



Kenda's Story...

My name is Kenda Woods, I am 48 years old, I have been married for 30 years, and have two grown sons. I have Multiple Sclerosis (MS) which has caused my early departure from my nearly 30 year nursing career (RN, BSN) .

Two years ago, my weight loomed near the 300 pound mark which taxed my already unstable gait due to the MS. Local television ads for the then new Holzer CCWL center peaked my interest, so I called and made an appointment. I thought I would go, listen to what they had to say and investigate if I would be a candidate for such a surgery (due to my health history.)

The decision was not on a whim. Like many obese people, I had entertained the idea and researched the option of gastric bypass surgery for several years. I learned all that I possibly could, including the risks and benefits. Like many others, I tried every diet with short lived success always slipping back into my old eating habits that were deplorable, gaining, losing, gaining and finally gaining steadily more. The dieting had been a lifetime struggle (since age 12, Mom put me on the "grapefruit diet"). I had given up, thinking my will power was possibly not present from birth, and my lot in life was to be morbidly obese.

I knew that surgery combined with obesity increased the risks BUT the menace of staying FAT outweighed ALL. I knew with the MS, mobility was MY big concern and with all the added weight I was carrying around was going to limit that time. Combined with the uncontrolled Type 2 diabetes, and high blood pressure,

my future of not doing anything would be very bleak from the years of ambivalence about taking care of myself.

Frankly, at first, my best friend, my friend (& old boss), and my sisters were against the idea of the surgery thinking it was just too risky. They had not lived in this fat body and faced all the trials and tribulations that come with obesity. Nor were they looking at the long term picture, coupled with the MS. My husband is my pillar of support for any decision. He understood and backed me 100%, whatever path I chose.

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Kenda Before Surgery

Testimonial continued.....

My consultation, May 2002, at Holzer Center for Comprehensive Weight Loss caught me off guard (even as a nurse). The professionalism, respectfulness, individuality, knowledge, efficiently well-developed, designed and orchestrated program amazed me. I met with a registered nurse, dietician, doctor and someone who had the surgery. They began by explaining every facet of the surgery thoroughly with all of the pros and cons, answering all questions straightforwardly. The unit secretary Sue, was and is equally personable and proficient. The "CCWL Team" has never let me down.

My surgery was August 2002. Pam (RN), Sarah and Terri, the "CCWL Squad," followed my hospital stay very attentively, and also delivered a beautiful bouquet of flowers.

It is as if the employees of CCWL are my extended "family" who are indisputably caring personnel. They made me feel like an "only child". The individuality surprised me! I never felt on my own or abandoned, like in so many other hospital

situations. The Holzer hospital was and is first class!

My weight now is 138-142 pound range and I have returned to Holzer for a "tummy tuck" since the care there, I do not think, can be surpassed.

Any downfalls? NO! I would do it again in a heartbeat. The only hard thing was learning to eat. Yes, a fat person learning to eat, making conscious choices. The choices are a lifelong modification, which is difficult for the first 3 to 4 months. Nowadays these changes are intrinsic.

The positive part is that I have a new wardrobe! (Parting with some of my favorite beloved "Fat" clothes was a little hard.) Like on the TV series "clean sweep" I have purged my closet. Now, I actually have room to walk into our closet and choose an outfit without burrowing. Another benefit is the fact I look good in all my clothes. The BIG PLUS, I feel good physically, mentally and I am still mobile!

Kenda Woods



**Kenda looking and feeling
Great!**

WANTED



If you want to share your weight loss story send us:

- Your story
- Before and after pictures
- Return address (to send photos back)

Email: editor@ccwl.info

Snail mail: 3891 Rancho Drive, Suite 10
Ann Arbor, MI 48108

Call: (734) 822-1547

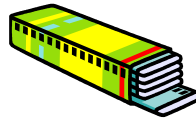
Healthy Halloween Snack Ideas

Halloween brings out the kid in all of us. It's fun to get dressed up in a costume and parade around the neighborhood or go to a party. Treats are a part of the fun. However, treats don't have to be sticky, gooey candy.

Healthy Treats to Give

When gathering the treats you will offer this year think about some possible low- calorie, low-fat options. Here are some ideas to get you started thinking:

- Cheese and cracker packages
- Sugar-free gum
- Cheese sticks
- Juice box packages
- Small packages of nuts or raisins
- Package of instant cocoa mix
- Peanuts in the shell



You could also consider giving some non-food treats such as stickers, balloons, crayons, pencils, colored chalk, erasers, whistles, baseball cards, rubber spiders or worms. A friend of mine used to give nickels, in today's economy that may need to be dimes.

www.urbanext.uiuc.edu/foodforthought

Interesting facts on Pumpkins!

<http://www.holidayinsights.com/halloween/facts.htm>

Pumpkins

Pumpkins have inhabited the planet for several thousand years. They originated in Central America. They were used then (and now) as a food crop. Over the course of centuries, pumpkins spread their vines across all of North and South America.

When Europeans arrived in the New World, they found pumpkins plentiful and used in cooking by Native Americans. They took seeds back to Europe where they quickly became popular.

