

Your Ultimate Guide to Living With Weight Loss Surgery

# Super Success After Weight Loss Surgery

*8 Routines for Lasting Success After Weight Loss Surgery*



By Dr Arun Dhir, Bariatric Surgeon

Author of the “Happy Gut = Healthy Weight” Program



**Melbourne Gastro Surgery**

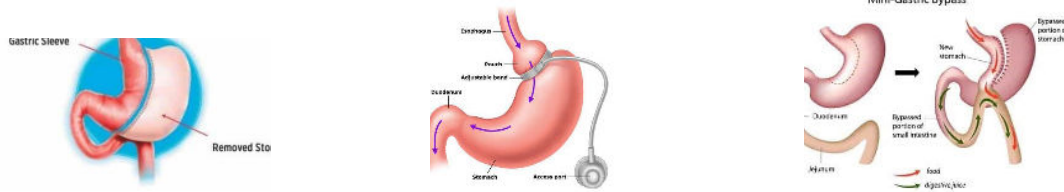
CENTRE FOR DIGESTIVE & WEIGHT LOSS SURGERY

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# Super Charge Your Success

## 8 ROUTINES TO SUPER CHARGE YOUR SUCCESS FOLLOWING WEIGHT LOSS SURGERY

Success after weight loss surgery is dependent on many different behaviours, regardless of whether you have had a gastric sleeve, a band or a bypass.



Read about these 8 “golden” routines that can help you to sustain your new body shape after Weight Loss Surgery.

## Lasting **SUCCESS** after Weight Loss surgery and maintaining your body shape requires just one thing: **MAKING HEALTHY CHOICES**

These healthy routines are relatively easy to implement. But remember that “What is easy to do is also easy NOT to do’.

The purpose of weight loss surgery is to help you shift your MINDSET around your weight. After years of yo-yo dieting and still getting heavier, you’ve probably lost confidence. But people like yourself, who have struggled with their body size, have found their way by making small changes consistently over time. The important thing is to NOT give up.

**When you feel like quitting, REMEMBER why you started in the first place.**

## HOW to Stay **CONFIDENT** about your ability to lose weight.

Managing your weight over time is all about mindset. It’s about becoming comfortable with a new way of living.

Sometimes it’s easy to get discouraged and fall back on old habits that didn’t give you what you wanted, but felt comfortable at the time.

The **KEY** to successful changes that will get you a body you feel confident in, is to remain confident about your **ABILITY** to take control of your life.

Don’t give yourself a hard time if you slip from time to time.

Remember, **EACH** and **EVERY** step you take towards a healthy weight - gets you that much further towards creating the **NEW** body you’ve been missing.



### Positive Things to Tell Yourself:

“I just accomplished something very significant - weight change.”

“I’m worth having a body I love, and I can take changes one day at a time.”

# Winning The Weight Loss Game

## 8 Strategies for SUPERCHARGING your SUCCESS after Weight Loss Surgery

Changing your body and having weight loss surgery required decision making and lifestyle changes from you. You may take your commitment to surgery for granted. The good news is that ALL habits can be formed and reinforced as easily as they can be broken. That means you can easily nurture the positive habits listed in this Guide.



### What traits does YOUR weight loss require of you?

Write your answers down because you are far more powerful - and in control - than you might think.

Here are some other ideas to think about.

1. Willingness to try something new
2. Knowing that sometimes success is TRIAL and ERROR.
3. Taking steps - small ones and big ones - to find your way to a new, fitter, slimmer and healthier YOU.

## SUCCESS STRATEGY #1: DRINK MORE WATER

Your brain is like a plant; if you don't water it, it withers and shrinks.

Every system and function in your body operates better when you are properly hydrated.

To keep weight off and allow your kidneys to function properly so as not to regain weight, it is crucial to drink enough water.

Also, headaches, muscle aches, poor concentration, hot flushes, and fatigue can be signs of dehydration.

DRINK SOME HOT WATER IN THE MORNING and continue to drink WATER throughout the day.

