

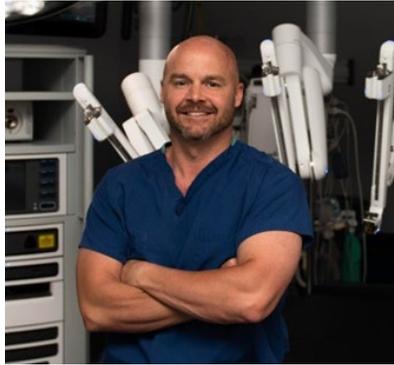


# Georgetown Bariatrics & Advanced Surgical Services

## Message from Dr. Smith

By Eric Smith, DO

The year is wrapping up and what a year it has been. I always look forward to this time of year because it's filled with joy and traditions. When I was a kid, I loved opening the advent calendar each morning as I counted down to Christmas. Now that I'm older and have boys of my own, I love watching Christmas movies with my family. Among our favorites are Charlie Brown's Christmas, The Grinch and of course National Lampoon's Christmas Vacation.



In 2021, even with all the challenges due to COVID, our clinic had a record year. I am honored to have been able to care for so many patients that made the decision to change their lives through surgical weight loss and choose Georgetown Bariatrics' program. Looking back, we had some amazing success stories and continued to follow up with old friends.

I'm looking forward to 2022. Our center is looking at creating more opportunities through zoom support groups for our patients to stay connected with our staff. We have some exciting topics and articles coming up with the newsletter and will be offering 2 more Q&A sessions since the last one was such a success.

Thank you for being part of the Georgetown Bariatric family and I'll see you next year.

## Newsletter

Issue: December 2021

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*What if Christmas, we thought,  
doesn't come from a store  
What if Christmas, perhaps, means*

*a little bit more*



# Santa, Cookies and Traditions

Chelsea Smitson, MHA, BSW, SRHM-CP

One of my favorite family traditions is baking homemade cookies with my daughter and putting them out for Santa on Christmas Eve. Of course, we have to sample the cookies to make sure they are yummy and won't disappoint the big man. The average sugar cookie has about 220 calories for a medium size cookie and if it has frosting, the calories are even higher. And who can stop at just one cookie? So what are some things parents can do with their children to keep the tradition alive, while sharing healthy habits as well?

- Use homemade cookies over store bought
  - Store bought cookies tend to be higher in calories and preservatives (which we know are bad for our health)
  - The baker can control the quality and quantity of the ingredients that go into making the cookie
- Find a recipe that uses whole fresh fruit instead of white refined sugar
- Use sugar substitutes when baking
  - There are products like Stevia, Swerve, Truvia and others that can be used as sugar replacements but beware they may change the taste and texture of the recipe
  - It might be a good idea to do a few batches before the big day and check for proper measurement conversion
- Put something out other than a cookie (Santa may get burnt out with all the cookies he has to sample)
  - Fruit like apples or an orange would be a great substitute for cookies and parents can still give the effect of a bite out of the fruit letting kids know Santa was there
- Don't forget the Reindeer!
  - They have to work hard Christmas eve too, so why not put out some carrots
  - After a quick google search, you can find a recipe for reindeer food and can be put it outside to feed them (or really birds and wildlife)

To find a recipe for healthier cookies check out <https://www.cookinglight.com/food/recipe-finder/healthy-cookies>

## Healthy Gingerbread Cookies: <https://www.acouplecooks.com/soft-gingerbread-cookies-healthy-christmas-cookies/>

Prep Time: 1 hour 25 minutes    Cook Time: 8 minutes    Yield: 25 to 35 1x

(These soft gingerbread cookies use almond butter to replace most of the butter, wheat flour for a few extra nutrients, and applesauce to keep them soft)

