

# The Healthy Weigh

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www.thehealthyweighonline.com



"Shoot for the moon. Even if you miss it you will land among the stars."

Les Brown

"Dr. Seuss' first children's book was rejected by 23 publishers. The 24th publisher sold 6 million copies."

Ann Landers

"While we try to teach our children all about life, our children teach us what life is all about."

Angela Schwindt

"Don't be afraid to go out on a limb. That's where the fruit is."

H. Jackson Brown

"The richest woman in the world is not the one who still has the 1st dollar she ever earned. It's the woman who still has her best friend."

Caryn Honig

THE HEALTHY  
WEIGH  
713-622-6422

## A TRUE HERO!

By Caryn Honig RD LD

*During the weekend of October 11-13, I had the opportunity to help work the hp Houston Marathon booth at the Chicago Marathon two-day expo. During this time, I met hundreds (maybe thousands) of very interesting runners, walkers, and sports enthusiasts. They came in all shapes and sizes and had many stories to tell. One man in particular had such a fascinating story I interviewed him on the spot.*

Jose Nebrida was born in the Philippines and by the time he was 19 years old received a high school diploma and bachelor's degree. He left his poverty-stricken country in search of further education, more opportunities, and a better life. For the next 13 years, Nebrida worked menial jobs while trying desperately to get to the United States. "I always felt that in this country, if you are a hard worker and you believe that you can do it, people will give you a chance, an opportunity," he said. His chance came in 1975, when Loyola University Chicago accepted him into the master's program of social work. He finished that degree and went on to receive two more master's degrees in gifted education and educational administration. He now works as an administrator for Beasley Academic Center, a regional center for gifted programs in Chicago public schools.

Although he was succeeding academically and professionally, his health was another story. "I was a

terrible eater – I was a chocoholic," he said. "I also smoked two packs of cigarettes a day and drank heavily on the weekends."

A typical day for Nebrida included:

Breakfast: Nothing

Snack: coffee and doughnuts

Lunch: Burger King, McDonalds, Kentucky Fried Chicken or a rib joint.

Dinner: same as lunch.

"I ate all the good stuff – everything was fried," he said.

Not a good idea for a man with family history of heart disease. Two brothers had already died from heart attacks at the ages of 47 and 48. At the age of 44, Nebrida decided to change his life. During the first week of his "new life" he walked one block back and forth from his house. Every consecutive week, he increased his mileage by 10%. After three months he ran one mile. Then came a 5K, 10K and ½ marathon. He finished his first 26.2-mile race, the 1986 Chicago Marathon, in 4:56 - and continued running marathons all over the world. Then September 11 occurred.

After the attacks on the World Trade Center and the Pentagon, Nebrida donated blood and money. But that wasn't enough. While training for his 110<sup>th</sup> marathon, he decided that he would honor the victims and heroes of September 11 by carrying an American flag during a marathon in every state and the District of Columbia. "I will dedicate my running

to the victims and the heroes, the firefighters and the policeman, and all those who tried to save others and died in the process. I do it in their honor. And, at the same time, it's a payback for what this country has given me," he said. The first marathon he completed while holding the American flag was in New Hampshire, just a few weeks after the attacks. "I made a big mistake," he said. "I carried a 5-foot by 8-foot flag. It was so heavy that with the wind, I took two steps forward and three steps back." Nebrida finished the race in 8 ½ hours. He now carries a 2-foot by 3-foot classroom flag, which is much smaller and lighter. Still, however, as the miles go by, his shoulders and arms cramp and go numb- and by the time he finishes the marathon he has trouble opening up his fingers.

