

Hendricks



THE CENTER FOR WEIGHT MANAGEMENT

Winter Newsletter 2013

- Winter Special - Fusilli Pasta \$14
- New Product - Peanut Butter Bar
- Winter Recipe - Endive & Apple Salad

In This Issue

- Stop Being A Yo-Yo! - Download article on our website today.
- Supplement for Excess Sugar Intake

Always Have A Plan During The Holidays

1. **Nibble – Don't Gobble!** Be conscience of how much and how fast you eat.
2. **Be a guest for dinner.** This way you are not tempted with leftovers.
3. **When you are the host.** Send the high sugar, high carb leftovers home with your guests or do the unspeakable (throw them out.) Better yet, prepare healthier dishes for everyone.
4. **Limit yourself to one plate full.** Wherever you are, wherever you go, the one plate rule is a must (no super-sized plates allowed).
5. **Always start a meal with a salad.** It will be difficult to overindulge when you have satisfied that immediate hunger.
6. **Taste the good stuff.** Add a small serving of your favorite holiday dishes to your plate so you won't feel deprived, but only if you feel in control.
7. **Alcohol.** If you drink an alcoholic beverage, for every glass, have a glass of water.
8. **Walk.** Go for a 15-minute walk before and after each meal; you will burn calories and reduce the risk of after-meal snacking.
9. **Change up your traditional holiday dishes.** Visit our website for holiday recipes.
10. **Keep your exercise plan going full force.** It's a great stress reducer, too.
11. **Keep regular appointments with us.**
12. **Have a protein snack one to two hours before a big event.** It's easier to say no to foods you don't normally eat.
13. **Eat breakfast.** It starts your morning right and keeps you on track for the rest of the day.
14. **Eat out sensibly.** Plan what you will eat before you head out and stick with it.
15. **Wear something snug at the waist during meals.** This will help prevent overindulging.
16. **Reward yourself.** Schedule a massage & pedicure, a day off to just rest and relax, read a good book, watch a movie, or take a bike ride. Buy yourself a present!
17. **Don't skimp on sleep.** Sleep deprivation will not help your weight or health plans, and puts you at risk for illness.
18. **Just say no thank you.** It's OK to say no anytime. Don't over-plan or over-eat.
19. **Carry healthy snacks with you.** Our snack sticks, protein cookies, bars, and savory chips are easy ways to stay on track.
20. **Start a weight loss plan today.** Get a jump-start, back on track, or just maintain your weight loss goal through the holiday season.

Apple & Endive Winter Salad

I just love the winter flavors of fresh, crisp apples, walnuts and endive mixed with some nutty Gorgonzola cheese. Serve it up as a side salad or add some protein for a lunch or dinner meal.

Ingredients:

- For the dressing: 2 T. olive oil, 1 T. white balsamic vinegar and ½ teaspoon dried herb seasoning (Herbs de Provence).
- 3 heads of Endive lettuce (best price at Trader Joe's)
- 1 small red unpeeled apple, diced
- 10 walnut halves, chopped
- ¼ cup gorgonzola or bleu cheese crumbles
- 2 cups of lettuce (Arugula, Romaine, or Butter leaf)



Instructions:

Mix the salad dressing with all the ingredients together except for the lettuce greens. Sprinkle in some salt and pepper to taste. Let the flavors mingle for about 5 minutes; then add the greens and toss.

Paula Hendricks, Nutritionist-C, copyright hfhrecipe11/12



Fusilli Protein Pasta On Sale Thru December!

Fusilli Protein Pasta comes in a box of 7 individually wrapped packages, each containing 20 grams of protein and only 5 grams of net carbs. Download a copy of Skillet Lasagne recipe at our website to enjoy a delicious low-carb comfort food.

Unveiling A New Product! Supreme Peanut Bar

15 gram protein bar for only \$11 per box of 7. We will be sampling these on Saturday, November 30th on our Small Business Saturday Event in our Roseville office. 10% off storewide.*



In The News & Media Dr. Hendricks Receives Award!

Congratulations Dr. Hendricks for receiving another award from the American Society of Bariatric Physicians. In October, 2013, at the annual meeting in Phoenix, he was honored with the Raymond E. Dietz Award, which recognizes an individual who has made continuing contributions to the Society as did the award's namesake who was one of the pioneers of the organization.

Happy Holidays Dear Friends!

From all of us @Hendricks For Health!
Ed, Paula, Lana, Suzanne, Arleta, Molly, Ruth, Sandy, Cheryl, Mia, Jenice, Rachel, Yelena, Sharon & Nancy!



Alpha-Lipoic Acid On Sale Thru December!

ALA, a fatty acid found in every cell, is a powerful antioxidant that helps combat insulin resistance, an inflammatory condition seen in both diabetics and Alzheimer's patients. ALA can be found in spinach, organ meats, broccoli, and Brussels sprouts.

We recommend supplementing with 100-200 mg daily to improve insulin sensitivity, to reduce risk of diabetes, and to retard the risk of developing dementia. ALA is especially important for those who already have diabetes. Ask how much you should be taking.

Alpha Lipoic Acid
100 mg, #60 \$13