### Ingredients

1 egg  
 1/2 cup brown sugar  
 1/4 cup molasses  
 1/4 cup almond butter  
 2 tablespoons butter, melted  
 2 tablespoons applesauce  
 2 teaspoons ground ginger  
 1 teaspoon cinnamon  
 2 teaspoons allspice  
 1/4 teaspoon kosher salt  
 1/2 teaspoon baking soda  
 1 1/4 cup all purpose flour  
 1/2 cup wheat flour  
 Turbinado sugar (for garnish)

### nutrition facts

Serves 30

Calories Per Serving: 70

		% DAILY VALUE	
Total Fat 2.2g	3%	Saturated Fat 0.6g	
		Total Carbohydrate 11.6g	4%
		Dietary Fiber 0.5g	2%
Sugars 5.6g		Protein 1.4g	3%
		Vitamin A 9.2µg	1%
		Vitamin C 0.1mg	0%
Calcium 19.8mg	2%	Iron 0.6mg	3%
		Vitamin D 0.1µg	0%
		Magnesium 15mg	4%
Potassium 74.5mg	2%	Vitamin B6 0mg	2%
		Vitamin B12 0µg	1%



### Instructions

1. In a medium bowl, add 1 egg, 1/2 cup brown sugar, 1/4 cup molasses, 1/4 cup almond butter, 2 tablespoons melted butter, and 2 tablespoons applesauce; vigorously whisk to thoroughly combine.
2. To the wet ingredients, stir in 2 teaspoons ground ginger, 1 teaspoon cinnamon, 2 teaspoons allspice, 1/4 teaspoon kosher salt, 1/2 teaspoon baking soda, 1 1/4 cup all-purpose flour, and 1/2 cup wheat flour until well combined. Turn out onto plastic wrap and form into a rough ball; cover with plastic wrap and chill at least 1 hour, or overnight.
3. Preheat oven to 350°F.
4. Flour a flat surface and a rolling pin, then roll out the dough 1/4-inch thick. Use a cookie cutter to cut out gingerbread men, about 25-35 total. Place gingerbread men on a parchment paper-lined baking sheet and sprinkle with turbinado sugar.
5. Bake about 8 minutes, until puffed and slightly firmed. Let rest on the pan for 2 to 3 minutes, then transfer to a cooling rack. Store covered at room temperature for several days or freeze for several months.



## Fruitcake!

Cindy Jester, MS, RD, LDE

Every year at Christmas it shows up. It is a popular gift around the holidays that — let's face it — most of us dread receiving. The dense cake is filled with sugar-soaked fruit that makes for an overly sweet, hard bite. The historic Christmas cake, inherited from the British and wedding cake of both Princess Diana and Kate Middleton, is actually edible for up to 25 years after it's made. Shockingly, this doesn't make it more appealing. But love it or hate it, fruitcake never goes away. What's the story behind this sturdy seasonal dessert?

### What's in it?

It's not just a cake with some fruit inside. The fruit and nuts for fruitcake have to be dried or soaked in sugar. All of that is loaded up into a very heavy cake. The average fruitcake weighs two pounds. Because of the sugar, fruitcake doesn't go bad for a long time.

Some recipes call for alcohol in the cake, or for it to be stored in a cloth with alcohol on it. Alcohol gets rid of bacteria, which is what causes food to go bad. And maybe because fruitcake lasts so long they often get forgotten, or re-gifted, and ends up sitting around on shelves. December 27 is National Fruitcake Day, but then a little more than a week later it's Fruitcake Toss Day on January 7.



If this piece of historic dessert is your favorite, enjoy a once a year opportunity to partake. If you would rather eat anything else other than fruitcake, don't waste your calories. The average piece has 450 calories and 81.5 grams of carbohydrate!!! Save your calories for something you really enjoy and that fruitcake will make a great doorstop.



"Friends are the fruitcake of life — some nutty, some soaked in **alcohol**, some sweet." — [Jon Ronson](#)



## Combating the Winter Blues

Matt V., FRC, BS Exercise Science

Winter is coming. It's a sad but definite reality. Along with the cold temperatures and disappearance of sunshine, come the winter blues. This is a real phenomenon for EVERYONE, it just hits certain people harder than others. You've got all kinds of great momentum built up and we want to make sure that we don't lose out on our progress in the winter... so what can we do??

