

THE STEELMAN CLINIC • (405) 755-4600

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Tools & Tips



Do this...

A few tips for a guiltless vacation:

- Save calories. Cut back on your daily calories for a few days before you leave.
- Be realistic. Avoid a guilt trip by planning to maintain your weight or gain by only a few pounds.
- Maintain activity. Stay at locations that offer swimming pools, jogging tracks or tennis courts.
- Concentrate on the other aspects of your vacation – entertainment, sightseeing, etc. – instead of food.

Log on to this ...

If you're looking for an easy way to track your food, exercise, weight loss and goals, **The Steelman Clinic Online Journal** is the answer. This free online tool is completely secure, confidential and, above all, easy to use. Once you register, you'll have the ability to make entries and track your progress from any location with online access. The journal analyzes all of your information and shows your daily calorie, carbohydrate and other nutritional counts. It also features detailed nutrition figures for thousands of common foods, allows you to track your weight-loss goals, and provides a long-term diet analysis.

www.thesteelmanclinic.com

Swimsuits ahoy! Keep shape?

(EDITOR'S NOTE: The following is a question-and-answer session with Michael Steelman, M.D., The Steelman Clinic's medical director.)

Q. Does it make sense to start a weight-loss program come swimsuit weather?

A. People tend to try to change too much too fast, just because the calendar said so. That is as bad as eating lunch, not because you are hungry, but just because the clock says it's noon. The same thing goes with the calendar. It's an artificial measure.

Q. So, perhaps this isn't the best time of year to get started?

A. I am all for people wanting to get fitter and healthier. But part of the reason people struggle when setting an arbitrary deadline, such as that first swim, is they are not getting in touch with a deep, meaningful and personal reason for wanting to lose weight. Studies have shown people who started out with an intense reason are more likely to be successful with weight loss and long-term maintenance than people who were generally dissatisfied with their body shape.

Q. How does one find the deep and meaningful reason?

A. Often, there is some kind of triggering event connected with a strong determination to lose weight. It may be a health concern or social embarrassment. One woman's triggering moment happened when she had locked her keys in her car. It had a sun roof that was open, so she decided she would crawl through and she got stuck. It could be seeing your children grow up and graduate from college; seeing those grandchildren come along. Having a

strong reason is what is necessary, not 'I can't stand to look at myself in the mirror.'

Q. What do you suggest people do in anticipation of summer?

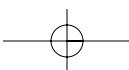
A. Make a list of 10 reasons why you want to lose weight and be specific.

Q: How do you know someone in your program is going to maintain their weight loss once they reach their goal and, afterward, the number of visits to your office decrease?

A: Develop a healthy lifestyle: Commit to regular exercise. This doesn't mean you have to join a gym, but you do have to be dedicated to some form of regular activity.

Drink more water. We tend to consume too many sugary drinks and caffeine; water is essential to good health. It helps rid our bodies of toxins and maintain a healthy weight. Also, we need to learn how to deal with stress and begin getting enough sleep. Most of us average six-and-a-half hours of sleep per night when we should be getting at least eight.

Also, we need to get back to eating the foods nature gave us. Eating lean meats and increasing our intake of fruits and vegetables – that's where the vitamins and minerals we need are. It's not about deprivation. You have to enjoy life, but don't go overboard when eating.





Doctor's Dialogue

What about over-the-counter Alli™

Many ask if over-the-counter Alli™ helps in losing weight. It is a half-strength version of the prescription Xenical™, which can help with weight loss.

Alli™ works by interfering with intestinal tract enzyme necessary to break fat down so it can be absorbed.

Alli™ blocks about 20-30 percent of fat in a meal and has to be taken with a fat-containing meal. Then, the

undigested fat cannot be absorbed and is eliminated in your bowel movements.



Dr. Michael Steelman

The positive side of Alli™ is it works well doing what it says it will do: blocking one-third of the fat. The negative side is it's not that effective in weight loss.

Most experts recommend 30 grams of fat a day or less. If you are blocking one third of that – which is 90 calories of fat – it would take a person 35 days to lose one pound.

Alli™ leaves undigested fat in the intestinal tract, which can cause diarrhea and gas pains. Undigested fat can leak out, causing a hygiene problem. Consequently, people taking the drug may end up eating less fat because of the side effects – accomplishing the same purpose on their own without the drug.

Vitamins A, D, E and K require fat in the intestinal tract to absorb. People taking the drug may not absorb vitamins as well.

Before starting Alli™, check with us about your vitamin supplement needs.

Staff Spotlight

Lynda Redus - Ask her about her kids



What function do you serve at The Steelman Clinic?

Front office receptionist and cashier

Do you have any hobbies?

Not really. I have five children, need I say more?

Redus, mother of five

What's the most recent book you've read?

I don't have time to read but, if I did, I would read "The Five Love Languages" by Gary Chapman.

What type of music do you enjoy? Christian music.

I listen to K-LOVE.

What's your favorite TV show?

I love Food Network and HGTV.

Do you have a favorite quote?

"Tomorrow is another day" by Scarlett O'Hara in "Gone with the Wind."

If you could have dinner with anyone alive or dead, who would it be and why?

Jesus, because he's the only one that matters.

Something your friends don't know about you?

Everyone thinks that I'm "Type A" personality but I'm really more like Monica from "Friends."

Why do you enjoy working at Dr. Steelman's office?

I get to meet new people.



Care to Share?

Nothing makes us feel like we have truly helped you like a referral to a friend or family member. If you know someone who could benefit from one of our well designed weight-loss programs, pass this newsletter on. Encourage them to take the first step and make an appointment by calling our office at (405) 755-4600. But be sure they mention your name when they call. As our way of saying thank you, you receive a discounted service. Share the gift of good health today.

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Product Spotlight

Cravings Control CD

Weight loss is never easy – especially when there are temptations everywhere. Whether you crave a daily dose of chocolate, carbohydrate-heavy foods or sugary soft drinks, it's hard to stay on track with your weight-loss goals. Dr. Michael Steelman's "Cravings Control" CD can help you fight the urge to overindulge.

This motivational audio aid was developed by Dr. Steelman to bring the left and right sides of your

brain in sync with your goals. The product features a variety of educational techniques, strategies and speech levels that work together for you.



Users listen to this product once a day for 21 days and then as often as needed to give them a boost. This incredible product is only available through The Steelman Clinic. For more information call The Steelman Clinic at (405) 755-4600 or ask about it at your next visit.