

The Healthy Weigh

July/August/September 2003

Caryn Honig, Ronda Elsenbrook, Jennifer Lindsay, Melissa Toppass
www.thehealthyweighonline.com



"If you are all wrapped up in yourself, you are overdressed."

Kate Halverson

"What your mind possesses your body expresses."

Anonymous

"The great pleasure in life is doing what people say you cannot do."

Walter Bagehot

"The only place you find success before work is in the dictionary."

May V. Smith

"You're only here for a short visit. Don't hurry, don't worry. And be sure to smell the flowers along the way."

Walter Hagen

"I'll tell ya how to stay young: hang around with older people."

Bob Hope

THE HEALTHY
WEIGH
713-622-6422

Why Recovery Is A Risk

By Caryn Honig and Claudia Wojnarowicz

"Two seeds lay side by side in the fertile spring soil. The first seed says, 'I want to grow! I want to send my roots deep into the soil beneath me, and thrust my sprouts through the earth's crust above me. I want to unfurl my tender buds like banners to announce the arrival of spring. I want to feel the warmth of the sun on my face and the blessing of the morning dew on my petals.' So she grew. The second seed says, 'I am afraid. If I send my roots into the ground below, I don't know what I will encounter in the dark. If I push my way through the hard soil above me, I may damage my delicate sprouts. What if I let my buds open and a snail tries to eat them? If I were to open my blossoms, a small child may pull me from the ground. No, it is much better for me to wait until it is safe.' So she waited. A yard hen scratching around in the early spring ground for food found the waiting seed and promptly ate it. The moral of the story: those of us who refuse to risk and grow get swallowed up by life (Chicken Soup for the Soul, 1993).

Over 10 million American men and women suffer from some type of eating disorder in-

cluding, but not limited to, anorexia nervosa, bulimia nervosa, compulsive overeating, or a combination. Once an eating disorder manifests itself, why is it so difficult to begin the recovery process?

One of the most powerful underlying issues of an eating disorder is fear: of one's self, of others, and of the world. Fear is intense and overwhelming, and above all, it interferes with the recovery process. So many issues get in the way of becoming healthy.

"Recovery from an eating disorder is a huge risk to take," says Ronda Elsenbrook from The Healthy Weigh. "Recovery means having to face emotional problems and deep underlying issues, which is a very scary, risky thing to do." Elsenbrook also says that an eating disorder is a coping mechanism, and without it sufferers must learn how to express their emotions and truly identify their feelings.

For sufferers of an eating disorder, food and/or exercise is a source of comfort, control, love, and/or a way to numb feelings. The fear involved in letting go of an eating disorder stirs up many questions including:

"What will my life be like without

my food and exercise rituals?"
"Will my weight change?"
"Who will I be without my eating disorder?"
"Will I lose control once I let go of my eating disorder?"

Those in recovery are fearful of the answers to these questions because the answers are not what they want to hear. Many of the questions can only be answered with time. For example, "Who will I be without my eating disorder?" The answer to that is: "The potential is unlimited, but only time will tell!"

Facing, understanding, and processing these fears is the beginning and the essence of recovery. The more one can know and understand fears and feelings, the less the eating disorder is needed as an escape. It is also critical to learn to respect and have compassion for the self and to be able to rally against fears.

The road to recovery from an eating disorder is complex. It requires patience, time, compassion, and support. If one chooses not to take a risk and grow, the eating disorder will swallow up or take

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away from one's life.

Every person is different, every *body* is biologically, genetically, and physically different, and everyone's recovery is different. The one thing that is the same for all people suffering from eating disorders is that it takes risks and challenges to recover. Take the risk—it is worth it!