Nebrida had completed 12 of the intended 50 marathons when on April 28, 2002, he suffered a heart attack and had triple bypass surgery. On May 1, 2002, Nebrida began rehab and on June 16 he was walking 100 yards. Next, he signed up for the Des Moines Marathon on October 6, 2002. "My medical team of physicians, therapists and dietitian were so supportive and said I could do it," he said. "I took it easy and listened to my body." Nebrida finished the marathon—  
(continued on page 2)

### TABLE OF CONTENTS

*A True Hero, Inspirational Quotes*

Page 1

*Support Group For Overeaters, The Healthy Weigh Gift Certificates, Tips To Reduce Holiday Stress*

Page 2

*Healthy Holiday Recipes*

Page 3

*ETCETERAS.....*

Page 4

*Hero, continued*

carrying the American flag.

Since his heart attack, Nebrida walks 5-6 miles every morning and follows a strict dietary regimen. His typical day now includes:

Post Walk: One large glass of Gatorade

Breakfast: 1 ½ cups oatmeal, ½ cup skim milk, 2 teaspoons brown sugar, plain 7-grain toast, orange juice, and green tea

Snacks: grapes, pear, apples, nuts, Harvest Bars

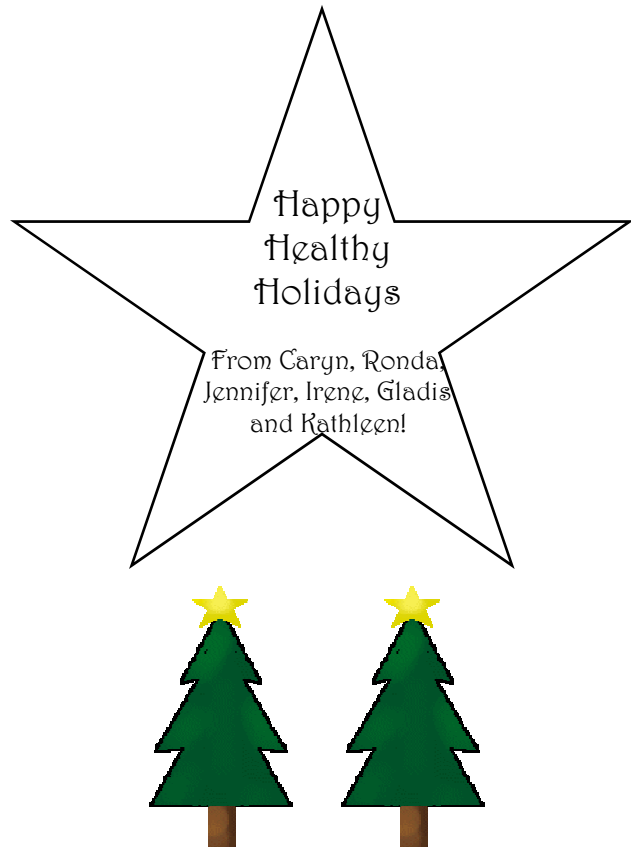
Lunch: 3-4 ounces grilled salmon, tuna, or sea bass (“the size of a deck of cards,” he said), spring mix salad with rice vinegar

Dinner: same items as lunch but ½ the amount

Nebrida’s other guidelines include:

1. Blueberries twice per week
2. At least 12 glasses of water daily
3. Canola or olive oil only
4. No fried foods
5. Grilled or baked fish at least 3 times per week
6. Grilled or baked chicken breast without the skin 2 times per week
7. When eating out, steamed fish and vegetables, rice, low salt
8. No eggs, bacon, or red meat
9. No alcohol or smoking

Nebrida is determined to reach his goal to run a marathon in all 50 states plus the District of Columbia carrying the American flag. “We can all be united this way,” he said. 60 year old, Jose Nebrida is an inspiration and a true hero.



## ***NEW SUPPORT GROUP FOR OVEREATERS***

***Starting Tuesday, December 1, 2002***

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

**When: Tuesdays, 6:00—7:00 p.m.**

**Where: 2801 Bammel Lane**

**Call: Jennifer @ 713-622-6422**

**Cost: \$10.00 per session or \$65.00 for 8 sessions (pre-paid)**

**Space limited: 10 persons**

Don't forget The Healthy Weigh offers gift certificates for nutritional consultations and massages. Perfect for stocking stuffers and holiday gifts!

