

Quote of the Week:

"Focus on the journey, not the destination. Joy is found not in finishing and activity but in doing it."

- Greg Anderson



Fat to Fab



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Food For Thought

Where do I start? What a week this has been. Ok, so I went to the plastic surgeon on Wednesday. We had a very good consultation. He explained all the procedures I would need and what was involved. He explained the risks, as well as the benefits. They even took pictures. (I begged not to leak them onto the internet...HA!) So I'm going to need quite a few procedures. The first of which is a panniculectomy. This is the term for removing the large layer of skin that overlaps like an apron. I will also need a body lift - this includes a tummy tuck & a thigh lift. (There's a lot of lifting going on.) I will probably opt for a breast lift later on down the road. But I'm not worrying about that yet. For everything he and I discussed, including the breast lift, we're looking at approximately \$36,000 (give or take a few pennies). If we can get the insurance company to approve the portion that my doctors deem medically necessary, that would knock off about \$9,000. I received a donation in the mail this week and I can NOT express how grateful I am. I also wanted to address some comments I have received from some very caring and concerned individuals about how the money could be spent on other things and that it might be a little selfish of me to use that much money on myself. I could use it to put towards a house, or pay off our debt. But the way I look at it is, this is an investment in the house I live in every day of my life. I have many plans for the future, and one of them is to become more involved with fitness and instructing. Please do not judge me. It's VERY uncomfortable living with all this extra skin. It's also depressing. I know surgery will not make everything "perfect", but it will make things much more comfortable (after the many many weeks of recovery) and more healthy. My risk of skin on skin infection has increased substantially. The doctor estimated that I have approximately 20-25 pounds of extra skin. That's my body carrying two extra sacks of potatoes every waking moment. He suggested I not lose any more weight. So, on his suggestion, I called my primary care physician and discussed it with him. He agreed and said he thinks that 175 pounds would be a healthy weight for me. That way it would put me at 150-155 after the surgery. Otherwise I would take **(cont)**

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SURGERY FUND TOTAL

\$00,053.81

Food For Thought (cont)

the risk of being considered UNDER weight afterwards based on my height and frame structure. So he sent me a script to take to Weight Watchers and use as my new goal weight. If you remember, my weigh in last Saturday put me at 176.6 pounds. That meant I would need to lose 1.6 this week to be at goal. But I can't help but feel like I'm cheating. I mean, when I originally started my journey, before the whole "website" thing, I told myself 175 would be good, but when I started looking at my healthy BMI and saw what the range was for Weight Watchers, I lowered it to 150. I had a gut feeling (no pun intended) that I had a very large amount of excess skin. So here I was on Wednesday 21.6 pounds away from my goal. Then on Thursday, I was 1.6 pounds away. I know I had 196 of it's friends behind me, but I just felt like it was cheating, but I knew I needed to do this for my body to be healthy. I had started looking in the mirror and feeling like my face and neck were getting too thin. I really don't want to go from one extreme to the other. This is still a journey. It's a journey with no final destination. So - back to weigh-in... my "Step Sister" Phyllis was doing her final training meeting to become a Weight Watchers leader, and my other "Step Sisters" and I decided to go to her meeting to support her. I didn't know what to do. I wanted to be at my normal 9:30am meeting so I could share it with them, but that was out because we had to move our meeting to 8am because we all joined a Zumba class at 10am on Saturdays. And besides, I had to lose 1.6 to hit it, and I hadn't had a loss over 1 pound in a long time. I got on the scale at home that morning (in the buff mind you) and I was at 175 pounds on the nose. But of course, I can't weigh in nekkid (I would if I could) so I really had NO clue what to expect. My aunt watched Alex for us so Craig could go with me. That way if I did hit it, he could be there to celebrate with me & record it for me. Since he has been on every step of this journey with me, I wanted him there. Well, I could tell you the rest, but how about I show you? As my friend Cindy says, "Get the Paul Harvey version" here (some of you may need a tissue - it's quite emotional):

[Did I make my goal weight?](#)

Next TV Interview

The producer from the KTVI FOX2s morning show saw the video I made on the extra skin and asked if I would like to come on and talk about the part of weight loss that no one shares...I call it "The Dark Side" of massive weight loss - the depression, the extra skin, the confusion of who you are. I'm scheduled to be on live at 8:40am CST. If you are in the St. Louis area, it's Channel 2. I will post the link to my website when it's up and email you the link as well.

Weekly Weigh In

Previous Weight: 176.6 lbs
Current Weight: 175 lbs
Weekly loss/gain: - 1.6 lbs
97 Week Total Loss: 197.4 lbs
Pounds until I've lost 200 lbs: 2.6 lbs
Pounds left to WW goal: 0 lbs
Pounds left to personal goal: 2.6 lbs

I DID IT!!!

Sponsorship Central

Current Sponsors:

Pounds 196-200: Carol Young
 Casey Mabin
 Katy Hymas
 Bev Elifritz

I apologize to all the sponsors that were unable to participate. This is an every changing journey and a learning experience. Thank you so much for all your support.

Recipe of The Week:

Clip & add to your recipe box!

Left Over Turkey Enchiladas

Ingredients

- 1 cup chopped cooked white meat turkey, divided
- 4 low fat medium tortillas (1pt each like La Tortilla Factory)
- 1/2 cup fat-free canned refried beans, divided
- 1/2 cup fat free shredded cheddar cheese, divided
- 1 1/2 cup enchilada sauce

Servings: 4
POINTS® Value: 3

Instructions

Preheat oven to 350 degrees.

Divide turkey between tortillas. Add 2 tablespoons of refried beans and 1 tablespoon cheddar cheese, then roll enchiladas closed.

Place them in an 8" x 8" glass baking dish. Top with enchilada sauce and remaining cheese.

Bake, uncovered, until bubbling, about 15 minutes.

Chewin' the Fat

This Chewin' is a little different. I have a question for all of you.

NOW WHAT?! I would love to know what the majority of you would like from my newsletter. After my six

week of maintenance, I become a Lifetime member and am only required to weigh in once a month. I plan on continue to weigh weekly for at least the first 6 months. So I can better gauge where my body is comfortable as I gradually add more food into my daily plan. Do you still want me to give you my weekly weigh in? It could be rather interesting.

Please E-Mail me your opinions.
tracie@sponsormyweightloss.com



Happy Thanksgiving! I'm thankful for every one of you!