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The Healthy Weigh

Expiration Date: 9/30/03

The Healthy Weigh & Associates Proudly Announces The Addition Of Melissa Toppass, Dietitian

Melissa graduated summa cum laude with a degree in human nutrition and food science from the University of Houston in 2001. She recently graduated summa cum laude with a master's degree in nutrition and completed a didactic program in dietetics, both from Texas Woman's University. Melissa is also a certified personal trainer from the Baylor College PFIT program. Melissa's passion in life is to teach health and wellness to the public. She believes that people can live a wholesome and productive life by properly fueling the mind, body, and soul. Melissa specializes in weight loss, weight management, and eating disorders.

To schedule an appointment with Melissa, please call 713-622-6422.



ASK THE NUTRITION EXPERT RONDA ELSENBROOK RD LD

Q: *The school year is about to start and I don't know what to make for school lunches. Can you help me?*

A: It is important to keep our bodies well-fueled throughout the day, so the lunch meal is very important. Unfortunately, we usually have limitations on storage and preparation. Sandwiches are easy and healthy, but variety is important to be sure the food that is packed is also eaten. Try mixing up the breads as well as the fillings. Instead of sandwich bread, try pita bread stuffed with tuna or chicken salad, beans, or hummus and add cheese, lettuce, cucumber and tomato. Flour or corn tortillas work well with lunch meat and cheese or grilled chicken, cheese, and hot sauce. A bagel or foccacia bread can also be a nice change. You could skip the bread altogether and roll up the meat and cheese to be served with whole grain crackers. Complete your lunch by adding fruit or raw veggies, yogurt or pudding, flavored pretzels, popcorn or chex mix. Freeze a box of 100% juice or bottle of water to use as a cold pack and keep foods cool and safe to eat.

Q: *I am leaving for college soon and will be eating most of my meals at the school cafeteria. I have heard about people gaining weight during the freshman year of college. How do I keep that from happening to me?*

A: Going away to school for the first time is an exciting, but stressful, time. You are now completely responsible for taking care of yourself—for yourself. School cafeterias offer a wide variety of foods, and it will be important for you to make choices that you will enjoy as well as ones that are good for you. Be sure your diet includes a variety of foods and that you are eating when (you are) hungry and stopping when (you are) satisfied. A good way to ensure balance in your diet is to be certain that each meal contains protein (meats, cheese, beans or nuts), a fruit and/or vegetable, and some type of starch or grain (brown or white rice, bread, pasta, or potato). Keep balanced, nutritious food in your dorm room that will provide fuel as well as nutrients. Examples include granola, yogurt, cereal, nuts, and fruits. When studying late at night, eat only when physically hungry. Ask yourself if you are truly hungry, or if you might be tired, bored, stressed, lonesome, etc. If you just need to take a study break, allow yourself to do so.

(Learn how to contact Ronda on page 4)



HEALTHY RECIPES



Low-Fat Lemon Tea Cookies

Ingredients

- 1/2 cup butter or margarine
- 3/4 cup plus 1/4 cup sugar, divided
- 1 teaspoon finely shredded lemon peel
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 egg
- 1/3 cup milk
- 2 teaspoons plus 2 tablespoons lemon juice, divided
- 1 3/4 cups all-purpose flour
- 1/4 cup sugar



Directions

1. In a large mixing bowl, beat the butter or margarine with an electric mixer for 30 seconds.
2. Add 3/4 cup sugar, lemon peel, baking powder, and baking soda. Beat until combined, scraping sides of bowl occasionally.
3. Beat in egg, milk, and 2 teaspoons lemon juice.
4. Beat in as much of the flour as you can with the mixer. Stir in the remaining flour.
5. Drop dough by rounded teaspoons on ungreased cookie sheet.
6. Bake at 350 degrees for 10-12 minutes or until edges are slightly browned.
7. Stir together the remaining 1/4 cup sugar and the 2 tablespoons lemon juice.
8. Brush on the cookies.

Makes 48 Cookies.

