



THE STEELMAN REPORT

If you have the will, we have the power.



THE STEELMAN CLINIC • (405) 755-4600

Vol. 1, No. 4 • September 08

Tools & Tips



Try this...

How would you like to lose five years and five pounds in five minutes? Or at least appear that way? Sound impossible? It's really not, if you pay attention to your posture. Standing and sitting in proper alignment can take years and pounds off your looks in a matter of seconds

Find a chair that you can sit in with your back straight and your feet flat on the floor. Place your palms on the tops of your thighs. Now, pretend that there's a string running from the top of your head to the ceiling. Imagine that the string is being tightened, drawing the top of your head toward the ceiling. Don't stretch too hard, just enough to straighten you up.

As you straighten, your chest lifts, your back straightens, your shoulders roll back and your abdomen tightens. This is how it feels to sit in proper alignment. Take a few moments to imprint these new sensations on your mind and muscles, because this is the way you're going to want to be sitting, standing and walking from now on. Sure, it's going to feel a little awkward in the beginning, but keep at it. It'll become a habit in about three weeks.

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.

www.thesteelmanclinic.com

Little sleep, weight gain linked

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

Q. I have gained some weight. My clothes don't fit. I'm out of breath and I'm hungry all of the time. To make matters worse, I'm so stressed out about work that I'm not sleeping either. What can I do?

A. Most people don't associate lack of sleep with weight gain, but research has shown that even one night of sleep deprivation can have a far-reaching effect on our health. Sleep is essential to our well-being and Americans are not getting an adequate amount.

Most of us require at least seven hours of sleep per night, but the majority of us are only getting five or six at most. Over time, this sleep deprivation adds up.

Q&A Sleep deprivation is, indeed, associated with producing weight gain, and there are at least three physiological mechanisms involved.

First, lack of sleep alters our metabolism. Second, sleep deprivation changes the chemistry of our appetite. Two hormones control our appetite: leptin, which signals a decrease in appetite; and ghrelin, which acts to increase our appetite. Studies have shown that even one night of sleep deprivation causes a rise in the level of ghrelin, making us think we want to eat when we really don't need to.

Lastly, sleep deprivation leads to fatigue, which makes us more sedentary.

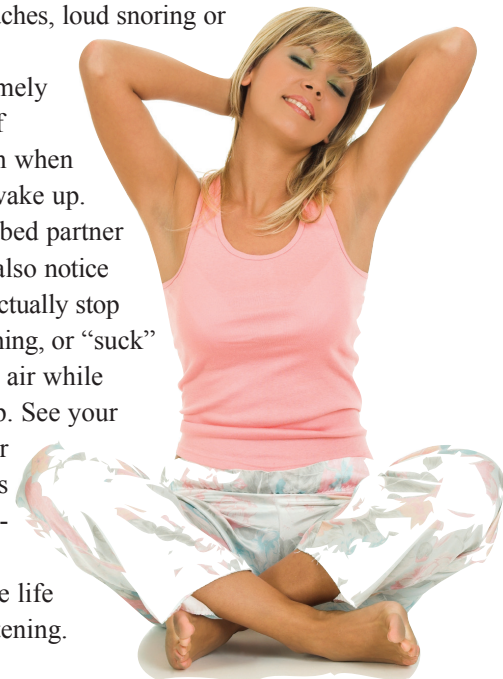
To compound the issue, as a person gains weight, they are more prone to sleep disorders such as sleep apnea, which causes a person to actually stop breathing for a prolonged amount of time while they sleep. The increased weight puts pressure on their airways, leading to an

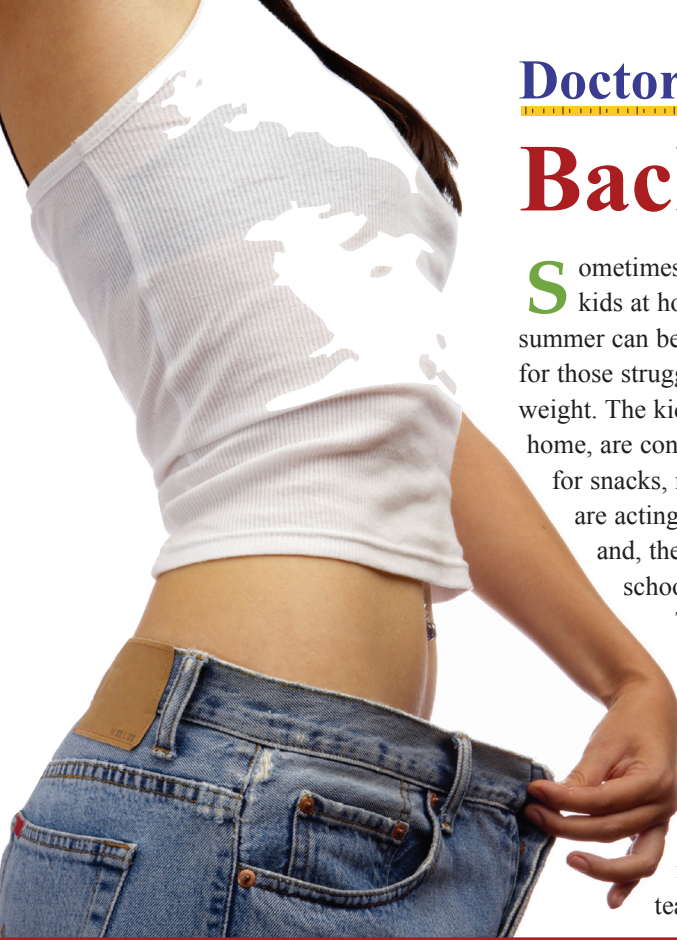
obstruction, which causes the person to "suck" for air. Sleep apnea disturbs our sleep levels, and decreases the benefits of sleep.

