

# News to Lose

*Happy Halloween!*



## Thank YOU!

Thank you to those who attended the Walk From Obesity last month! It was a big success and a PERFECT day for a walk. We enjoyed congratulating our patients on their successes.

## Surviving the Holidays

Does the thought of the impending holiday season fill your waist line with dread? If so, come to support group at the office on **November 4th at 6:30 pm in conference room #160** to hear a presentation by our dietitian, Lauren Harrison, on *maintaining* not gaining weight over the holiday season. You will be given helpful hints and **lap band friendly recipes** to help you stay on track with weight loss!



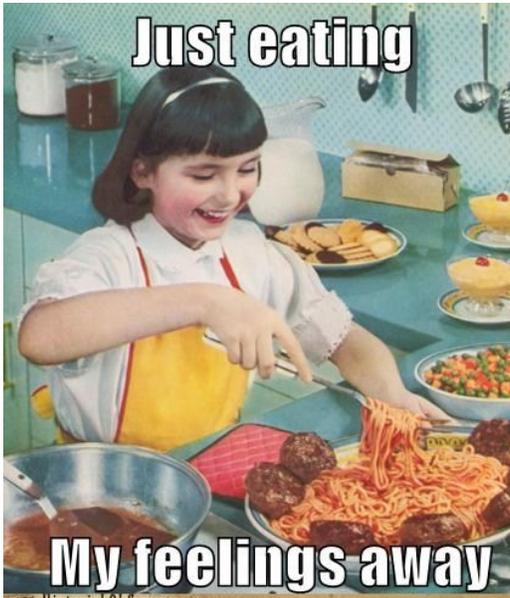
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Community Health Noblesville

## Emotional Eating



Turning to food for comfort is all too common in our society and generally starts at a young age. Think about how you were rewarded as a kid and you may be able to identify emotional eating even then!

Emotional eating can stem from sadness but it can also be associated with celebration as well such as having an extra slice of cake for the promotion you got

Try the tips below to help control emotional eating.

1. Keep an emotional eating food diary – note your feelings before each meal
2. Find other ways to feed your feelings – take a walk, a bath, or read a good book
3. Pause for 5 min before giving into a food craving
4. Support yourself with healthy lifestyle habits such as walking (see below)
5. Call a friend to talk and receive support

### Lets Get Moving!

You have probably heard us say it before....walking is a great place to start if you do not currently have an exercise routine. But did you know that walking just 2-4 hours a week has been shown to lead to a 54% lower risk of heart attack?!

If you have diabetes, walking 2-3 hours per week has been shown to lead to a 54% lower death rate! So, invest in some good shoes and hit the pavement!

Don't forget to join our workouts on Thursday evenings at 6 pm!

# WALKING

can positively impact **8 of the 10** most costly health conditions





*Lets be honest, just because we know how many calories are in a Starbuck's pumpkin spice latte is doesn't mean we will actually avoid it....does it? Instead, try making your own at home with 200 calories and less than half the sugar and fat!*

## *Recipe of the Month: Pumpkin Spice Latte*

### INGREDIENTS

1. 1/2 cup vanilla almond milk or 1% milk
2. 3 tablespoons pumpkin puree
3. 1 teaspoon pumpkin pie spice
4. 1/2 teaspoon vanilla
5. 2-3 drops of liquid stevia (or sweetener of choice)
6. 8 ounces brewed coffee (or 1-2 shots of espresso)
7. 2 Tbsp. light whipped cream
8. Sprinkle of cinnamon

### INSTRUCTIONS

1. In a cup or saucepan, mix together almond milk and pumpkin. Cook on medium heat on the stovetop or microwave for 30-45 seconds.
2. Remove from heat, stir in vanilla, spices, and sweetener, place in a cup and use a frother to foam the milk or you can also use a blender — just process for 30 seconds or until foamy.
3. Pour coffee into a large mug; add the foamy milk mixture on top, top with whipped cream, sprinkle with cinnamon and enjoy!

### Banded Buddies

Are you currently struggling with your lap band? Maybe you haven't lost the weight you would like to or are feeling "stuck" and in need of a friend or motivation. If so, Banded Buddies may be just the thing you need!

Banded Buddies was started years ago as a way to get patients to meet each other. Basically, a new patient who is struggling is given contact info for an established patient who has done well with the band.

If you are interested in this service, **please call our office at 317-621-2500**. After that, we will do our best to find an established patient who is willing to give you pointers and hints to help you along your journey!

As always, you are encouraged to attend support group held on the first Thursday evening of each month at 6:30 pm.



## Product Spotlight—*Rhythm Kale Chips*

### All the Crunch, None of the Guilt

I hear from my patients all the time how they just need something to satisfy their “salty tooth”.

Rhythm kale chips are a great alternative to greasy potato chips! With only 50 calories per serving, kale chips are a great snack to have on the go, at home, or when you are craving a salty snack at work.

A serving also contains 60% of your vitamin A for the day and 240% of your vitamin K! Rhythm chips are also organic and gluten free



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### New Patient Seminar!

Tell your family and friends to join us to hear Dr. McEwen talk about lap band surgery and to hear from guest speakers about their experience. The next seminar will be:

When: **Wednesday, October 9th at 6 pm**

Where: **Hamilton Healthcare Campus**

9669 East 146th Street  
Noblesville, IN 46060

## Go Green for High Fiber Snacks

If you have ever experienced constipation you know it is a very uncomfortable feeling. Fiber is a nutrient that often is overlooked in the American diet. Most Americans gets 10 grams or less per day while the recommendation is 25 g + plus! 14 grams is the goal for lap banders. Look below and add some high fiber snacks to help avoid constipation.



6 grams per 1/4 cup!



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