

FOOD FOR THOUGHT

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WINTER 2008

'TIS THE SEASON....

It's hard to believe that the Holiday Season and the end of another year are upon us! 2008 was a terrific year for Bartels Medical Associates.

By March, our practice had outgrown our space, so we moved across Ashville Ave. to Building 218, Suite 10 to accommodate our increased number of patients. Bariatrics is one of the only medical practices that *increase* in size as its patients *decrease* in size!

Along with our new location came a few new faces to our staff. Curt Boone was hired as the Practice Administrator. Dr. Bartels' appreciates having another male around! Patti Bondor and Candace Huff are the front desk staff. Kati McCluskey and Sarah Benson continue as our nursing staff.



Candace, Kati, Dr. Bartels, Sarah, & Patti

With all the festivities and foods, we realize how difficult it is to diet over the holidays.

That's why we've prepared a few tips for you in this year's, "**Holiday Helpers.**"

Don't feel deprived though – look for some special treats in our "**Holiday Recipes.**"

Bartels' Medical Associates would like to thank you for making 2008 a success by your efforts towards a healthier lifestyle.

Happy Holidays!
Dr. Bartels & Staff

HOLIDAY RECIPES

These can be enjoyed in all diets

Hot Mocha

1 package Chocolate B.C.S.
1 cup water
1/2 teaspoon instant coffee
Fill coffee cup half full of water. Pour in B.C.S. and mix well.. Gradually add water until cup is full. Add 1/2 teaspoon coffee and stir. Heat on high in microwave for 1 1/2 minutes. Stir and drink!

Cream DeMenthe

1 package Chocolate B.C.S.
1 cup water
4 drops mint flavor

Fill coffee cup half full of water. Pour in B.C.S. and mix well.. Gradually add water until cup is full. Add 4 drops of mint flavor and stir. Heat on high in microwave for 1 1/2 minutes. Stir and drink!

Peppermint Pudding

1 package Vanilla B.C.S.
4 oz. cup water
4 drops peppermint flavor

Put all ingredients in shaker cup. Shake well with cold water. Once pudding "sets" swirl in red food coloring for fun!

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HOLIDAY HELPERS :

Every holiday season we are bombarded by magazine articles, TV talk shows, and even news reports that offer basically the same list of “dos and don’ts” for dieting success over the Holidays. You know the list:

1. Stay focused on your goal.
2. Don’t go near your food weaknesses..
3. Eat something diet friendly to fill you up.
4. Keep busy –idle hands bring unwanted food to the lips.
5. Don’t sit or hang out near the food table.
6. Limit your alcohol – alcohol contains a lot of calories, so avoid it.

These are good, valid tips but yet, year after year diets fail during the holidays. *WHY?*

That’s easy to figure out:

Holidays = Stress. Stress = Eating. We are all familiar with that cycle but do we really understand it?

Why does stress cause you to overeat and how can we stop it? It takes a lot of energy to maintain self-control. During the holidays, as our schedules and budgets become overextended, we become more stressed. Dealing with stress depletes your energy. In social situations, we need to control certain reactions like annoyance, feelings of disappointment, hurt, boredom, etc. Controlling your feelings depletes your energy. So, as you can see, you use a lot of energy to navigate the holidays Understanding this, it is easy to see that you might run out of “self control” energy.

Here’s what you need to do. Give yourself a present this year - permission to simplify the holidays. Permission to attend less parties, make less purchases’, spend more time at home with your family – whatever isn’t something that you jus don’t feel like doing – don’t do it. If the thought of fighting the traffic and parking means that you won’t go to the Christmas matinee with your friends and their daughters, then so be it. Spend the time with your daughter at home wrapping presents instead.

Conserve your stress fighting energy this year. If necessary, smile sweetly and say, “No, I’m sorry I can’t- Doctor’s orders.” After all, if you are using your energy up in one stressful situation after another, you might be left with little or no energy for dealing with the next situation – such as stressing out over not eating that tempting piece of pecan pie that’s sitting on the counter calling your name. And remember, no matter what happens, don’t stress about it – tomorrow is another day!

SPECIAL POINTS OF INTEREST:

- If you are interested in being a “success story” in our publications, please let us know.
- We will be closed for the Holiday as follows: Nov. 26 - 28
Dec. 24 - Jan.2
- We will re-open at 7:00 am Jan 5

WE’RE ON THE WEB!
WWW.DRBARTELS.COM

*Dr. Bartels and his staff would like to wish you a
Happy Holiday Season*