

# Newsletter

September 4, 2021

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## Let's Talk About It:

Let's talk about cancer risk in people who are overweight or obese.

There are thirteen cancer types that are linked to being overweight or obese. They are mouth/pharynx/larynx, esophageal, stomach, pancreatic, gallbladder, liver, colorectal, breast, uterine, ovarian, endometrial, prostate, and kidney.

So far, what we know about how being overweight or obese increases ones risk for these cancers is that adipose (fat) cells increase inflammation and make extra hormones and growth factors which cause cells to divide more frequently. This increases the chance of spontaneous mutations (abnormal cells) during cell division, the mutated cell(s) or cell continue to divide resulting in a tumor.

What can be done to reduce the risk? Lose weight, strive for 150 - 300 minutes of moderate exercise weekly (brisk walking, water aerobics, riding a bike, dancing, doubles tennis, pushing a lawn mower, hiking, rollerblading), muscle strengthening exercises on 2 or more days of the week that work all major muscle groups (legs, hips, back, abdomen, chest shoulders, arms), eat a healthy diet and minimize processed foods, limit alcohol, and get at least 7 - 7 ½ hours of sleep a night.

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## Task For The Week

The response to last week's task was so overwhelming that we're going to spend another week in self affirmation.

Get a piece of paper and write this on it:

"I will choose to only eat foods that nourish and strengthen my body"

Tape it to your bathroom mirror and read it out loud to yourself five times first thing in the morning and again in the evening before going to bed. Do this every day this week.

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## Recipe of the week

### Cauliflower Salad (Mock Potato Salad)

Makes 5 servings

**Nutrition Facts Per Serving:** Net Carbs 4g, Fiber 2g, Total Carbs 6g, Protein 4g, Fat 11g, Calories 135

#### Ingredients

1 Cauliflower Head (medium)

1 Tbsp Olive Oil

1/8 Tsp Black Pepper

1/4 Tsp Salt

1/4 Cup Mayonnaise

2 Tbsp Yellow Prepared Mustard

2 Tbsp Dill Pickle Juice

1/4 Cup Diced Celery

1/8 Cup Chopped Onion

1/4 Cup Diced Dill Pickle

2 Hard Boiled Eggs (Chopped)

1/8 Tsp Paprika

1/2 Tsp of Salt or To Taste

1/4 Tsp of Black Pepper Pepper

#### Instructions

**Step 1.** Pre-heat oven to 400 F. Chop cauliflower to 1/2 inch pieces and toss with salt, pepper and olive oil. Spread evenly on baking sheet lined with parchment paper. Bake in preheated oven 15 - 20 min until fork tender. Set aside and allow to cool

**Step 2.** Chop eggs. In a large bowl, make the dressing by whisking together the mayonnaise, mustard, and dill pickle juice. Stir in onion, pickles, cauliflower, eggs and celery. Season to taste with salt and pepper.

**Step 3.** Sprinkle top with paprika, chill and serve.

If you have a recipe you would like to share, please send it to [drqweightloss@gmail.com](mailto:drqweightloss@gmail.com)

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## Announcements

Vitruvian BodyWorks is offering Yoga, Zumba, and Fitness Evolution classes. They are pleased to announce the following classes coming soon: Pilates, HIIT Senior Edition, Senior Drum Ball Cardio, Dancing to The Oldies, and Let's Get Moving Morning Class. Join now and get your first Yoga class free (applies only to Yoga)!

Vitruvian BodyWorks is now active on ClassPass, so those of you with a ClassPass subscription can now register for classes, book personal training or individual sessions, and soon, reserve for a massage.

Call us at 727-273-2030, email or register virtually using the [Mindbody](#) app.

All Classes \$10.00. See the separately attached Vitruvian BodyWorks class schedule.

Private classes in Yoga \$60.00, or Personal Training sessions with Larry-Gerard for \$50.00 are also available.

Larry-Gerard is offering drop-in Personal Training sessions Monday thru Friday at 8AM, 9AM, 4PM, and 5PM.

Please make any reservations at least five hours in advance. While some classes may allow registrants past this time, it is not guaranteed, so registering early is the best way to secure your spot.

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## Q & A:

### **I like Margaritas. Is a margarita that is made with agave nectar really a “skinny margarita” and better for me than one made with simple syrup?**

Thank you for your question, it is a good one. Often bartenders will tell you that Agave nectar is better for you than simple syrup. However, nutrition wise a teaspoon of Agave nectar has 5 gm of carbs and a total of 20 calories which is comparable to table sugar, corn syrup, molasses, or sugar in any other guise, making it not a healthy replacement for sugar. The one thing that it does have going for it is it has a relatively low glycemic index, making it less likely to elevate insulin levels. If a margarita is a must for you, you are better off making your own “Skinny Margarita” using a simple sugar made with a sugar replacement such as Erythritol. See the recipe below for a tasty 1 carb skinny margarita.

<https://lowcarbyum.com/easy-homemade-keto-skinny-margarita/>

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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