One solution is LIGHT. That's right, the seemingly small detail of less sunlight actually is a HUGE deal to all of us. To combat this, technology gives us the infrared light. This light stimulates our bodies to be more metabolically active, literally giving us more energy. The infrared light is good for just about everything in our bodies and is accompanied with heat to combat all the cold temps, double the benefits! Now the drawback to infrared light is the cost. You could buy your own sauna or red light unit, both of which can get pricey. But if you do some digging, there are many wellness centers, spas, gyms that are now offering infrared saunas at a much more affordable price point. You'll be surprised how much impact just a little light can have.

Another solution is to embrace the winter season. Most of us live in a place where it gets cold... but a tolerable cold. So bundle up and get outside! The cold can actually increase your metabolism. The body always wants to keep a constant temperature, so when you make it cold the body is going to fight to keep warm. When you expose yourself to the cold, the body WORKS to get warm which will burn calories and gradually force the body to ADAPT. I suggest covering your ears, hands, and feet generously and going lighter on pants, coats etc. Keep the distal appendages warm and the rest of the torso will take care of itself. This will be hard. This is NOT comfortable. That is the point :)

The most important thing you need to do is MOVE! Move every day, your literal life depends on it. I suggest doing it first thing in the morning as nothing will get in its way as the day wears on. Body weight exercises in the living room is better than nothing at all. If you are up to it, try joining a small gym or group that holds one another accountable. Have a buddy that you go with or at least checks in with you to give you the extra support when you need it. It is so easy to get caught in the trap of sitting on the couch watching TV because it's miserable outside. Find the solution to avoid this trap. Getting stated again after months of no activity will make a difficult journey even more challenging. Keep up the great momentum you've built!

To recap, the BEST ways to avoid the winter blues are MOVING, INFRARED LIGHT, and embracing the COLD will make you stronger, more resilient and continue the awesome progress you already have going!



## December's Superfood: Ginger



On the 2021 list of superfoods, you will find ginger. Ginger is a spice that is often underrated as a superfood, and should not be confused with Geri Halliwell, the 1990's Spice Girls superstar that went by the name Ginger Spice. It is a spice from Asia that has many health benefits. It is also used in many cultures to add flavor to the cuisine.

Ginger is known to treat many forms of nausea, especially during pregnancy. It can also reduce muscle pain and soreness, especially post workout. Ginger is also known as having anti-inflammatory properties that have been used to treat inflammation and inflammatory conditions such as arthritis. For the ladies, this means significantly reducing menstrual pain. This root can help to lower blood sugar and improve heart risk factors. Ginger aids in digestion by toning muscles and stimulating the breakdown of food particles. In doing so, ginger assists the transport of food and other particles out of the intestine. Ginger also contains gingerol, a substance that may prevent ovarian cancer by destroying ovarian cancer cells. Some studies show that bioactive molecules in ginger may slow down the growth of some cancers like colorectal, gastric, ovarian, liver, skin, breast, and prostate cancer. But much more research is needed to see if this is true. Tea made from ginger is useful for fighting infections as it contains high levels of vitamin C, calcium, zinc, sodium, and phosphorous.

Ginger's antibacterial power may also brighten your smile. The gingerols in ginger keeps oral bacteria from growing. These bacteria are the same ones that can cause periodontal disease, a serious gum infection.

Ginger comes from the Zingiberaceae family of plants. Nearly 1,600 species in this family grow throughout tropical Africa, Asia, and the Americas. Ginger is prepared fresh, dried, pickled, or powdered. Gingers are most closely related to canna, banana and bird-of-paradise plants. Our common eating ginger *Zingiber officinale* is native to India, but today it is cultivated as a commercial crop in many parts of the world, including India, China, Nepal, Nigeria, Thailand, and Indonesia. The word "ginger" (as well as the family name, Zingiberaceae) probably is derived from a Sanskrit word that described the shaped of a deer's antlers.