Q. So, if sleep deprivation causes us to gain weight, and gaining weight causes us to lose sleep, what can we do?

A: The first step is to establish good sleep hygiene. Simple changes such as making sure your bedroom is dark and cool enough can lead to a restful night's sleep. You also shouldn't eat or drink excessively prior to bed and should make an effort to establish a "calming-down period," such as a relaxing bath, prior to bed. Avoid stimulants such as TV and computers right before bedtime. And, while you think it might help you sleep, avoid alcohol. It will actually cause a not-so-restful sleep.

Secondly, if you think you might have sleep apnea, talk to your physician. Symptoms include daytime drowsiness, morning headaches, loud snoring or being extremely out of breath when you wake up. Your bed partner may also notice you actually stop breathing, or "suck" at the air while asleep. See your doctor as this condition can be life threatening.





Doctor's Dialogue

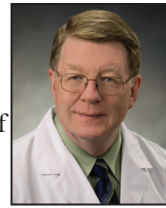
Back to school? Stressed?

Sometimes, having the kids at home during the summer can be a bit tougher for those struggling with their weight. The kids, suddenly at home, are constantly asking for snacks, mom and dad are acting as taxi drivers and, then the back-to-school stress begins.

The back-to-school season is a mixed blessing for the dieter. It starts with shopping, meeting the teacher and chil-

dren trying out for sporting events, which means a lack of time to take care of ourselves. We find that we eat out more, don't get enough sleep, and stress about what lay ahead.

Stress tends to elevate cortisol, a hormone that stimulates cravings for starch and sugar. Then we tend to overindulge, causing us to gain weight and to lose track of our own goals. To cope? It starts with taking care of our own needs.



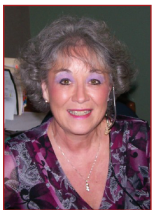
Dr. Michael Steelman

First, simply plan ahead. If it's going to be a stressful time, make plans for – and stick to – eating at home. If you absolutely cannot avoid being on the run, carry water, fruits and veggies with you.

Make time for yourself. Sit down and write a list of 10 to 15 things that you can do to help relieve stress. It may be taking a walk or enjoying a bubble bath. Make the list when you don't feel stressed. Post it where you're sure to see it often and, when stressed, reach for the list instead of a candy bar.

Staff Spotlight

Sherry Sykora – Loves people



Q: How long have you been with The Steelman Clinic?

A: For two years. Prior to that, I spent 25 years at American Fidelity Assurance Co.

Sherry Sykora

Q: Do you have any hobbies?

A: I like to go fishing, go to the lake, picnics and spending time with my granddaughters, ages 12 and 17.

Q: What type of music and movies do you enjoy?

A: Mostly any kind. I do enjoy jazz. I enjoy Lifetime movies and the classics.

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

A: My Mom. She was a wonderful mother and a great lady. She died suddenly in 1988 from leukemia. I miss her every day and wish I could see her again.

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

A: I schedule all the new patients at the clinic and enjoy talking with them and scheduling their appointments. They are very appreciative and ready to get started on one of the programs. I am a people-person and like helping them. Dr. Steelman is great to work with and I also enjoy working with my co-workers.

Product Spotlight

CarbCrave Complex

Do you love carbohydrates, but they don't love you back? CarbCrave Complex may be for you. This new product is designed to help safely regulate carbohydrate cravings.

Available at the Steelman Clinic, CarbCrave Complex helps fight cortisol, caused by stress and the main culprit in starch and sugar cravings.

CarbCrave supports healthy brain chemistry and mood, and helps lessen appetite.

Ingredients:

5-HTP is a precursor for serotonin, the "well-being hormone" released by the consumption of carbohydrates and

associated with improved mood.

Dl-phenylalanine

and **l-tyrosine** support production of certain substances (dopamine and epinephrine) responsible for the sensation of well-being.

Vitamin B6 is necessary for carbohydrates metabolism.

Rhodiola is an herb and strengthens the body's resistance to stress and fatigue.

Chromium picolinate has the potential to promote more healthful patterns of carbohydrate intake and reduces mood fluctuations.

Relora™ is an herb and helps to reduce stress-related snacking of sweets.



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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