

Hendricks

Summer News 2015

THE CENTER FOR WEIGHT MANAGEMENT



Protein-Style
Burger from
In N' Out!



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Pick a copy of newest recipe "Aubergine Toast." Delicious!

Did Someone Say Road Trip?

by Paula Hendricks, Nutrition Consultant

It is officially summer season and vacation time is in full swing. Whether you are hitting the road, hopping on a plane, or spending time at a vacation home, don't let it slow down your health and fitness efforts. Instead, be prepared to take your regime with you. You may even shed a few pounds, develop a tan, build some muscle and most importantly, get some well-deserved R&R. Here are 6 tips and tricks I use while away from home to keep fit.

1. **Go Light.** With airline weight restrictions on luggage, it is important to invest in a pair of fitness shoes that won't tip the scales. I love Merrell and Nike brands, which have great arch support and are stylish, too. If you're heading to Europe, don't bring a white pair or ones that look like you'll be climbing Mt. Everest! Faux pas. Remember to do like the locals do. If they walk everywhere, you should, too.
2. **Tools.** Exercise bands are a great tool to work your muscles and are compact and light-weight for travel. Use the bands to perform a variety of exercises in the privacy of your hotel room or guest room. A jump rope helps pump up your cardio levels and jumping jacks, push-ups, planks and stair climbing are exercises that require no more than your own body weight.
3. **BYOSnacks!** Protein, nuts and other healthy snacks are perfect for a quick breakfast, to promote energy, and save you \$\$\$ and time from hitting the drive-thru or convenience stores. I am preparing for a two-week road trip this month to visit some national parks. This is what my snack pack will contain: protein bars, beef jerky, almonds, peanuts, apples, canned tuna and popcorn. In the cooler: light salami, cheese sticks,

H2O, carrots, Greek yogurt, hard-boiled eggs, and cherry tomatoes. We will stop for an In N' Out protein-style burger on occasion, too! I also bring a thermos so I can make coffee in my hotel room for the road to avoid the Starbucks' queue.

4. **I Would Like...** Restaurants are very accommodating and there is no need to get off track from your health goals. Ask about the dish before ordering. Is the sauce sugary? Can substitutes be made? (vegetables instead of rice) Indulge on occasion but not at every meal. I recommend splurging at dinnertime so you will be less likely to overeat during the day. Choose your pleasure. Will it be chips and salsa, bread and butter, a glass of wine, or dessert? Limit yourself.
5. **H2O.** Did you know you could live without food longer than you can live without water? Water is important to consume often, especially during vacation. If you are flying, staying in a dry climate, at high elevation, in the sun or doing a lot of exercise, you will need to keep extra hydrated. Carry a collapsible water bottle with you so you can fill it up as necessary. If you are driving, bring a case or two of water in the car. Always be prepared for the unexpected. Don't ever be caught without water.
6. **Boy Scout Motto.** Be prepared. Pack a First-Aid kit, analgesics, antibiotics, medications, antacids, and some cash. Always carry these items with you when traveling, especially out of the US. Even when in country, it can be difficult to locate, especially at night and you are in need. Of course if you have an immediate need for medical attention, get help.

Now that you have a guideline and hopefully some vacation plans, it is time to enjoy yourself. You work hard and deserve a little R&R. If you gain a little weight, it's not a derailment, just a pit stop - get back on track when you return home. If you stay the same, consider that success. Happy travels. *PH*

"In the beginning....I would say it started the day I was conceived. Everyone in my family seemed to suffer from obesity and it just seemed to get worse as the years went on. You know how you feel when you feel there is no hope, you give up and say "I guess this is the way it will always be." My father had diabetes, and heart disease, had a 5-way bypass, but loved potatoes, rice and bread (we all did!) and even after surgery, couldn't give it up. He died at the age of 72, probably caused by his nutrition. My brother, mom, sister, and I all face these same battles.

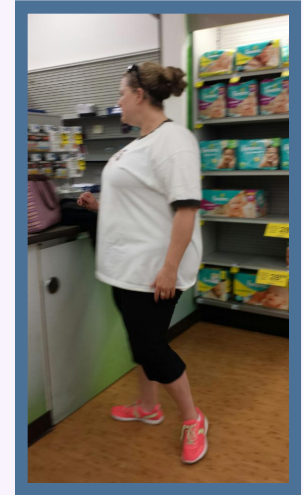


At 30, I weighed 268 lbs, decided to go on the Atkins Diet, dropped 55 lbs and worked out 5 days per week, 3 hours per day! That didn't last.

Ten years later, my sister told me she was seeing Dr. Hendricks and was successful. I remember saying I would try it but deep down inside, I didn't believe it could help. I was 40 and back to 262 lbs.

When I walked into the Roseville office over a year ago to see Dr. Hendricks, I had no idea my life would change as much as it has today.

I feel so lucky to have found this program and group of professionals and finally learn the truth! I have learned that sugar is toxic and how it makes us fat. I have learned how protein affects metabolism positively. I have learned about my body for the first time! To date, I have lost 100 lbs and wearing a size 10!



30 Gram Protein Oatmeal Pancake

This is my go-to breakfast meal of late. Mix one packet each of the 15 gram protein Natural Pancake Mix and 15 gram protein Oatmeal mix flavor together. Add 6 oz of water and a dash of sea salt. In a 10 inch skillet over medium heat, add a tsp of butter, let melt and pour in the batter. Spread evenly over pan. Cook for 3-4 minutes and when set, flip and cook another 2-3 minutes. Transfer to a plate, add another teaspoon butter and some Truvia sugar flavoring if desired. Enjoy!



Sumer Supplement Specials!

Take advantage of these four popular Life Extension supplements on sale through the end of July.

- **Acetyl L-Carnitine 500 mg #100 for \$42** Regular price \$48
Helps with sugar cravings, improves fat burning, and promotes healthy cognitive function
- **Super Carnosine 500 mg #60 for \$50** Regular price \$60
Super antioxidant that promotes mental alertness and improves cognition and muscle mass as we age
- **Conjugated Linoleic Acid 1000 mg #120 for \$28** Regular price \$35
Helps decrease the absorption of sugar and fat into cells (improves abdominal fat loss) and improves insulin sensitivity
- **Super Omega-3 Essential Fatty Acids 1000 mg #120 for \$26** Regular price \$32
Supports healthy brain and memory functions, helps reduce risk of coronary heart disease, improves skin and hair

