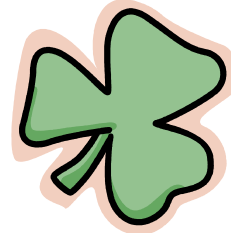


# CENTER FOR COMPREHENSIVE WEIGHT LOSS

CCWL News  
March 2005

## Randy's Success Story.....



Hi, my name is Randy Heilig. I am one year post op and have currently lost over 200 pounds since my surgery . When I started the process with Hurley Center for Comprehensive Weight Loss, I weighed over 500 pounds. I first heard about the Hurley Center for Comprehensive Weight Loss from a relative of mine who had the surgery and has done very well with it. That was the deciding factor for me to go ahead with this surgery because all my other attempts to lose weight had failed. I was becoming heavier, which made me more ill and weak as the months went by. I contacted Hurley and got the ball rolling to start the approval process. The clinic staff was very nice and helpful to me throughout the process. I was very comfortable with the program's structure, comprehensive plan and Dr. Obeid. I had my surgery on March 1st, 2004 and had no complications. Everything went very smooth following my procedure and with my hospital stay.

At 6 months I had lost over 125 pounds and was gaining strength and discovering things to do that I had not done in years. Now, at one year I have dropped over 200 pounds and feel great. I am getting my life back on track and throughout the entire process my wife and son have been very supportive and helpful to me. This has also been a big plus for my self confidence. The best feeling comes when I can go into a regular store, buy clothes and shop. This is just wonderful and is such a great feeling. My prior medical conditions have changed for the better which has been a real blessing for me. This is all still a learning process for me and my family. I am still learning everyday how to better cope with my new life and changing habits. I would like to thank Dr. Obeid, the nurses and the staff at Hurley CCWL for the care they gave me and the confidence that I could do it.

Continued on page 2



**Randy in December  
2003  
at 500 pounds**

## Randy Continued....



**Randy in July 2004  
4 months post-op**

I would like to say that this program has turned my life around. I would recommend this route to anybody who feels they might want to take this course of action.

Thanks again,  
signed A LOT Skinnier  
Randy Heilig



**Randy in December 2004  
9 months post-op**



## History of the Shamrock By: James McKenna



The shamrock is a well known symbol of Ireland. It can be seen on anything imaginable, particularly around St. Patrick's Day. Though it has become a popular symbol for Irish culture here in the U.S. and all over the world, the shamrock actually has a fairly significant history. The traditional Irish spelling of shamrock is *seamróg*, which means summer plant. It resembles a clover, with three divided leaves. According to ancient legends the shamrock used to be a symbol used by Irish druids because of the significance of triads for the druids. In the 5th century

St. Patrick used the shamrock to represent the Christian holy trinity when he was trying to convert people in Ireland. It is said that St. Patrick often taught about Christianity outside, and he would just reach down and pluck a shamrock from the ground to demonstrate the three in one mystery of the Christian trinity.

The members of the Irish Volunteers used the shamrock as their symbol during the time of Grattan's Parliament in the 1770's. The shamrock was later worn by Irish people who were rebelling against English rule during the 19th century.

It became so strongly associated with the rebellion that Queen Victoria outlawed members of the British regiments from wearing it at all.

Today the shamrock is used all over to show Irish heritage and culture. It gives Irish people something that they can wear or have in their homes to demonstrate their background, and people everywhere will know they are Irish. The shamrock has meant many things in the past, but it will always be a symbol of Ireland.

## Cocktail Meatballs with Quick Sweet and Sour Sauce

## Fantastic Food with Splenda

By: Marlene Koch

### Ingredients:

1 pound prepared lean ground beef (or turkey) meatballs

### Or

1/2 pound lean ground beef (or turkey)

1/3 cup unseasoned bread crumbs

1 large egg

2 tablespoons dry minced onion

2 tablespoons fresh parsley, minced

1/2 teaspoon salt

1/4 teaspoon pepper

1/2 cup 1% milk

### Sauce:

1/3 cup ketchup

1/4 cup cider vinegar

1/4 cup Splenda Granular

2 teaspoons Worcestershire sauce

2/3 cup cold water

1 tablespoon + 1 teaspoon of Cornstarch

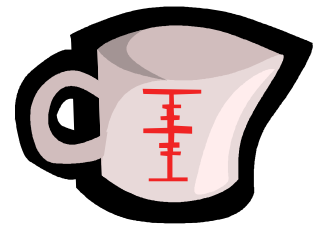
### Directions:

1. Preheat oven to 300° F. In a large bowl mix all ingredients to form meatballs. Using hands, roll mixture into 1 inch balls and place onto ungreased baking sheet. Bake for 15 minutes or until center is no longer pink.
2. In small saucepan combine sauce ingredients. Place over medium heat and simmer until thickened and clear. Pour sauce over meatballs. Serve hot.

### Nutrition Facts:

Per serving 3-4 meatballs plus sauce

Calories	<b>130</b>
Fat	<b>5 grams</b>
Carbohydrates	<b>9 grams</b>
Protein	<b>12 grams</b>
Fiber	<b>0 grams</b>
Sodium	<b>580 milligrams</b>



## Shamrock Protein Shake



- 1 or 2 scoops vanilla protein powder
- 1 1/2 tbsp sugar free pistachio pudding mix
- 1 mint leaf or a few drops of peppermint extract (optional)
- A few drops green food coloring (optional)
- 8 oz. cold water (or 1% milk)
- 3-5 ice cubes

**Directions:** add all ingredients to blender, blend and pour into cup. This tastes great without the mint so don't worry if you don't have it around. The shake is a light green even without the food coloring but if you want it green (like a Shamrock!) you'll need a few drops.

