

Hendricks

Summer Newsletter 2014

THE CENTER FOR WEIGHT MANAGEMENT



IN THIS ISSUE

* **Good Food is Good Medicine.** Learn how to **Eat Right** for your health.

* Congratulations to **Sandy!** Check out how well she is doing on her **weight loss journey** with us.

* **Recipe - Strawberry Summer Salad.**

* **New Product! P28 Peanut spread in 2 flavors: White Chocolate and Signature Blend. Delicious!**

*

Good Food is Good Medicine

by Paula Hendricks, Nutrition Consultant

In today's fast-paced life, most of us find it difficult to prepare meals for optimal health and all too often resort to convenience foods. Unfortunately, these foods are often high in sugars but somehow lure us into believing there really is some nutrition within, with slogans on packaging such as "Contains healthy nuts" or "High in Vitamin D." The food may contain nuts but sugar or its evil twin, high fructose corn syrup, is typically one of the main ingredients.

Most of us know that consuming sugary foods is a sure-fire way to set our bodies on a path for weight gain and development of chronic illnesses such as heart disease, diabetes, cancers, and a host of others. New research is published everyday reporting that poor nutrition leads to degenerative diseases and a shorter lifespan.

In short, we eat too many foods with too many carbohydrates, which are slowly killing us. Did you know that eating sugar and high glycemic carbohydrates affect the same part of the brain that cocaine and other addicting drugs do? Sugar is addicting and has been playing a major role in the decline of our health for decades now. The numbers are

staggering. One-third of Americans are obese; another third overweight. Some 26 million Americans have Type 2 diabetes; an additional 79 million are pre-diabetic. With these numbers escalating, children today have a good chance of becoming the first generation of Americans to die at younger ages than their parents. This is a sobering thought.

How can we begin to reverse this disastrous trend? We know we should eat less and exercise more. We know sugar is bad for us and that if we had more time in the day to shop and prepare wholesome foods, it would be easier. If only we weren't overwhelmed with life's responsibilities. Perhaps if we could become less overworked, less sleep-deprived, and less stressed-out, it would be easier. Perhaps.

For many of us though, choosing what to eat is an emotional decision and often based on an addictive or impulsive action. Making the right choice is not as easy as it seems; if it were, we would likely not have an obesity epidemic. Perhaps by staying away from the white stuff, (addicting sugars, cereals, breads, and grains), we could gain better control of our behavior. It would be worth the effort, because sugar is slowly killing us.



Most of you have met Sandy. She is that tall, friendly, and quite spunky gal who helps patients at both the Sacramento and Roseville offices. Sandy always has a smile on her face and is ready to hand out tips whenever a patient needs some. She is good at it, too. Sandy has been an inspiration to many because she understands what its like to struggle with obesity.

For most of her life, Sandy remembers being a “big girl” and constantly worrying about it. Today she isn’t that “big girl” anymore. For the last 5 years, Sandy has worked the program at Hendricks for Health and reached her goal weight two years ago and this year achieved a body fat of 23%! Sandy is truly a motivator for both her family and others who are trying to lose weight and get healthy.

Congratulations Sandy! You are an inspiration.

Sandy in 2009 before she lost 60+ pounds!



New Product! We are excited to offer P28 Signature Peanut and White Chocolate flavored protein spreads to our patients. Each serving contains 1 protein and 2 fat requirements on any of the Key Diets. 14 protein servings per container for only \$16. Recipes: 1. Mix one mocha protein, 2 T. of White Chocolate Spread, 10 oz water and ice in a blender for a delicious protein meal on a warm summer day. 2. Spread 2 T. of Signature Blend on a cooked natural flavored protein pancake for breakfast. 3. Grab a package of Cinnamon Toast Pretzels and dip into a serving of either P28 flavor. Yummy protein snack!



Strawberry Summer Salad with Grilled Chicken - Serves 4

Pick up some strawberries from your local fresh fruit stand and prepare this refreshing summer salad. With super foods such as avocados, walnuts, spinach and strawberries, you will feel good serving this up to your family and friends. Enjoy!

Pick up a recipe copy in the office or download from our website

(continued from front side)

In fact, the American Medical Association recently classified obesity as a disease. It is no longer considered a “lazy” condition, a mere lack of willpower, or a self-help disease. And for those who need medical advice, there are professionals in the community who specialize in nutrition and obesity medicine.

It’s time to think of food as medicine. Imagine that you could make a difference in your own health by learning and choosing to eat quality foods, both at home and away. Many establishments today cater to their customers who would like more options and you will find that most will accommodate to your needs. You just have to ask. Good food is good medicine. Happy and healthy eating.