

# Banding in Wellington and Hamilton...

Autumn

Issue Two

## *Time to Refocus.....*

A number of you have been back to our clinics since the Christmas/Holiday break, a testing time in regards to food options and availability. While many of you did confess to slightly over-indulgent behaviour, it was great to see that weight regain was not a major issue for most. Now that the silly season is well behind us and we are settling back into our normal routines, it is important to re-focus on our goals and to leave behind those sabotage habits that may have crept back in. The team have put our heads together and developed some strategies to help you progress on with your journey;

1. Don't beat your self up – move forward from the holiday period. Think back to this time after last Christmas, your weight loss may have slowed but it will still be an improvement on last year's weight.
2. Re-visit your initial goals – Are these goals still relevant? If so how close are you to achieving these goals and what do you need to change in order to succeed? If your initial goals are no longer relevant, make new goals and set out clear strategies on how to achieve them.
3. Plan – now that you have settled back into your routine, plan your week. Think about your meals for each week, and what you will have as a contingency or 'plan B', if need be. Also factor in time for exercise
4. Re-visit eating behaviours – Dig out your Great Food Ideas plate model, re-read the prompts around the side and take time to focus on your eating (chopping and chewing)

We hope you enjoy this edition.

Kind Regards  
The SOS Banding Teams



## **Clothing Library**

After a late start to summer, autumn is all but too close. With a change in season comes the dilemma – “what to wear, all of my old clothes no longer fit”. Some great feedback received from our last newsletter was the idea of starting a clothing rack. Our spin on this is the ‘Clothing Library’. Bring your old clothing that no longer fit in to the Wellington Clinic and other patients can take it free of charge. Anyone can give or take from the rack at any stage. At present our rack is looking somewhat bare, it would be fantastic to build on this, so get digging in the back of your closets and you might just be surprised at how much you have to give.



*'You don't  
drown by falling in the water, you drown by  
staying there'*

## David's Bit...

As we have talked at the initial interview, many of you asked very valid questions that I couldn't answer: "My husband eats more than me but is stick thin. Why isn't he fat?", "My friend loves food as much as me but isn't overweight" and even "But food doesn't do it for me. I'm just hungry!". During the Christmas break I read a very useful book that answered these questions and explained a whole lot of what happens after surgery.

We have all seen the equation: Change in body fat = energy in- energy out

Since we saw a rising fat mass, people assumed that they ate too much or exercised too little. No-one looked at the body fat side of the equation and asked "Could a problem with fat stores drive you to eat more and stop you from exercising"- a radical thought! But it bears looking at: the normal fat cell is working all the time. Straight after a meal it takes up fat and sugar and stores it, but two hours later, when the meal has been digested, it is meant to reverse the flow and put it all back out into the circulation to be used by the body until the next meal. And when our weight is stable, it does that. But what would happen if the fat cell didn't give up its stores? The brain would think that the body had no stores, would still want food, so would make you eat again. What hormone in the body stops fat from delivering? Insulin! What hormone is always raised in big people? Insulin! What is the striking feature of people with complications of obesity? Insulin resistance, so levels of insulin shoot up high, but still aren't enough, so diabetes ensues. The treatment? Insulin! So many of my patients complain of gaining weight as soon as they take

insulin secretion? Sugar and refined carbs.

Now think back to what happened when you were eating normally. When you ate carbs, you often felt hungry 2 hours later, but more than that, because the insulin secretion occurs as you eat the carbs, mopping up the fat and sugar in the blood as you absorb it, you actually feel hungry as you eat, so your brain thinks you need to eat more. So you are able to eat much more when you eat carbs.

The take home message from all this is that even after surgery, carbs will reactivate the hunger and the addiction. Eat all the protein you like and you'll lose weight, but add in carb's and it will stop short.

