Hendricks

Fall Newsletter 2014

THE CENTER FOR WEIGHT MANAGEMENT

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Vanilla & Chocolate Ready-to-Drinks on Sale!!! **$17.99 per 6-pack** (through October)

Go Natural

by Paula Hendricks, Nutrition Consultant

Have you ever purchased a packaged food because the label stated it was *all natural* or *contains 100% of your daily vitamins* only to find out you've been deceived? Most likely. You're not alone.

Many people buy foods from the grocery stores based on their enticing labels. Who has time to read the ingredients list? Did you know that high fructose corn syrup can be considered a *natural food* because it is made from corn? Next time you grocery shop, think before you plop that brown bread into your basket – it may be brown because of the added caramel coloring.

Skip the bread. It's time to go natural.

Whether cooking at home or dining out, it is quite easy to prepare and choose natural foods. Head to the produce section, pick up some leafy green spinach rich in iron and beta-carotene. Add some fiber-rich raspberries and a handful of heart-healthy walnuts for a delicious natural salad tossed with olive oil and some fresh lemon juice. Add a delicious serving of wild caught salmon or a juicy chicken breast seasoned with rosemary from your garden. Voila! You have created a simple, good-for-you meal in no time at all.

For a healthy natural breakfast, saute three eggs, sunny-side up, and toss some cheese, Canadian bacon and fresh arugula lettuce on top. Enjoy it with a nice steaming cup of java, or green tea if you prefer. Don't have time? Get out the blender and throw in a cup or more of protein-rich Fage brand plain Greek yogurt. Add some almond butter, a couple strawberries and blend. Get creative – add some fresh spinach leaves. Done! You have created a quick, healthy and *natural* smoothie to go.

Shopping for fresh foods, the cooking process, the presentation, and sharing a meal in a restaurant can be life's little pleasures. Cherish the moments, the nourishment for your body, the companionship with friends and family, and the celebration of life.

PH

Jenice is our petite, friendly, and whirlwind Medical Assistant who has been helping patients in both the Sacramento and Roseville offices for over 15 years. Now that's dedication! Personally, Jenice understands what dedication means to her health as well.

After 3 kids and school, Jenice found herself shocked when she stepped on the scale 75 lbs. heavier than she ever thought possible at only 5'1" tall. She lost some of her weight through another doctor before she began working for us but was fearful she would gain it all back.

"I would put my kids in bed, leash my dog, and get 20 minutes to myself to walk. "It was difficult. I was motivated but fearful that if I ate more than just a little, it would all come back." In '98 she began working for us, had gained some of her weight back, and we put her on our program and the weight came right back off. For 10 years, Jenice kept 75 lbs. off her petite frame.

A few years ago, Jenice went through some life changes, gained almost 50 lbs. back, until one day she stopped. "Why? I know what to do, how it all works- I have no excuses anymore. Thanks to my co-worker Sandy, I began walking again at lunchtime. She told me that soon I would be running. I laughed! I would never run." Soon they were running every other block all the way around the Capitol and back, then it was 8 flights of stairs in the parking garage, 3-4 times each. Jenice was back on the program, exercising again and the weight came back off. Next, Sandy and Jenice trained for a 5K run at Squaw Mountain in Tahoe, a 2000 ft. incline. The goal? To finish; not first and not last. Which they both did!

Congratulations Jenice - you are amazing! Thank you Sandy for helping Jenice achieve success again.

Spinach Smoothie - It's What's Trending!

I know what you're thinking... "Vanilla and spinach? No thanks!"

Don't knock it until you've tried it, Suz. It is really refreshing, not too sweet, and oh so yummy.

Directions: Add to a blender one Vanilla RTD (Ready-to-Drink), 1 cup Fage plain greek yogurt, 1 cup spinach, and 5-6 ice cubes.

Blend. Add a packet of Truvia, or other sweetener, and couple raspberries, if you like. Try kale in place of spinach (I wouldn't).

30+ grams of protein in this shake.

BTW, RTDs R ON $ALE

ZUCCHINI TIME! Tired of trying to find a way to eat that overabundance of zucchini from your garden or from the neighbors who keep giving you their excess? Don't make zucchini bread! Just because you throw some vegetables into a bread doesn't make it healthy or negate the sugar and flour thats keep it all together.

Create a delicious salad using fresh zucchini and lemon juice (or white balsamic vinegar) and olive oil. Top with goat or parmesan cheese and sprinkle with salt and pepper. I like to cut the zucchini into matchsticks size or in ribbons with my vegetable peeler.