### AIM FOR AT LEAST 2 LITRES PER DAY

The more water you drink to a point, the more weight you are likely to lose or keep at bay.  
Fizzy water doesn't count!



# Why Drinking Water Helps

## WATER DRINKING TIPS

### DRINK WARM WATER WHERE POSSIBLE

Did you know that warm water has some exclusive benefits of its own that you just can't get when you drink water cold?

#### Some benefits of drinking some warm water include:

**Weight Loss:** Hot water is great for maintaining a healthy metabolism, which is what you want if you're trying to shed a few kilos. *A glass of hot water with lemon in the morning is the best way to kick start your metabolism.* As an added bonus, hot water will help to break down the adipose tissue (body fat) in your body.

**Body Detoxification:** When you drink hot water, your body temperature begins to rise, which results in sweat. This process helps to release toxins from your body and cleanse it properly. For optimal results, add a squeeze of lemon to your water before drinking.

**Prevents Premature Ageing:** Age degeneration occurs more rapidly when you are dehydrated as your body struggles to clear the body of toxins. Drinking hot water also helps to repair your skin cells and subsequently your skin can become smoother.



**Improves Digestion:** Hot water can greatly improve symptoms of bloating and indigestion after a meal. It also prevents the oil present in the food you consumed from hardening and creating a fat deposit on the inner wall of your intestine. This can happen if you drink cold water or carbonated beverages during or after a meal.

**Healthy Bowel Movements:** Hot water can help to keep you regular, as well as make your bowel movements healthy and pain free. It is recommended that you consume a glass of hot or warm water every morning when your stomach is empty.



# Easy Strategies for Success

## IT'S EASY WHEN YOU LEARN SELF-CARE

Remember, each of these 8 Strategies will make a huge difference in your results.



## SUCCESS STRATEGY #2: DRINK GREEN TEA

WHY IS DRINKING GREEN TEA ONE OF THE BEST THINGS YOU CAN DO?

- Green tea is more than just green liquid.
- Drinking green tea can help BOOST your metabolic rate AND increase fat burning.
- The caffeine in green tea can even improve athletic performance. But ask your Medical Practitioner about your caffeine intake if you have any conditions that indicate you should avoid caffeine entirely.
- It contains large amounts of important nutrients such as ***polyphenols***, which function as powerful antioxidants.
- These substances can reduce the formation of free radicals in your body, protecting cells and molecules from damage to potentially improve your health.

**STUDIES VARY on how much green tea is good to drink.**

**As a general rule, you can drink up to 3 cups to 4 cups a day.**

# Easy Strategies for Success

## SUCCESS STRATEGY #3: EAT SMALL AND OFTEN

### CONSUME 3 MEALS AND 2 SNACKS DURING THE DAY

- You will not be able to eat large portion meals after weight loss surgery.
- However, if you skip breakfast and consume only a very light lunch, you could be tricked into believing that you are reducing your caloric intake.
- Unfortunately, you could be setting yourself up for a snacking binge on high calorie food in the late afternoon, followed by an overload at dinner and into the evening. It is important to plan your meals, and eat small and often.

### DON'T GO LONGER THAN 4 HOURS WITHOUT EATING

Your metabolism, the rate at which you burn calories for internal functions, is like an engine. The more often you give it fuel, the better it works. A slowed metabolism makes it much more difficult to lose weight and much easier to gain weight. The good news is that you can get your body to work for you instead of against you.

You should plan not to go any longer than 4 hours during the daytime without eating something. Having said that, how much food do you really need? No matter what you eat, if it is more calories than you can burn off – you will get fat. It is no good following a piece of cake with an apple to salve your conscience, you are just adding to the total number of calories you are eating.

