

Newsletter

July 3, 2021



Let's Talk About It:

This week we continue to discuss what makes us feel hungry and what makes us feel full.

Let's quickly review. We've already learned that weight is controlled via a multi-level complex system involving: 1) Gut hormones (stomach and intestine) and 2) Adipose (fat) tissue hormones. These hormones transmit chemical signals into specific areas of the brain to affect hunger, sensory perception, cognition, emotion, and behavior. They increase or decrease hunger and energy expenditure (metabolism). Further we learned that **Ghrelin** is known as "the hunger hormone" because it stimulates you to feel hungry and it is the only known circulating hormone that makes you feel hungry. Some additional facts about Ghrelin are that its production can be increased by several factors that include fasting, stress, weight loss, and sleep deprivation, while inhibiting factors of Ghrelin include eating meals, weight gain, leptin, and gastric sleeve surgery.

Lepin is a hormone secreted by the small intestine that acts in the hypothalamus to make you feel full and to modulate your metabolism.

Today we take a look at some other hormones released from the small intestine that affect weight gain and loss. The first is cholecystokinin. Cholecystokinin was the first hormone identified that affected appetite. It is produced in the proximal portion of the small intestine when you eat protein and fat, and when the stomach is distended. It has actions on the gut and the brain. It's effects only last about 15 - 30 min but during that time it stimulates the gallbladder to contract and release bile, (bile's job is to break down fat), it slows stomach emptying, and it acts on the brain to reduce your appetite.

Next is Glucagon Like Protein 1 (GLP-1). It is released from the distal small intestine and large intestine in response to nutrient intake (Carbs, Protein, Fat). It's main job is glucose regulation by increasing insulin release and inhibiting glucose production by the liver. It also slows gastric emptying and helps you feel full.

Oxyntomodulin (OXM) is released from the distal small intestine after completion of a meal. It decreases appetite and the drive to eat as well as increases metabolism.

Peptide-YY (PYY) is produced by the distal small bowel, colon, and rectum. Released within 1 hour of eating and suppresses appetite, delays gastric emptying time and intestinal transit time of food.

Task For The Week

Over the next week, make a concerted effort to eat slowly, focusing on the meal you are eating while savoring each bite. Remove any distractions that might take your attention off your meal. Stop eating as soon as you start to feel full. I promise it's ok to leave food on your plate.

Ask the following questions of yourself, and record your answers in a journal.

1. Did I feel full before I finished my meal?
2. Did I enjoy what I was eating more?
3. Did I find myself eating less?

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Recipe of the week

Garlic Butter Chicken Thighs

Makes 6 servings

Nutrition Facts Per Serving: Net Carbs 0.8g, Fiber 0g, Total Carbs 0.8g, Protein 8g, Fat 13g, Calories 153

Ingredients

Skin on chicken thighs 4 ounces each 4
Extra Virgin Olive Oil 1 Tablespoon
Minced garlic 1 Tablespoon
Salt 1/4 Teaspoon or to taste
Pepper 1/4 Teaspoon or to taste
Butter 2 Tablespoons

Instructions

Step 1. Preheat oven to 400 F

Step 2. Pat chicken thighs dry with paper towel and season all over with salt and black pepper

Step 3. Heat olive oil in a skillet, large enough to hold all 4 thighs, over medium heat. Place the chicken thighs skin side down and sear until the skin is golden and crispy. About 5 minutes give or take.

Step 4. Flip your chicken over once the skin is crispy.

Step 5. Place butter in the skillet with the chicken and melt, once melted add minced garlic and stir around the pan for 30 seconds.

Step 6. Place the whole skillet in the oven and bake for 30 minutes or until the chicken reaches an internal temperature of 165 degrees.

Step 7. Remove skillet from oven and spoon some of the garlic butter sauce over each chicken thigh. Top with fresh chopped parsley if desired before serving.

Announcements

If you have a recipe you would like to share, please send it to drqweightloss@gmail.com

Vitruvian BodyWorks is now offering Yoga and Pilates classes. Call to sign up and get your first class free. Classes available Sun - Sat. 727-273-2030.

Class Schedule for July 4 - 10

Yoga Class Schedule

July 4th and July 5th - Closed for Holiday

July 6th - 2:30 pm, 5:30 pm, July 7th - 10:00 am, July 8th - 2:30 pm,

July 9th - 9:30 am, July 10th - No class

Pilates Class Schedule

July 4th - July 5th -no class, July 6th - 9:00 am, July 7th - no class, July 8th - 9:00 am, 5:30 pm, July 9th - no class, July 10th - 9:00 am

Looking for a personal trainer? Vitruvian BodyWorks offers a reduced rate to our active patients. Call the office for more information or to schedule a training session with Larry-Gerard.

We are now in hurricane season and we will be watching the weather closely. If it appears we will need to close due to threatening weather we will contact you as much in advance as we can to confirm closure or cancellation of a class.



Q & A:

Why am I not losing weight as fast as I would like to? Part 3.

You are binge eating.

Binge eating involves rapidly eating large amounts of food, often much more than your body needs. This can be a significant problem for many people trying to lose weight. Some may binge on highly processed foods, while others binge on relatively healthy foods, including nuts, nut butters, dark chocolate, cheese, etc. Even if something is deemed “healthy,” its calories still count. This leads us into eating mindfully.

You are not eating mindfully.

A technique called mindful eating may be one of the world’s most powerful weight loss tools. It involves slowing down, eating without distraction, savoring and enjoying each bite while listening to the natural signals that tell your brain when your body has had enough. Numerous studies have shown that mindful eating can cause significant weight loss and reduce the frequency of binge eating. Whereas, eating while involved in another activity can cause significant weight gain.

Here are some tips to eat more mindfully:

1. Eat with zero distractions, sitting down at a table with just your food.
 2. Eat slowly and chew thoroughly.
 3. Try to be aware of the colors, smells, flavors, and textures.
 4. When you begin to feel full, drink some water and stop eating.
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You are not doing cardio.

Cardiovascular exercise, also known as cardio or aerobic exercise, is any type of exercise that increases your heart rate. It includes activities such as brisk walking, jogging, cycling, and swimming. It is one of the most effective ways to improve your health. It is also very effective at burning sick fat (belly fat), the harmful visceral fat that builds up around your organs and causes diseases like diabetes, hypertension, and high cholesterol and lipids.

Current recommendations for physical activity in adults are as follows: at least 150–300 minutes per week of moderate-intensity, 75–150 minutes per week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Adults should also perform muscle-strengthening activities of moderate intensity or higher that involve all major muscle groups for 2 or more days per week. The elderly should perform additional balance training and fall prevention exercises more than 3 times a week.

Light <3.0 METs	Moderate 3.0-6.0 METs	Vigorous >6.0 METS
<ul style="list-style-type: none">• Walking slowly• Sitting using computer• Standing light work (cooking, washing dishes)• Fishing sitting• Playing most instruments	<ul style="list-style-type: none">• Walking very brisk (4 mph)• Cleaning heavy (washing windows, vacuuming, mopping)• Mowing lawn (power mower)• Bicycling light effort (10-12 mph)• Bad minton recreational• Tennis doubles	<ul style="list-style-type: none">• Hiking• Jogging at 6 mph• Shoveling• Carrying heavy loads• Bicycling fast (14-16 mph)• Basketball game• Soccer game• Tennis singles

Please feel free to email us with questions, topics, or ideas that you would like to see included in this newsletter.

drqweightloss@gmail.com

© Dr. Q's Total Weight Loss Center
4646 Central Ave. St. Petersburg, FL 33711
(727) 273 - 2030
drqweightloss@gmail.co

