

Mindful eating

Our eating is often not determined by hunger, or satiety, but by other people, events and emotions. These factors can affect portion size, food choice and eating behaviours. In this way you may be giving away control over your eating. However, by learning some simple techniques, you can start to get it back.

This can begin with the basic mindful bite.

You can use this technique with any solid food.

1. As you bring food to your mouth, slow down and become aware of your movements.
2. Once the food is in your mouth, clear your hands. Put silverware or remaining food down.
3. Chew this bite with your mind in laser-sharp focus on the process. Concentrate on the taste of the food and the act of eating. Don't do anything else while you're chewing. Simply chew and pay attention.
4. Keep chewing until the food is uniformly smooth. Use this consistency of the food as a signal to swallow.
5. After you swallow, but before you bring more food to your mouth, rest for a few seconds, thereby inserting a pause into your eating.

Over the coming months we will add new skills and ideas to this, to help you become a more mindful eater. We hope you enjoy this month's edition.

We would also like to acknowledge the people of Christchurch at this time, and all those affected by the earthquake. To any of you affected by this in any way, our thoughts are with you.

Kind Regards
The SOS Banding Teams



**SURGICAL
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Weight Loss Surgery meet and greet feedback

See the photos at:

<http://www.facebook.com/pages/WLS-Meet-Greet-2010-New-Zealand/101188323264552?v=photo&ref=ts>

Message from Janine:

I would like to thank everyone for attending and making it a wonderful weekend. Special thanks to Maree Gibson for doing a fabulous job of MCing the event. Everyone who spoke and shared some of their own journeys. The sponsors and vendors for helping make it happen. We got a lot of great suggestions for next year, and in our first year we had more numbers than they did at the first one in Las Vegas!!!! Looking forward we will be setting up a National Organisation that provides support and resources for the WLS community so if you want to become a part of that contact me on janinehallowell@xtra.co.nz or phone me on 06 3582247 or 027 3346748. Once again thanks to everyone who attended, what a fabulous weekend we all had.

To stay up to date with future events visit:

<http://www.weightlossurgery.co.nz/>

Satisfaction is the absence of hunger. Fullness means you've overstretched your stomach. Whenever you feel full, you've eaten too much.

Amanda Clark - Dietitian

Emergency deflation video

Another reminder that this has been added to our website, in case you missed our previous issue. The video is intended to be used to assist medical professionals who are unfamiliar with Lapband deflations in case of emergency.

The video is posted on our website www.obesitysurgerywellington.co.nz and can be found by selecting the "Contact Us" tab and following the "Emergency Assistance for medical professionals" link. If at all possible, please always make SOS your first port of call for band-related assistance.

SOS Wellington Clothing Library

This is available to all SOS patients. The idea is that you bring along old clothing that no longer fits you and other patients can borrow them free of charge. Anyone can give or take from the rack at any stage. Like all good libraries, the expectation is that if you borrow something, you return it when you no longer need it.

The clothing library hasn't been used a lot lately and if this continues it will be removed. So, to stop this happening, when you are next in the Wellington clinic, bring along any clothes you no longer wear, borrow any you like the look of, and please return them when you no longer need them.



Habit is habit and not to be flung out of the window by any man, but coaxed downstairs a step at a time.

Mark Twain

Physiotherapists

All SOS patients are entitled to a session with our physiotherapists in either Hamilton or Wellington – have you had yours? Our physios are Lucy Catherwood in Wellington or one of the team at Advanced Physio in Hamilton.

They will work with you to create a tailored, individual exercise programme, set at your own level, to assist with your weight loss and goals for better health. Call your SOS clinic to make an appointment.

Also, watch out for Lucy's Exercise Tip-of-the-Month in future editions of this newsletter.



Samantha's Story

Name: Sam Edwards

Operation: Lap Band

Length of time post surgery: 9 months

I have always been bigger than everyone else, and never felt comfortable in my surroundings. I have tried all the different types of programs and diets on offer. Everything worked for a little bit, but a month or two into the diet I stopped and I would gain the weight back with a little

extra each time until I ended up at 117kg. About 18 months ago I was diagnosed with depression which was the best thing that could have happened. It led me to a great counsellor who helped me realise what I was doing to myself and how I was distancing me from myself. I didn't want to be me, in fact I wanted to be someone completely different. This process led me to the decision that I was ready to look into having surgery to help gain myself back. I was lucky that I hadn't developed any medical conditions regarding my physical health but I didn't want to wait until there was. I was approaching 30 and I didn't want this weight to hold me back any more, I wanted to start living and not feel ashamed or embarrassed to go out in public. I wanted to be happy, to be me.

I knew the operation wouldn't be a magic solution but I hoped that it would make life easier and enable me to get



my eating under control so I could become that person that I wanted to be and lose the weight. Since the operation I haven't looked back, I am the happiest I have been in a long time and am glad that I have

the band. I have had to adjust my weight loss expectations for reality and feel much better about it. So where I am now, 9 months post op, I am feeling really good, happy and am not looking back.

The weight loss part of my journey hasn't gone as quickly as I had hoped. You go into this with expectations of being able to lose about a kilo a week, or at least I did. I exercise daily and eat the right kinds of food most of the time. I am not perfect and would be lying if I said that my diet was perfect and that I don't have any of the foods that I shouldn't have. But with time I have learnt to lessen these types of food and allow them into my life in a controlled manner. It hasn't been easy as I have been at home by myself, and old habits are just waiting to sneak back into your routine.

It takes time to get to the point where you can have control over things, the band didn't magically make me not want to eat those types of foods. But what the band did do was make the decision not to eat easier. It was like for the first time I was making the decision and not my stomach. I had to do that part myself and if you want any tips I would say to you to do it by eliminating one thing at a time, don't try to do it all at once. One of the tricks is to start by not having it sitting around the house, when you go out don't take money with you if you can help it

and don't go down those aisles at the supermarket. As it gets easier, and it will, you won't have to worry as much but you will always have to be careful as it won't take much for you to justify it to yourself.



I now finally have control over my life. I exercise every day with my dog Evie and I enjoy it. She has made it a lot easier to exercise everyday, knowing that someone is relying on you to give them exercise and enjoyment gives you that kick start that you need some days.

I have now come to the realisation, with the help of my counsellor that I am on a journey and the weight loss is only part of my journey. The mental part of my journey has come a long way and I now know that this is a marathon and not a sprint and if it takes longer to lose the weight than I had hoped that is ok.

I wouldn't do anything differently. I highly recommend seeing a counsellor before and after your operation so you can understand and correct the mental issues that got you to where you are. I wouldn't be where I am without that help and support. Also don't be disappointed if things aren't going as you had hoped. Stop and see if these goals you have set for yourself are realistic for you. You can't set goals for yourself based on what others are doing, that may be one of the reasons that got you into trouble in the first place.

One of the most important things that you need to do is to learn to like or even love yourself again and accept that this is who you are. I am much more happy now that I have learnt to accept myself the way I am and to look forward to who I am becoming on the outside. I am nearly half way on my journey to lose 50kg of excess weight and am the happiest I have been in a long, long time.

Where Are We...

Feel free to visit or contact us any at time

Wellington:

242 Thorndon Quay, First Floor, above
iRide Cycle Store

Ph: 04 473 6887, Fax: 04 473 6883

Email: wellingtonbanding@xtra.co.nz

Hamilton

36 Grey Street, Hamilton

Ph: 07 859 0185, Fax: 07 859 0187

Email: dschroeder@wave.co.nz