

Newsletter

June 5, 2021



Let's Talk About It:

Over the next six (6) weeks we will continue to talk about **Cognitive Distortions**. Cognitive Distortions are irrational thoughts that can influence your emotions.

Everyone experiences cognitive distortions to some degree, but in their more extreme forms they can be harmful. Often cognitive distortions present themselves as automatic thoughts. Automatic thoughts can happen so quickly that we fail to notice them and they can affect our emotions and progress when they occur.

Identifying our negative automatic thoughts and replacing them with new rational and positive thoughts can improve both our emotional state and stop us from sabotaging our progress.

This week we continue with two more **Cognitive Distortions: Emotional Reasoning and Disqualifying the Positive.**

Emotional Reasoning: The assumption that emotions reflect the way things really are. An example may be: “I feel like a bad friend therefore I must be a bad friend”

Can you think of an example in your own life when emotional reasoning affected your weight loss efforts?

Disqualifying the Positive: Recognizing only the negative aspects of a situation while ignoring the positive.

An example may be: You receive four compliments on your evaluation but only focus on the single piece of negative feedback.

Can you think of an example in your own life when you disqualified positive feedback and it affected your weight loss?

Task For The Week

As you go through the week ahead, see if you can identify one or more examples of the two cognitive distortions as they are related to your weight loss efforts.

1. Write down the thought(s).
2. Record how each one made you feel.
3. Change the thought to something more positive and realistic.

Example: "I feel like I can't lose weight so therefore I won't and might as well not try"

Change to new thought: In the past I felt like I couldn't lose weight and so I didn't try, this time I will try because I have help.

[Dr. Q's Total Weight Loss
Center - Home](#)

Recipe of the week

Crisp Whole Red Snapper with Asian Citrus Sauce Makes 4 servings

Nutrition Facts: Net Carbs 3g, Fiber 0g, Total Carbs 3g, Protein 24g, Fat 11g, Calories 210

Ingredients

Snapper (any breed) 4 11/2 pound
Salt ¼ Teaspoon
Black pepper ⅛ Teaspoon
Avocado Oil for frying
Chicken Broth 6 Tbs
Soy Sauce (may substitute Tamari for gluten/soy free) 2Tbs + 2 Tsp
Lime Juice 2 Tbs
Orange Juice (fresh no added sugars, not from concentrate) 4 Tbs
Sesame Oil 2 Tsp
Grated Ginger ½ Tsp
Rice Wine Vinegar 1Tbs
Erythritol (I use Swerve) 1Tbs

Cooking Instructions

Step 1. Rinse the fish and dry the surface and the cavity of each thoroughly with paper towels. Salt and Pepper both sides of the fish.

In a large nonstick frying pan or iron skillet, heat 3/8 of an inch of avocado oil over moderately high heat until very hot. A deep-fat thermometer should register 375°. Carefully add the fish, letting the tails stick out of the pan if necessary. Let the fish cook, without moving them, until crisp and browned, about 9 minutes. Using a large spatula, carefully turn each fish. Continue cooking until crisp and browned and just done, about 7 minutes longer. Drain on paper towels.

Step 2. In a small saucepan, combine the broth, soy sauce, lime juice, orange juice, sesame oil, grated ginger, rice vinegar, and erythritol. Heat to boiling and then turn down to simmer to reduce to half.

Step 3. Serve the fish on a platter. Run a knife between the flesh and the bones and lift off the fillet with the skin attached. Turn the fish over and repeat.
Or serve whole.
Pass the sauce.

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

Announcements

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

Q & A:

What is the set point and how does it affect efforts to lose weight?

In adult individuals, body weight is maintained at a relatively stable level for long periods of time. The set-point theory suggests that body weight is regulated at a predetermined, or preferred, level by feedback control mechanisms within the body. This is mediated by the neuro-hormonal pathways that either stimulate or suppress hunger.

A very simple example of a feedback mechanism is how when we eat, food fills our stomach, and stimulates stretch receptors in the stomach walls, these receptors in turn send signals to the brain telling us to feel full, which then triggers a desire to not eat any more. As the stomach empties the stretch receptors are deactivated and we start to feel hungry again. However, this is just one small part of a very complicated system that mediates hunger and satiety.

The system is not infallible and because of that the set point can creep, especially as we age. However, this creep can be stopped and even reversed. We can do this by maintaining muscle mass, staying active and moderating the amount of energy we take into our bodies in the foods we eat and the amount of energy we expend during the course of a normal day.

So, how does this all relate to losing weight? It can make losing weight harder or so it seems, mainly because we may not be losing weight at the rate we would like to lose it. As the weight loss process occurs, the rate of weight loss can trigger the system to try and slow things down, after all the weight crept on over a period of years, not in a matter



of months. It would only make sense that the set point would want to creep back down rather than make big leaps and bounds.

So, it is normal to see a slow down or even a plateau in weight loss, the first occurring at approximately 10% of initial body weight. When this happens it is a sign that the body is ready to work on stabilizing a new lower set point. During this time changes in body composition are occurring and need to stabilize. Once that stabilization occurs the body is ready to make the next reset. If at this point you “give up and give in” the set point will go back to the most recent “setting” or weight before weight loss occurred. If you persevere and keep to your program you will be able to move on to the next 10%. And so on and so on.

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

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