### INCLUDE PROTEIN WITH EVERY MEAL

Plan to eat:

- 3 cups of good quality vegetables a day
- 2 to 3 pieces of fruit
- 1/3 cup of nuts and seeds
- Small serve of low glycaemic index carbohydrate

And on the question of what protein is best to eat? *What can beat 2 serves of sprouted legumes on cost, taste and quality!*



# Easy Strategies for Success

## HABITS FORM ONE DAY AT A TIME

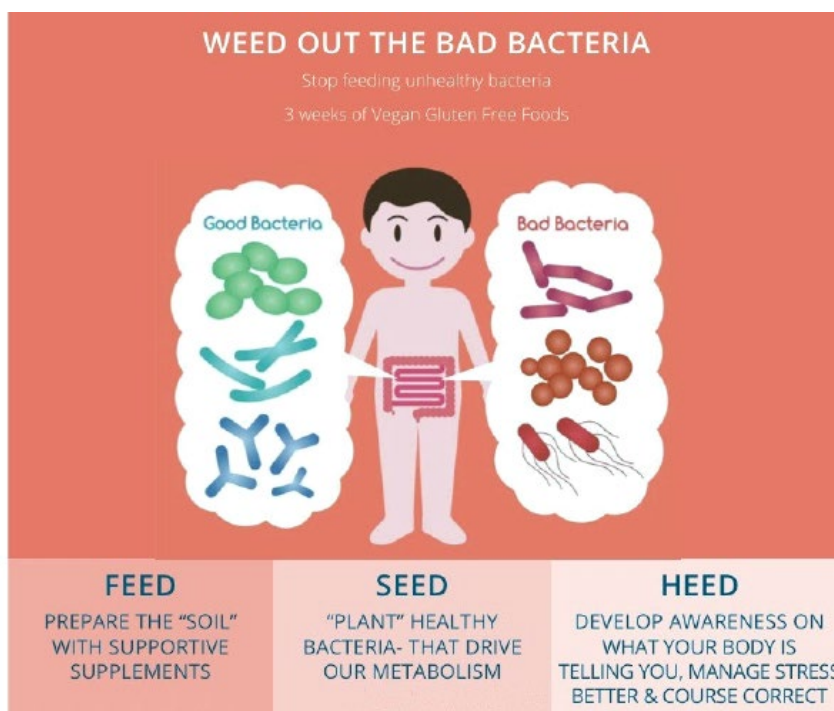
**Remember, each of these 8 Strategies will make a huge difference in your results.**

Try using a side plate to serve up your dinner or a breakfast bowl for your pasta. You will quickly realise that is all you need to eat to feel full.

### BECOME MINDFUL OF CARBOHYDRATES

The type of calories you consume is very important, as your body will use up different amounts of energy to break them down. It takes a lot more energy to store complex carbohydrates as fat compared to fatty foods being stored as fat. But be aware, if you sit down to big bowls of pasta or big dollops of mashed potato most nights you will gain weight, because you are probably eating too much carbohydrate.

## STRATEGY #4: BALANCE YOUR GUT MICROBIOME



There are over one hundred trillion bacteria that live within our Gut.

It is an amazing ecosystem that exists in perfect harmony to maintain our health.

In health, there is a fine balance between Good and the Bad Bacteria, usually 80% are good and 20% are bad.

However, when this fine balance is disturbed, this affects the health of our metabolism and our immune system.

**Here are some tips to look after your Gut Microbiome.**



# Easy Strategies for Success

## BALANCING YOUR GUT MICROBIOME



### AIM FOR A BALANCED DIET THAT IS RICH IN FIBRE

Fibre comes from plants and is important for maintaining health. In its natural (unprocessed) form it is the only food for the good gut bacteria. These natural plant fibres are called PREBIOTICS and are the best source of nutrition for ensuring healthy gut bacteria.

There are two types of fibre - soluble and insoluble. Both soluble and insoluble fibre are particularly important for digestion.

They help keep the bowel healthy and add bulk to bowel motions, making them easier to pass.

#### Soluble fibre also:

- Slows the digestion and absorption of sugars which can help to control blood glucose in diabetes
- Reduces the absorption of cholesterol from the gut, helping to lower blood levels
- Helps with weight control by increasing the feeling of fullness after eating

Soluble Fibre Sources: oats, legumes, fruit, vegetables, aloe vera, seeds, cereals and fibre supplements such as psyllium. Insoluble Fibre Sources: large amounts found in wheat bran and also in some vegetables and legumes.

