



The Milestone

November
2008

A point in time, marking a key event or accomplishment

THE MONTHLY E-NEWSLETTER OF OKLAHOMA WEIGHT LOSS OPTIONS • NORMAN, OK

Send in your questions, recipes, comments, or topics of interest!

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MEAL REPLACEMENT UPDATE:

OWLO now carries the Chike Meal Replacements in a 3 pound tub. This is the same product as the single serve shakers in different packaging. The tubs will be sold for \$36.

NEW MEAL REPLACEMENT:

OWLO is proud to announce a new meal replacement called **Baricare by New Directions**. This is perfect for those patients who can't tolerate an 8 ounce Meal Replacement. They can be mixed with 2, 3, or 4 ounces of water. They provide 20g of protein, essential vitamins and minerals, and come in a delicious chocolate flavor. The price for these products is \$21 per box.

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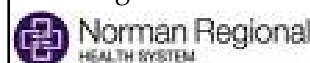
Get your supplements today and meet your protein goal!

OWLO News:

- ◆ OWLO office will be closed for the holidays
November 27th & 28th
December 25th & 26th
January 1st
- ◆ Don't forget about the Clothing Exchange this month on Saturday, November 15th



Oklahoma WEIGHT LOSS OPTions is recognized by the ASMBS as a *Center of Excellence* and is a JCAHO accredited disease specific program in conjunction with Norman Regional Hospital. These two distinctions set OWLO apart from other programs, and require a comprehensive approach to weight loss in addition to the highest level of care to patients.



PATIENT SPOTLIGHT



Our featured patient this month is Dee. Dee had the Lap Band on August 14, 2007.

How much weight have you lost since surgery?
Approximately 40 pounds

Do you meet your protein goal daily?
Most of the time

What are your favorite meal replacements or protein supplements?
Matrix Cookies and Cream

Do you have any health conditions that have improved?
I no longer have high blood pressure

What is your exercise routine?
30 minutes of walking 5 times a week

What is one piece of advice you have for other Bariatric patients?
KEEP A JOURNAL! Every time I slack off keeping my journal, I stop losing weight

Holiday Pumpkin Protein Pudding

Ingredients

1 package (1 oz) Butterscotch Jell-O Sugar Free Instant Pudding
1 cup skim milk
2 scoops Beneprotein® powder
½ c. canned pumpkin
½ tsp. pumpkin pie spice
¼ tsp. cinnamon
1/8 tsp. nutmeg
1/8 teaspoon ginger



Directions

Measure 1 c. cold skim milk
Add 2 scoops Beneprotein® to the one cup of cold milk and mix thoroughly
Using a fork, blend the dry pudding mix and spices in a bowl
Pour in the Beneprotein®/milk mixture
Add ½ cup canned pumpkin
Stir/beat until thoroughly mixed (a wire whisk or mixer works best)
Pour into small container and chill in the fridge

Serving size ½ cup: 114 calories 2.5 g fat 9 g protein 16 g carbohydrates



How to eat well and survive the Holidays



Holidays should be enjoyable! The trick is to be prepared. Don't set yourself up to feel guilty. Allow yourself a small amount of your favorite foods, but limit other foods that aren't your absolute favorite. Keep it balanced and stay in control...here's how.

PLAN AHEAD

Identify your food triggers. Write down before hand what you are going to do to control that food trigger. Practice ahead of time and you will be prepared!

EAT SOMETHING HEALTHY BEFORE YOU GO OUT

Avoid arriving to a party hungry. The social fun and being with others is the focus, not food.

POSITIVE SELF TALK

Using positive self talk can help overcome any temptations or old habits. "I used to ___, but this is the new me, making changes, being honest with myself and doing what I said I would do". Not only will you be proud of yourself, but those around you will smile at your success.

BE THE SLOWEST EATER

Keep your eye on others...be the last to start and the last to finish. You will enjoy the food more (texture, smell, taste and will feel satisfied with less). Focus more on the people you are with.

KEEP A PROPER PERSPECTIVE

If you make a mistake, keep a positive attitude---bounce back! Your reaction to the eating is more important than the eating itself.

Survival Tips:

- Do not take a holiday from your exercise. Continue normal workouts in addition to extra activities like power walking while shopping!!! Take a walk with your family after a meal to help with digestion.
- Volunteer to bring a low fat/low sugar holiday dish!
- Avoid empty calories from alcohol.
- Focus on maintaining your weight instead of losing during the holidays.
- Most of all, DON'T FEEL GUILTY. Long-term weight loss and maintenance is a long-term effort and one day will not "make or break" your weight loss goal. If you "fall off the wagon", there is nothing stopping you from climbing back on!



November 2008



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	3	4	5	6	7	8
				<u>Band Group</u> North Atrium Moore Medical Ctr 6-7 pm		
9	10	11	12	13	14	15
	<u>SG:</u> Church of Christ Ada, OK 5:30-6:30 pm	<u>Bypass Group</u> North Atrium Moore Medical Ctr 6-7 pm		<u>SG:</u> Lane/Atoka Harmony Baptist Church 7-8 pm <u>SG:</u> Lake Overholser Church of Nazarene 6-7 pm		<u>Saturday Band and</u> <u>Bypass Group</u> Norman Regional Hospital Education Center 11am-12pm
16	17	18	19	20	21	22
		<u>SG:</u> Wesleyan Church Enid, OK 7-8 pm		<u>SG:</u> Ft. Smith Public Library 7:00-8:00 pm <u>Band Group</u> North Atrium MMC 6-7 pm		
23	24	25	26	27	28	29
	<u>SG:</u> Ardmore Red Cross Office 6 pm	<u>SG:</u> Madill Hospital 5:30-6:30pm <u>Bypass Group</u> North Atrium MMC 6-7pm		 Happy Thanksgiving	OWLO OFFICE CLOSED	
30						

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November 27th and November 28th
 December 25th and December 26th
 January 1st