(free Healthy Weigh t-shirt with every purchase of a gift certificate)

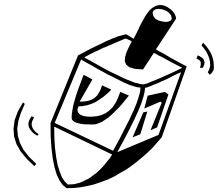
Call Irene @ 713-622-6422 to have a gift certificate sent to you today.

### **Tips to Reduce Holiday Stress**

- Avoid complicated recipes that can cause frustration and take up valuable time.
- Exercise daily. Take family walks, sign up for holiday 5K's, and go to the health club on a regular basis.
- Eat slowly and enjoy the food in moderation.
- Plan work, shopping, and home activities ahead of time.



# HEALTHY HOLIDAY RECIPES



## Artichoke-Turkey Casserole

*Great for left-over turkey*

### Ingredients:

- 1/2 cup chopped carrot
- 1/2 cup chopped red sweet pepper
- 1/4 cup sliced green onions
- 1 tablespoon butter
- 1 10 3/4 ounce can low fat cream of chicken soup
- 1 9-ounce package frozen artichoke hearts, thawed and cut up
- 1 1/2 cups chopped cooked turkey
- 1 cup cooked wild or long grain rice
- 1/2 cup shredded mozzarella cheese
- 1/2 cup skim milk
- 2 tablespoons dry sherry
- 3 tablespoons grated Parmesan cheese

### Directions:

1. In a large skillet, cook carrot, sweet pepper, and green onions in butter until crisp-tender. Remove from heat.
  2. Stir in chicken soup, artichoke hearts, turkey, rice, mozzarella cheese, milk, and sherry.
  3. Transfer turkey mixture to a 2-quart rectangular baking dish.
  4. Sprinkle with Parmesan cheese.
  5. Bake covered in 350 degrees for 20 minutes.
  6. Bake uncovered for 20 more minutes or until bubbly.
  7. Let stand for 10 minutes before serving.
- Makes 6 servings.



## Healthy Apple Coffee Cake

### Ingredients:

- Nonstick spray coating
- 2/3 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 1/2 cups finely chopped, peeled apples
- 1/4 cups frozen egg product, thawed
- 3/4 cup granulated sugar
- 1/4 cup chopped walnuts
- 1/4 cup applesauce
- 1/4 cup packed brown sugar
- 1 tablespoon all-purpose flour
- 1 tablespoon whole wheat flour
- 1/2 teaspoon cinnamon
- 1 tablespoon margarine
- 1/4 cup chopped walnuts



### Directions

1. Spray a 9-inch round baking pan with non-stick coating. Set aside.
2. In a small bowl, stir together 2/3 cup all-purpose flour, 1/2 cup whole wheat flour, baking soda, 1 teaspoon cinnamon, and salt.
3. Combine the apples and egg product.
4. Stir in the granulated sugar, 1/4 cup nuts, and applesauce. Add dry mixture and stir.
6. Pour batter into prepared pan.

### Topping

1. Stir together the brown sugar, 1 tablespoon all-purpose flour, 1 tablespoon whole wheat flour, and 1/2 teaspoon cinnamon.
2. Cut in the margarine.
3. Stir in 1/4 cup nuts.
4. Sprinkle topping over batter in pan.
5. Bake at 350 degrees 30-35 minutes or until done. Cool and serve. Makes 10 servings.

# 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 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

**SAVE THE DATE!!**  
FRIDAY, FEBRUARY 28  
7:30 a.m. – 5:00 p.m.

### **BEAUTIFUL ME!**

*EATING DISORDERS CONFERENCE*

Radisson Hotel, Astrodome  
Houston, Texas

Call 713-622-6422 for a brochure  
and more information.

**HAPPY BIRTHDAY** Natasha Schepps,  
Scott Schepps, George Gness and  
Emily Yarrell.

**THANK YOU ASEF KOFLI** from  
**Hungry's Café** for catering The Healthy  
Weigh's open house. The food was ab-  
solutely delicious. Asef, we can never  
thank you enough!

