



Surgical Obesity Services

Bob Henderson's Story...

Next Christchurch clinic:
Saturday 25th June 2011



2009 = 130 kg

It has been 18 months since my operation and looking back I wouldn't change anything about my journey because I did not have a choice. I had multiple health problems related to my health and I was exhausted.

It all started in February 2009, at that time I was 141kg and having all

sorts of problems. I was told if I don't do anything about my weight I might not be here in 12 months time. I had to do something! My doctor put me in touch with David and his team in Hamilton. On the 3rd June I started my pre-op diet and my journey to a new life and at that stage I was 130 kg.

From the start I had the support of my partner, David and his team, my doctor, family and friends. They have all supported me throughout this time. It has been amazing, I have the tools and motivation to do things right and to achieve my goals.

I am now 87kg. A weight which I am comfortable with. Activity is so much easier, I am no longer short of breath or have those health problems that were going to get worse over time and I have come off some of my health problem related

medication. Today I look at my life and I am happy with where it is at. There are some things that I still have to deal with, but we will have these and I am working hard to overcome my fears.

I would recommend this operation to anyone as it has changed my life so much. David and his team are also on hand if I need to ask for their advice and also have been a great help.

David held a meeting in New Plymouth recently and I went along as a support person but as it turned out I got to learn more about what causes my problems and a better understanding of my body. I am now starting a new journey with my niece who has had the same operation as myself. I am looking forward to supporting her through her journey. I am also looking forward to my 60th birthday party later in the year and want to get back into singing which I enjoy very much. I can also now have quality time with my grand-children and do the things I never used to be able to do. I am a truck driver doing crude oil and noticed even in my truck that I have so much more room behind the steering-wheel now that I have lost the weight I don't wear holes in my jerseys any more and it is so much easier to get in and out of the cab. Don't be afraid to start a new life as there is so much to enjoy. - Bob



2011 = 87 kg

STOP SUGAR IN HOT DRINKS! Over the last few months I have noticed that people have started to add sugar back into their hot drinks. If this is you, please stop or switch to an **artificial sweetener**. Each teaspoon of sugar has 16 calories and this quickly adds up during the day. There are many great sweeteners now,

Splenda is great and there is also a natural sweetener that we do not absorb, its called **Stevia**, health food shops stock this product. Add these to your hot drinks if you like a bit of sweetness, but STOP the real sugar, it is not worth it!

Also, I have noticed that people think that mochaccinos or hot chocolates are a type of coffee, these drinks are full of sugar and calories, STOP having these now.



Struggling with HUNGER? Delay your meals!

Try delaying your meals, often we are not hungry early in the morning, so there is no need to eat at this time. Have your breakfast between 9am-11am, this will reduce the drive to snack mid-morning and will also create a delayed lunch. Lunch will typically be at 2pm, making you less hungry at the danger time of 3-5pm. This is a great way to reduce hunger and reduce snacking. Remember, to always have 3 meals a day and to keep each meal 1/2 protein!



Eat Me competition:

This month I asked for **healthy children's snacks for after school**. The winner is Madeleine and she will get a free protein powder, have a look at all the great ideas below



-**Ants on a branch:** celery stick filled with peanut butter with a row of raisins on top.

-**Ants on the moon:** rice cake or corned thin topped with peanut butter and dotted with a few raisins on top.

- **Deviled Eggs:** hard boil 1 egg per child, shell, cool and slice in half. Mash the yolks with a little natural yoghurt and a pinch of curry powder and some finely chopped parsley - spoon back into the egg whites - Madeleine

-**Fruit kebabs:** The kids like the variety and you can dip these in some lite yoghurt. As a very occasional treat you could stick one marshmallow in the middle - Deborah

-**Carrots/celery** sliced or rice crackers dipped in hummus or pesto (spinach and feta).

-**Protein smoothie:** trim milk, lite yoghurt, small fruit and 1 scoop of protein powder.

-Cruskits: with slices of ham and tomato or peanut butter and banana / marmite and cheese / egg and tomato).

-**Weight watcher jelly**

-**Soup:** In winter we usually have a pot of chicken or beef soup going so a cup of that and some toast - Kelly

Microwave Poppadoms with Homemade Tabouleh

Tabouleh

1/2 cup finely chopped parsley

1 cup diced tomato

1/2 cup chopped cucumber (seeds removed)

1 small finely chopped red onion

1/2 tsp lemon juice

1/2 clove finely grated fresh garlic

cracked pepper and salt to taste

1 Tbsp olive oil (you can use as much oil as you like, or none at all)

1/2 cup bulghur wheat (Optional Most kids still need some carbs)

Stir ingredients together and serve when ready.

Next month I would like some tricks on how to make chicken more tender and edible in the early stages of post-op and with winner will get a free protein powder

You can get free protein powder samples from www.eatme.net.nz



Having trouble getting yourself organised for lunch?

Many people struggle to prepare lunch for themselves in the morning and the end result is skipping lunch or buying lunch. Neither of these options result in helping you lose weight. An easy way to get organised is to make up a '**cruskit container**' and keep it at work in the fridge. Get a BIG 'click-klack' container, put in a packet of cruskits, then some animal proteins: tuna, salmon, chop chop chicken, deli meats, boiled eggs, then some protein spreads: edam cheese, extra lite cream cheese, lite cottage cheese, hummus, pate, then some veggies: tomato, cucumber. Other fun toppings include olives, sun-dried tomatoes, feta cheese and capers. You can be as fancy or plain as you like. Just remember to have 3 x proteins on top with at least 1 x



animal protein. At the end of the week, look at what you have used, replace this over the weekend and start over again. There are count less combinations so you will not get bored. However, if you choose to bring something else for lunch that particular day, the cruskits will keep well in the fridge ready for you the next day.



Cannellini, broccoli, shrimp and ricotta dumplings By Mary Pipe

Ingredients

-415g tin cannellini beans (drained and mashed)

-250g tub ricotta cheese

-100g broccoli florets

-260g tin shrimps (or any leftover finely chopped meat)

-1 egg

-3 tbsp grated parmesan cheese

-pinch of nutmeg (optional)

-flour for dusting

-soya sauce



Method

Blanch the broccoli in salted boiling water for around 5-10 sec and then refresh in a bowl of iced water. Drain the broccoli and finely chop or use the food processor for this).

In a bowl combine the shrimps, ricotta, broccoli, egg, cannellini beans, parmesan, nutmeg, salt and pepper. Roll into walnut sized balls in the flour and shake off the excess.

Refrigerate the balls for around 20 to 40 min until well chilled. Dry fry the dumplings in a non-stick pan for 3-4 mins on each side set aside in a warm place.

Serve with soya sauce drizzled over them in a salad or nice with a bowl of soup or casserole. Also makes mini snacks for after school treats.

Makes about 50 dumplings.

These freeze well but need to be thawed before cooking.

If you are struggling to stay on track, perhaps you have allowed 'bad' foods to creep back in to your environment (your home). Self control at home is very difficult and you can not expect yourself to stay on track if you have all your favourite tempting foods around - so please do yourself a favor and **banish** those foods from your home so that you have more success with keeping yourself on track.