, and vegetable juices are good choices. A good rule of thumb is about 1/2 cup liquid for a roast.

These basic steps help make a tasty meal. Trim visible fat from meat. Put firm veggies on bottom, then meat, surround meat with any extra veggies, add any canned ingredients or liquids next. Herbs and spices go last. Put the top on and don't peak—removing the lid leads to dry meat!

In about 8-10 hours of hands-off cooking you have a hot meal of protein and veggies!

Fill your crock pot 2/3 full—filling it too full leads to longer cooking times



Support You!

General Support Group:

- * At Mercy Health Partners, Sherman Campus in Conference Rooms A,B,C
- * Time : Mondays @ 615pm
- Dates: October 8th: Pouch Rules; November 5th-Holiday Hints; December 3rd-Resilient Resolutions

Morning General Support Group:

- * Friday Mornings @ 10:00am at Dr. Gluck's Office
- Dates: November 9th; No Group in December

Out of Town Support Groups

- Hart/Pentwater Group:** Meets 4th Tuesday of the month. Contact Janice Denby (231) 845-7126 or Caroline Denlar (231) – 869-2561
- Newberry Group:** Meets first Tuesday of the month at Helen Newberry Joy Hospital. Contact Barbara Carpenter (906)-293-3538.
- Scottville Group:** West Shore Community College; Contacts: Mary (231) 464-5567; Jenny (231) 464-7141 or Cathy (231) 843-1432
- Holland Group:** Contact Karen Bryant at (616) 396-1907 x 274
- Cadillac Group:** Starting soon. Monthly. Contact Kathleen (231) 878-1897

Year and Beyond Support Group

- * For patients 1 year or longer out from surgery
- Mondays @ 6:00pm at Dr. Gluck's Office
- Dates: October 29th, November 26th
- No group in December.

Back on Track Class

- * For those >1 year out from surgery who would like a "refresher" course or guidance in recommitting to a healthy lifestyle .
- * Offered once a month and scheduled by appointment, please call 231-737-8446.

OFFICE UPDATES AND FAST FACTS

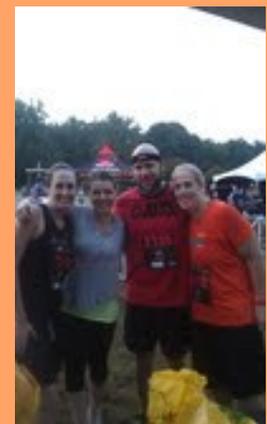


Visit our website www.drbriangluck.com and check out the patient testimonials. Even better, share yours!

New Food Products: we now have Protidiet Protein Crisps—individual packets of white cheddar, barbecue, or chipotle snacks with 15g protein each.

Our office will be transitioning to electronic medical records this fall. Please be patient as we learn this new system.

A friendly reminder to get your labs drawn as ordered prior to appointments. This helps us help you best! If you lose your lab slip, call us for a new one.



Carrie is on the right—5 years post op and another adventure race completed!

Patient Spotlight: David Ramones

David had his sleeve surgery in September 2011. He has since lost over 200 pounds. The following are excerpts from his account of his weight loss journey.

Backstory:

David had been obese during most of his school years and wasn't bothered by the weight like others may have been. It was during his college years that his family and physician became more vocal about his weight. It wasn't until he graduated college, that he began to consider his weight and its impact on his life. Only in his early 20's, he already had diabetes, sleep apnea, joint pain, and lymphedema. He had reached 518 pounds and wore size 60 pants.

Post-Surgery:

By 3 months post-op, David lost 70 pounds and worked out 5 days weekly with cardio and weights.

At 6 months post-op, David was down 114 pounds and finally conceded to buying new pants due to his "MC Hammer complex!". He began commuting by bicycle to work, riding 12.5 miles round trip.

By 9 months post-op, David hit his goal for his 25th birthday of losing 200#! He celebrated with new clothes, a FitBit tracker to count his steps, and a new Trek bicycle!

As of now, David has ridden close to 300 miles on his bicycle since Spring and plans to double that next year! We wish him the best as he seeks his target weight of 225# by April 2013!

David shares these thoughts on physical activity:

"It's an exciting time to be active and fit with so many tools are our disposal-smartphone apps, pedometers that like with all kinds of technology, everywhere I turn it's a new tool being developed or released that I want to try and maybe work into my formula. Communities are another powerful too to add to your support system. [Www.reddiet.com/r/loseit](http://www.reddiet.com/r/loseit) has become a place I frequent. I make every attempt to log what I eat and my activity on www.myfitnesspal.com. I track my bicycle routes on www.mapmyride.com."

David at 3 months post op



David in September 2012-down over 200#!



David enjoys playing disc golf now. He can be found on local courses in McGraft Park, Whitehall, Mullally, and Ross Park. David shares this website for finding courses: <http://goo.gl/chkWG>.

Celebrate Your Success: For this section we need your help! Please email or drop off any stories/events/milestones you have experienced with your new health so we can highlight in future newsletters. Email: shannonpa@briangluck.com or mail to the office. Thank you!

Healthy Cooking: Crock Pot Recipes

Slow Cooker Beef Stew

2 pounds beef stew meat, cut into 1 inch cubes
1/4 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 clove garlic, minced
1 bay leaf
1 teaspoon paprika
1 teaspoon Worcestershire sauce
1 onion, chopped
1 1/2 cups beef broth
3 potatoes, diced
4 carrots, sliced
1 stalk celery, chopped

Place meat in slow cooker. In a small bowl mix together the flour, salt, and pepper; pour over meat, and stir to coat meat with flour mixture. Stir in the garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, potatoes, carrots, and celery.

Simple Pulled Pork

3# pork shoulder or butt roast, fat trimmed
1/2 cup water

Place both pork and water in crock pot and cook on low 8-10 hours. Remove lid and shred with 2 forks. Remove any excess fat.

Use with small whole wheat tortillas for quesadillas or burritos.
Toss with beans, tomatoes, spices, and lowfat cheese for a tasty mixed dish.

Mix with Kraft Light Barbecue sauce (lower sugar), put on whole wheat thin bun and top with lowfat cole slaw.

Slow Cooker Turkey Chili

1 1/4 pounds lean ground turkey (1 package Jennie-O brand)
1 large onion, chopped
1 garlic clove, minced
1 1/2 cups frozen corn kernels
1 red bell pepper, chopped
1 green bell pepper, chopped
1 (28-oz.) can crushed tomatoes
1 (15-oz.) can black beans, rinsed and drained
1 (8-oz.) can tomato sauce
1 (1.25-oz.) package chili seasoning mix
1/2 teaspoon salt
Toppings: shredded Colby and Monterey Jack cheese blend, finely chopped red onion



Cook first 3 ingredients in a large skillet over medium-high heat, stirring until turkey crumbles and is no longer pink; drain. Spoon mixture into a 5 1/2-qt. slow cooker; stir in corn and next 7 ingredients until well blended. Cook at HIGH 4 to 5 hours or at LOW 6 to 8 hours. Serve with desired toppings



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