### Nutritional Information per

**servings** (not including protein powder):

Calories :	<b>19</b>	<b>121 w/milk</b>
Fat	<b>0 g</b>	<b>2 g w/ milk</b>
Carbohydrates	<b>5 g</b>	<b>17g w/ milk</b>
Protein	<b>0 g</b>	<b>8g w/ milk</b>
Fiber	<b>0 g</b>	<b>0g w/ milk</b>

## Note From George: Self Image

Shopping in a department store, our patient found a size 12 dress she really liked. When she came out of the changing room with it on, her friend said it was far too large. Our patient, sure her friend was wrong, rushed to a mirror. She stood there shocked by this “tiny” dress loosely hanging from a body that used to barely stuff itself into a size thirty-four. “How could this be?” she wondered, “I was sure this size 12 was way too small for me. I can’t believe I could even get it on!”

We hear stories like this all the time. Most of our patients, even after one hundred or more pounds weight loss, still feel big as before their surgery. It is common for them to have to return their too-large clothing to the store soon after they buy it. Some patients tell us how afraid they are to let their friends know about this because they may think they’re crazy. But, it is *normal* to feel this way. This normal response to massive weight loss is certainly nothing to be ashamed of—they aren’t crazy at all. But, why does this happen? What’s going on?

Well, here’s a brief explanation for you. The brain has just not had the chance to catch up with what has happened to its body. As a result, the formerly large person who has had massive weight loss, still feels that his or

her body is one-third or even one-half larger than it really is, about the size it used to be. This person, like all of us, has a body image, including body size, which is programmed, imprinted, onto the surface of her or his brain.

This imprint acts like a three-dimensional map for us to feel just how large it says we are. Obviously, this brain map is out of date for our suddenly thinner patients, just like last year’s road map might be missing a new, important highway. But, unlike printing a map on paper, it is extremely difficult to change the map printed on the brain. It takes years and frequent exercises to change our body image to that of the smaller body following bariatric surgery.

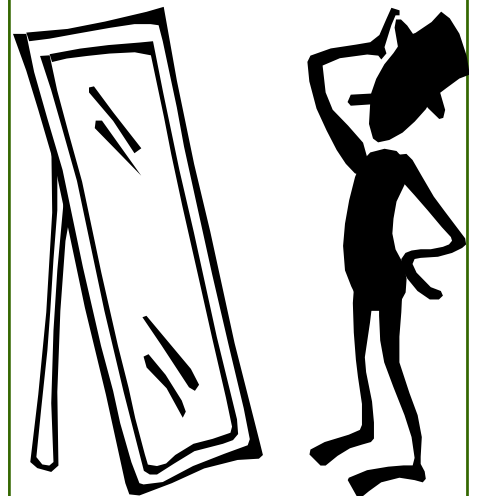
### Lesson learned:

(1) don’t panic when you find out that what you think is “normal” sized clothing is too large for you; (2) don’t feel guilty about still feeling big even when you are not; (3) start to exercise, especially doing things which can make areas of your body “jiggle” (and you know which areas I mean!) to send messages back to the brain about where your skin surface really is; (4) do this exercise--run your hands up and down your body ten times each morning and evening, concentrating on feeling how close the hands now are to each other side to side and front to

back; (5) be patient as your brain slowly re-programs itself over the next few years.

Also, start paying more attention to your body below the head and neck. Many bariatric surgery patients also admit as to how they mostly “live from the neck up” (at least before their surgery and for a while afterwards) and try to ignore the lower, larger part of their body. And, do enjoy your smaller body, and with our warmest congratulations!!!!

### All the Best, George



# CCWL Recipe Contest



**Do you have a bariatric friendly recipe you would like to share and win \$?**

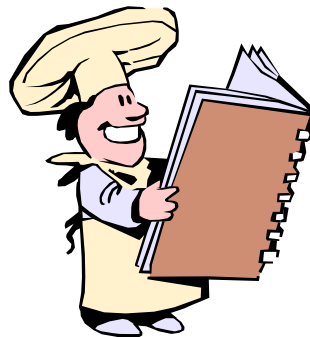
The CCWL contest will be accepting recipes in these 4 categories:

- **Protein Shake or Beverage**
- **Side Dish**
- **Main Dish**
- **Dessert**

The CCWL staff will pick a winner in each category. If your recipe is published in the **May or June Newsletter** you will win a

## \$25 Gift Certificate

to either Target or Wal-Mart!



**Send entries to:**

Brandie Smith  
CCWL Recipe Contest  
3891 Ranchero Drive, Suite 10  
Ann Arbor, MI 48108

**Or email:**

basmith@shsm.net

Don't forget to include your name and address in case you win!

**Deadline is: April 12, 2005**

By submitting a recipe you grant your permission for it to be reproduced in any Center for Comprehensive Weight Loss publication.



## Happy St. Patrick's Day!

Near a misty stream in Ireland in the hallow of a tree  
Live a mystical, magical leprechauns  
Who are clever as can be  
With their pointed ears, and turned up toes and little coats of green  
The leprechauns busily make their shoes and try hard not to be seen.  
Only those who really believe have seen these little elves  
And if ewe are all believers  
We can surely see for ourselves.

*Irish Blessing*