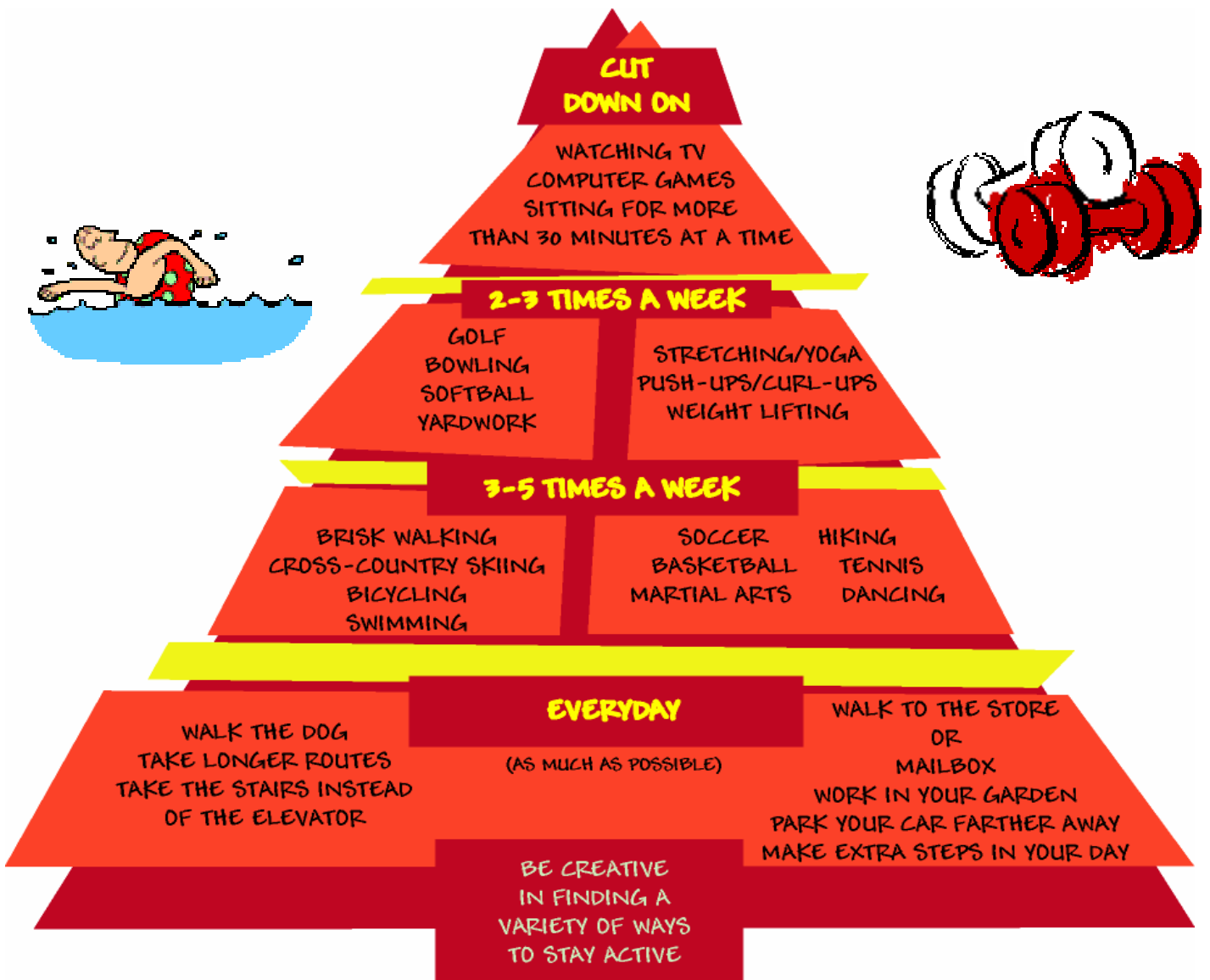
Growing big pumpkins is a big time hobby. And, serious at that. Top prize money for the biggest giant pumpkin is as much as \$25,000 dollars at fall festivals. The current world record for giant pumpkins is 1140 pounds. Now that's a lot of pumpkin pies!

The First Jack O'Lantern The Irish carved Turnips and put coals or small candles inside. They were placed outside their homes on

All Hallow's Eve to ward off evil spirits. They were also known to use potatoes and Rutabagas.

When Irish Immigrants came to America, they quickly discovered that Jack O'Lanterns were much easier to carve out and began using them. This truly neat tradition quickly spread to the general population in America and elsewhere.

Adult Activity Pyramid



A new and easy-to-follow physical activity guide to help you get fit & stay healthy. The experts say “Every adult should accumulate 30 minutes or more of moderate-intensity physical activity over the course of most days of the week.”

TIP: Keep a weekly log of how much (days a week) and what type of physical activity you do! This will help you stay motivated and ACTIVE!

www.nourishyourlife.com

Golden Pumpkin Loaf www.splenda.com



Makes: 2 loaves

Serves: 16



Preparation Time: 15 minutes

Bake Time: 40-45 minutes



1/3 cup Plain Fat-Free Yogurt

1 Tbsp. No-Fat Sour Cream



2 cups Pumpkin Puree



3 Eggs or Egg Equivalent



1/4 cup Vegetable Oil



2 1/2 cups All-Purpose Flour



3/4 cup SLENDA® Granular



1 Tbsp.+1 tsp. Baking Powder



1 Tbsp. Pumpkin Pie Spice



1 cup Raisins



1/4 cup Chopped Walnuts



1. Preheat oven to 350°F. Spray two 9X5 inch loaf pans with butter-flavored cooking spray. Set aside.



2. Blend yogurt, sour cream, pumpkin, eggs and vegetable oil in a large mixing bowl. Add flour, SLENDA® Granular, baking powder and pumpkin pie spice. Stir well. Add raisins and walnuts. Stir until just blended.



3. Spread batter into prepared pans. Bake 45-50 min. or until a toothpick inserted in the center comes out clean.



4. Cool and cut each loaf into eight thick slices.



Nutrition Information per Serving



Serving Size 1 Slice



Total Calories 180



Calories from fat 50



Total Fat 6 g



Saturated Fat 1 g



Cholesterol 40 mg



Sodium 80 mg

Total Carbohydrate 27 g

Dietary Fiber 2 g

Sugars 9 g

Protein 4 g