## Low Carb Example Day Plan

### Breakfast

Egg (scrambled, boiled or poached) with a tin of weight watchers Baked Beans

### Morning Snack

Slice of Edam cheese

### Lunch:

Grilled chicken salad

### Afternoon Snack:

Piece of shaved ham or chicken

### Dinner:

Beef Kebabs with stir fried vegetables



not, food was my driver, I topped the

## Jeffery's Story

My journey with excess weight began when I was in my late teens, once I stopped growing up I started growing out, by the time I had reached 25, I was topping the scales at 160kg, while I had always been healthy it was time to do something about it, I had good will power so joining weight watchers and losing weight was a breeze, I lost 50kgs over a year and was on top of the world.

Unfortunately It didn't last and I spent the next 25 years trying various diets, diet pills and gyms, all the time just getting more depressed and bigger, last year my wife and family joined forces and while none of them cared what I looked like, they expressed their concerns about my health, I had a check up and apart from high blood pressure I was still reasonably healthy, but I was told I could no longer put my head in the sand and my good health wouldn't last with my excess weight.

It took a lot of courage and support for me to turn up at the Surgical Obesity information evening, I first had to accept the fact that my weight was out of control and it was time to think about where my life was going. David did the presentation, it was honest, to the point and told me many things I never new, the main one for me was that I was wired differently and whether I accepted it or

I had my surgery in late June, I felt very little discomfort after and for the very first time in my life I woke up in the morning and didn't think "what's for dinner" my life has changed since the operation, it didn't solve all my problems and I never expected it to, but losing weight and feeling positive about myself is huge, I have now lost over 40kgs and its nice to sit down in a chair with out checking to see if it will hold my weight, I no longer worry about food and often have to remind my self to eat something, I exercise most days and find my energy level has really increased, I now enjoy doing things which in the past I could only have dreamed of, I still have a long way to go and I am a realist, but I am confident that with the excellent help and support of David, Andrea and the team I will get to where I need to be, this operation has changed my life for the better and the only regret I have is that I didn't do it earlier.



## Super Food

Hellers Shaved Meat packs – These packets are high in protein and low in fat. With their portion packs, they are an easy, convenient way to add protein to your lunch or dinner meal. Just add to salad or layer on top of crackers. They come in a variety of meat types, including chicken, ham, pastrami, silverside and pork. Look out for them in the deli section of your supermarket.



### Where Are We...

242 Thorndon Quay, First Floor, above Living Edge Furniture Store, Wellington..  
as well as  
36 Grey Street, Hamilton

Please feel free to visit us at any time or contact us by phone 04 473 6887, Fax 04 473 6883, or email [wellingtombanding@xtra.co.nz](mailto:wellingtombanding@xtra.co.nz)  
And phone 07 859 0185, fax 07 859 0187, or email [dschroeder@wave.co.nz](mailto:dschroeder@wave.co.nz) in Hamilton

## Helpful Links

Using the internet to search for weight loss information can be useful, but it can also be confusing at times. We have found a few links that you may find useful;

- To get more ideas for low carbohydrate recipes have a look at [http://simplyrecipes.com/recipes/low\\_carb/](http://simplyrecipes.com/recipes/low_carb/)
- We have found a delicious protein powder that is high in protein, and low in carbohydrate and fat. The Devine Protein Powder range can be order directly from <http://www.rnc.co.nz/afawcs0114033/CATID=3/page=1/DEVINE-PROTEIN.html>. Ask for a sample next time you are in at the clinic.
- If you are keen to get your walking shoes on and you want to track you exercise progress, check out [nz.mapometer.com/en/](http://nz.mapometer.com/en/) This site measures the distance you travel on your walking/ running route. For more ideas and

tips on useful exercises for weight loss, book a free consultation with our physiotherapist, Lucy Cartherwood. Call the office to make an appointment time.

### **Have Your Say**

We would love to involve you in our up and coming newsletters. Please contact use if;

- You would like to share your success story
- You have any recipes or products you enjoy
- You have any tips that have helped you on your journey so far