**MARK YOUR CALENDARS: THE hp  
HOUSTON MARATHON, 1/2 MARA-  
THON AND 4 MILE RACES** will take  
place on Sunday, January 19. Look in  
the Houston Chronicle for a map of the  
race course and more race details.

**MASSAGE SPECIAL  
ONE HOUR—\$60.00**

Call Gladis @ The Healthy Weigh  
713-622-6422

**10% DISCOUNT AT RUNSPORT FOR  
ALL HEALTHY WEIGH CLIENTS AND  
ASSOCIATES.** Call (713) 524-6662.  
(perfect for holiday gifts)



**CONGRATULATIONS ANN, JIM  
AND KATHERINE SAYE ON THE  
BIRTH OF THEIR BABY BOY,  
MATHEW JAMES SAYE.** Mathew  
was born at 10:39 a.m. on September  
1, 2002 and weighed 7 lbs, 2 oz.

**CONGRATULATIONS ANNE AND  
SHAWN SMITH ON THE BIRTH OF  
THEIR BABY GIRL, SYDNEY ANNE  
SMITH.** Sydney was born at 8:28 p.m.  
on September 20, 2002 and weighed  
8 lbs, 1 oz.

**THE HEALTHY WEIGH NOW  
ACCEPTS VISA, MASTERCARD,  
AND DISCOVER.** Call 713-622-6422  
for more details.

Watch the mail for your holiday greeting  
cards. The first person to guess who  
"Santa" is receives a free massage .

# *BEAUTIFUL ME!*

## *An Eating Disorders Conference*

*Friday, February 28, 2002*

*7:30 a.m.—5:00 p.m.*

*The Radisson Hotel, Astrodome*

- 7:30 - 8:30 a.m. *Registration & Continental Breakfast*  
8:30 – 9:00 a.m. *History of Eating Disorders: From 1900 to present*  
Caryn Honig RD LD  
9:00 – 10:00 a.m. *Beyond Normal: Etiology and Treatment of Eating Disorders*  
Cheryl Verlander, LMSW – ACP  
10:00 – 11:00 a.m. *Medication and Medical Management of Eating Disorders*  
Jon Divine, MD, MS  
11:00 – 11:15 a.m. *Break*  
11:15 a.m.-12:15 p.m. *Beyond The Meal Plan: Teaching Patients To Eat **Normally** Again.*  
Caryn Honig RD LD  
12:15 – 12:30 p.m. *Krav Maga Demonstration by Kicksport. Israeli self-defense. Learn how men and women can defend them selves at any height or weight.*  
12:30 - 1:30 p.m. *Lunch (on own)*  
1:30 – 2:20 p.m. *The Female Athlete Triad: How To Win The Battle*  
Catherine Kruppa MS RD LD  
2:30 – 3:30 p.m. *Non-Traditional Approaches to Eating Disorder Therapy: Using Music, Stories, Candles, Myths, And More To Assist With Recovery*  
Ronda Elsenbrook RD LD  
3:30 – 3:45 p.m. *Break*  
3:45 – 4:30 p.m. *MY STORY! Stories from recovering anorexics and bulimics. Tips for families and health care providers: what to say, what not to say, what helps, what hurts.*  
4:30 – 5:00 p.m. *Questions, answers, credits awarded to professionals.*



### REGISTRATION FORM

NAME \_\_\_\_\_ PROFESSION \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_

ZIP CODE \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_ (W) \_\_\_\_\_ (H)

I am paying for the following (please check):

Conference	_____	\$125.00
Student Price	_____	\$65.00
LMSW CEU Processing Fee	_____	\$5.00
<b><u>TOTAL</u></b>	_____	_____

\_\_\_\_\_ Check enclosed (payable to The Healthy Weigh)

\_\_\_\_\_ Please charge my MasterCard/Visa/Discover (circle one)

Account Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Authorization Signature Required \_\_\_\_\_

*Return registration form to: The Healthy Weigh, 2801 Bammel Lane, Houston, Texas 77098*