Nutrition Facts Per Cookie:

- Calories: 51
- Fat grams: 2.0
- Carbohydrate grams: 8
- Protein grams: 1

Citrus Bars: Prepare as above, using lemon, lime, or orange peel and juice. Spread dough evenly in a greased 15x10x1 inch baking pan. Increase oven temperature to 375 degrees. Bake for 10 to 12 minutes or until edges are lightly brown. Lightly brush with the sugar-juice mixture. Makes 60 bars.



Swordfish Sicilian-Style

Ingredients

- 2 tablespoons fresh lemon juice
- 2 teaspoons table salt
- 2 teaspoons fresh oregano, chopped
- 1/4 cup extra-virgin olive oil
- Freshly ground pepper
- 2 pounds swordfish steaks, cut 1/2 inch thick

Directions

1. Light a grill or preheat the oven broiler.
2. In a small bowl, mix the lemon juice with the salt until the salt dissolves.
3. Stir in the oregano.
4. Slowly whisk in the olive oil and season generously with pepper.
5. Grill the swordfish steaks over high heat (as close to the heat as possible), turning once, until cooked through, approximately 6-7 minutes.
6. Transfer the fish to a platter.
7. Prick each fish steak with a fork in several places to allow the sauce to soak in.
8. Using a spoon, beat the sauce and drizzle it over the fish.
9. Serve at once.

Makes 4 to 6 servings.

Avocado Salsa

This sauce can be used on steak, fish fillets, and chicken.

In a medium mixing bowl combine:

- 1 large tomato, seeded and chopped
- 1 avocado, halved, seeded, peeled, and chopped
- 1/2 small onion, chopped
- 1 clove garlic, minced
- 1 tablespoon snipped fresh cilantro
- 1 tablespoon fresh lemon or lime juice
- A few dashes bottled hot pepper sauce
- Dash salt

Cover and chill 2-6 hours.

Makes 2 1/2 cups.

The Healthy Weigh

2801 Bammel Lane
Houston, Texas 77098

The Healthy Weigh

etceteras

EATING DISORDERS SUPPORT GROUP

Who: Those suffering from an eating disorder are encouraged to come for help and support.

1st timers: Please call for an initial screening and to reserve a spot.

When: Mondays at 6:00 p.m.

Where: 2801 Bammel Lane

Call: Caryn or Ronda @ 713-622-6422

Cost: Free

OVEREATERS SUPPORT GROUP

Who: Those suffering from compulsive overeating are encouraged to come for help and support.

1st timers: Please call for an initial screening and to reserve a spot.

When: Tuesdays at 6:00 p.m.

Where: 2801 Bammel Lane

Call: Jennifer @ 713-622-6422

Cost: \$10.00 per session.



2nd Annual Beautiful Me! An Eating Disorders Conference will be held on Friday, February 20, 2004. Watch for details in upcoming newsletters and on The Healthy Weigh website at: www.thehealthyweighonline.com

FREE NUTRITION ADVICE

Ronda Elsenbrook RD LD will answer nutrition questions in *The Healthy Weigh* newsletter. Ask her questions by calling 713-622-6422 or by going to the "ask us" section of *The Healthy Weigh's* website: www.thehealthyweighonline.com. Ronda specializes in weight management, eating disorders, and sports nutrition.

THANK YOU CABRINA LEE AND CLAUDIA WOJNAROWICZ for contributing to this edition of *The Healthy Weigh*. Good luck in your futures as dietitians.



THE HEALTHY WEIGH T-SHIRTS **\$15.00—20.00 each!**

Women's shirts: medium, large, and extra large

Men's shirts: small, medium, large, extra large

Quantities limited. Call 713-622-6422 to have a shirt sent to you.

The Healthy Weigh accepts cash, checks, and credit cards.



NEW CLIENT SPECIAL



Mention this ad for \$10.00 off AND a Healthy Weigh t-shirt when scheduling an initial nutritional consultation with Ronda Elsenbrook, Jennifer Lindsay, or Melissa Toppass. This special also applies to clients who have not had a nutrition appointment for the past three months or more.

(Offer expires September 30, 2003).