There are lots of different vitamins and minerals in ginger.

1 tablespoon of fresh ginger has:

- 4.8 calories
- 1.07 grams (g) of carbohydrate
- .12 g of dietary fiber
- .11 g of protein
- .05 g fat
- .1 g of sugar

Vitamins and minerals present in fresh ginger in trace amounts:

- Vitamin B3 and B6
- Iron
- Potassium
- Vitamin C
- Magnesium
- Phosphorus
- Zinc
- Folate
- Riboflavin
- Niacin



To learn more about the spice called ginger check out:

<https://spoonuniversity.com/lifestyle/9-reasons-ginger-is-the-most-underrated-superfood>

<https://www.webmd.com/diet/ss/slideshow-health-benefits-ginger>

<https://www.everydayhealth.com/diet-nutrition/diet/ginger-nutrition-facts-health-benefits-alternative-uses-more/>

To learn more about Ginger Spice check out:

[https://en.wikipedia.org/wiki/Geri\\_Halliwell](https://en.wikipedia.org/wiki/Geri_Halliwell)

## Winter Fruit Salad Recipe

Prep Time: 15 minutes    Total Time: 15 minutes

This winter fruit salad is wonderfully refreshing and loaded with all the best fruits of winter.

Author: Natasha of NatashasKitchen.com

### Ingredients

#### Winter Fruit Salad Ingredients:

- 1 lb 5 count Clementine oranges, peeled and separated into segments
- 2 pears, cored and sliced
- 2 apples, cored and sliced
- 1 large pomegranate, to get 1 to 1 1/2 cups arils or seeds
- 4 kiwis, peeled and sliced



#### Lemon Lime Syrup:

- 3 Tbsp honey
- 2 Tbsp fresh lime juice, from 1 medium lime
- 2 Tbsp fresh lemon juice, from 1 medium lemon

### Instructions

1. In a large mixing bowl combine all prepared fruit - 5 segmented clementines, 2 sliced pears, 2 sliced apples, pomegranate seeds, and 4 sliced kiwis.

2. In a measuring cup, combine: 3 Tbsp honey, 2 Tbsp lemon juice and 2 Tbsp lime juice, until honey is dissolved. If honey is not dissolving easily, warm for 10 seconds in microwave.

3. Drizzle dressing over salad and toss gently to combine. Serve right away or cover and refrigerate if not serving right away.

Nutrition Facts	
Winter Fruit Salad Recipe	
Amount Per Serving	
Calories 211	Calories from Fat 9
% Daily Value*	
Fat 1g	2%
Sodium 5mg	0%
Potassium 567mg	16%
Carbohydrates 53g	18%
Fiber 8g	33%
Sugar 39g	43%
Protein 2g	4%
Vitamin A 100IU	2%
Vitamin C 106.7mg	129%
Calcium 57mg	6%
Iron 0.7mg	4%

\* Percent Daily Values are based on a 2000 calorie diet.

<https://natashaskitchen.com/winter-fruit-salad-recipe/>



Georgetown Bariatrics  
& Advanced Surgical Services

### *Interested in starting your weight loss journey with us?*

Come to our live seminar! For more details, sign up online (<https://georgetownbariatricsadvancedsurgical.com/online-seminar/>) or call 502.735.4589.

**Date:** Live seminars are held the second Monday of each month.

**January 10, 2022** at 5:30 pm in the education room of the clinic.

**February 7, 2022** at 5:30 pm in the education room of the clinic. (Moved to first Monday of February due to Valentine's Day)

### **Why wait? The online seminar is available anytime!**

To sign up for an online seminar, please go to: <https://georgetownbariatricsadvancedsurgical.com/online-seminar/>

### *Already started your journey and would like to tap into more resources?*

Come to our Support Group!!

**Date:** We are starting our support groups back in 2022!

**January 11, 2022** from 6:00 – 7:00 pm via zoom. The topic will be hair loss and surgery. Watch your email for more details and the link!

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