

The Healthy Crew: Getting to know your RN.

(Spotlighting Our Registered Nurse)

Amy Valesko RN



I have been a registered nurse for 23 years, all of which have been within Mercy Health. My background experience is very diverse. I worked at St. Elizabeth on an intermediate medical/surgical unit and Labor and Delivery. I then worked at St Joseph in ICU. Before coming to the Weight Loss Center, I worked for Hospice.

My family includes my husband, Rick and my children are Abby and Caleb. We also have 3 dogs and 3 cats. In my free time, my daughter keeps me busy with her numerous sports she participates in. I love spending time making crafts and holiday decorations.

For an exceptional weight loss experience and follow-up care call to schedule your appointment today.

Waist Winners: By: Kimberly Triveri RDN LD

What does our gut have to do with it?

Have you ever heard the phrase ***“You are what you eat?”*** Could your gut be the reason behind all your weight loss struggles? You have tried all kinds of diets and exercise routines in the past, but you cannot lose weight while others do nothing and lose weight effortlessly. Does this sound like you and are you puzzled and frustrated.

Did you know that your gut microbiome could be one of the most crucial factors in successful weight loss. Our gut is made up of a carefully balanced ecosystem that changes because of stress, aging, dietary habits, and lifestyle. When bad bacteria overgrow healthy bacteria, this imbalance, can cause many chronic diseases, including obesity. This explains why it becomes harder and harder to lose weight and keep it off. Despite eating healthy, trying different diets, and constantly exercising.

We know that a Western diet high in fat, low in fiber and high in sugar can change the gut bacteria leading to obesity but we also know that within 24 hours of initiating a diet low in fat, high in fiber can change our gut microbiota to healthy bacteria. We know that changing our gut microbiota can lead to prevention of obesity which can allow us to be healthier, be happier, eat tastier meals, save valuable time and most importantly live longer healthier lives.

Please call to schedule an appointment to start your weight loss journey or get back on track with your weight loss success.

2024 Contest:

The patient who refers the most co-workers, family members or friends for bariatric surgery in 2024 will win a free 3-month supply of post-op supplements.

Surgeon:

Referral Patient Name:

Patient Name:

Your Weight Loss Journey is a Team Effort – Not a Solo Ride!

Remember, WLS is a journey, not a destination. It is a marathon not a race. Sometimes, we get off course; if you are lost to follow-up scheduling a *Back on Track* appointment is designed to give you the tools to get back on the path to good health and weight loss. Interested in learning more? Give the Surgical Weight Loss team a call to talk about your situation. Remember there is no ‘I’ in team we are in this together, and together, we will support you in reaching your weight loss goal—and maintaining it permanently.

This Is Me - Written By: Kim Triveri RDN LD

You've always been beautiful. Now you're just deciding to be healthier, fitter, faster and stronger! Holiday foods taste great for a reason, they are loaded with fat and sugar. Don't let festive foods ruin your weight loss journey this season!

Dishes that everyone should skip this Holiday Season!

1. **Peppermint White Chocolate Mocha** (540 Calories Venti)
2. **Eggnog** (838 Calories)
3. **Snickerdoodle Cookies** (480 Calories)
4. **Pecan Pie** (503 Calories)
5. **Homemade Gravy** (375 Calories)
6. **Canned Yams with Marshmallows** (400 Calories)
7. **Turkey with skin** (459 calories)
8. **Mulled Wine** (321 calories)
9. **Stuffing** (342 calories)
10. **Baked Ham** (760 calories)

Eat for the body you want. Not for the body you have.

The only successful way to reach and maintain a healthy weight is to find out what works for you. Here at The St. Joseph Weight Loss Center, we tailor a weight loss program to fit your individual needs and set you up for success. Give us a call today.

The Daily Sweats: By Kristie Miller

Benefits of walking 30 minutes per day

1. Reduced risk of heart disease
2. Helps to maintain weight, and even promote weight loss
3. Helps to boost your mood
4. Increases lung function
5. Reduces stress level
6. Increases energy levels
7. Improve quality of sleep
8. Reduces risk of cancer
9. Reduces risk of diabetes
10. Improves quality of life

Walking after a meal can also stimulate digestion, leaving you feeling less bloated and promotes healthy bowel function.

Walking 4,000 steps per day can reduce your risk of dementia by 25%. Walking 10,000 steps per day reduces this risk by 50%.

Walking is one of the least expensive and most rewarding things you can do. You do not need an expensive gym membership to do this. During the extreme heat or in the winter, you can take your walking indoors at the mall for FREE!! Let's go!

Fitalicious Recipe Corner:

Salmon Quinoa Bowl— By: Kim Triveri RDN LD

Ingredients

4 (6- to 8-oz.) salmon fillets
Kosher salt
Freshly ground black pepper
1/2 avocado
1/2 c. fresh dill, plus more for serving.
1/4 c. plain low-fat Greek yogurt
Zest and juice of 1 lemon
2 Tbsp. extra-virgin olive oil, plus more for drizzling
2 oz. baby arugula
2 c. cooked tricolor quinoa.
2 Persian or 1 English cucumbers, halved lengthwise, thinly sliced.
Flaky sea salt
Lemon wedges, for serving.

Step 1

Preheat oven to 325°. Season salmon all over with kosher salt and pepper and arrange on a parchment-lined baking sheet. Bake salmon until opaque and flaky, 18 to 20 minutes.

Step 2

Meanwhile, in a food processor, combine avocado, dill, yogurt, lemon zest and juice, 2 tablespoons oil, and 2 tablespoons water: season with kosher salt and pepper. Pulse, adding more water if consistency is too thick, until dressing is smooth. Transfer to a small bowl.

Step 3

In a medium bowl, season arugula with a pinch of kosher salt and pepper. Drizzle with oil and toss to combine.

Step 4

Divide arugula among bowls. Top with quinoa, salmon, and cucumbers. Drizzle with dill yogurt dressing, then sprinkle with more dill and sea salt. Serve with lemon wedges alongside.

Bariatric Surgeons:

Dr. Benjamin Biteman

Dr. Joseph Martin

Dr. Robert Woodruff

The biggest thank you we can receive is referrals that you send us from family and friends.