Taking a PROBIOTIC may also be helpful at times, but speak to your Medical Practitioner before taking any supplements.



# Easy Strategies for Success

## BALANCING YOUR GUT MICROBIOME

### GUT RESET SMOOTHIE

One the best and easiest ways to give yourself enough fibre to reset your Gut Microbiome, is to try our Gut Reset Smoothie.

#### Ingredients:

1/2 to 1 banana

500mls coconut water/almond milk or iced tea

20 spinach leaves (approx.), washed

5-7 blueberries and strawberries (each)

2-3 pieces of medium size beetroot, cut up

5 walnut kernels

5 almonds

2 tbs chia seeds

1/4 tsp turmeric/broccoli sprouts powder (by Enduracell)

Two scoops plant based protein powder (I use pea based powder with vanilla flavour by USANA from [www.SuccessWithHarmony.com.au](http://www.SuccessWithHarmony.com.au))

Pinch of cinnamon

Add kiwi fruit/persimmon/pineapple/grapes- to taste

Add home culture Keifer (1 tbsp) for superior results

**Method:** Blend until smooth and enjoy! Makes a volume of 750mls.



# Easy Strategies for Success

## SUCCESS STRATEGY #5: CUT BACK ON SALT, SUGAR & FATS

### CUT BACK ON SALT

Reducing salt in your diet will lower your blood pressure, and protect your heart and arteries from disease. There is enough salt in most of the foods we eat without adding more, so leave the salt shaker in the cupboard.

### CHECK FOR ADDED SUGAR

Check the sugar content in all the foods you buy. Even savoury foods and diet drinks tend to contain added sugar or harmful chemical sweeteners. Be particularly careful with the so-called “fat free” or “diet” products as they are often full of sugar to make them taste appealing.



### AVOID THE ‘BAD’ FATS

Unfortunately most fats in our diets are ‘bad’ fats, and are found in cream, cheese, fried foods and cakes. Keeping these types of fats to a minimum is important for a healthy heart, healthy cells and healthy weight.



### EAT MORE OF THE ‘GOOD’ FATS

Did you know the right type of fat can keep you in great shape on the inside and on the outside?

The naturally occurring fats in plants and seeds are essential for good health (e.g. avocado), which is why they are called essential fatty acids.

Omega 3 is a particularly beneficial fat and is found in fish and flax seeds.

These fats are essential for energy, warmth, keeping our cells young and improving brain function.

# Easy Strategies for Success

MAKE MOVING A PART OF EVERYDAY LIFE



## SUCCESS STRATEGY #6: EXERCISE

### ROUTINE 6: EXERCISE REGULARLY

Exercise or Motion is vital to life.

Exercise has many beneficial effects for all of us. For me, the most important one is the burst of “happy hormones” that exercise gives us - it drives our confidence AND helps us lose weight.

### MOVE 3 TIMES A WEEK

You do not have to exercise strenuously every day. A 30 minute walk 3 times a week with some resistance training 2 to 3 times a week should be enough to keep you on track. Resistance training is very important for supporting healthy lean muscles.

If you have never exercised before, start slowly a ten minute walk around the block to start with then slowly increase the time spent walking. I often get told by my clients that they do not have time to exercise. In a jam packed day this is true. If this is you, try getting up 20 minutes earlier and go for a walk. Leave a good pair of runners in the car and walk after work.

Exercise should be fun so vary your walk route, add in some swimming, a bit of a run or a jog and add some music too! If you are goal orientated, perhaps train for a short fun run.

There are several apps and fitness trackers in the market which can help you keep a measure of your movement and help keep you motivated.

Breathing is also a form of motion or exercise that has powerful effects on our metabolism. You will feel the beneficial effects of exercise not just on your physical state but also notice improved moods and emotions.

**INHALE CONFIDENCE - EXHALE DOUBT**



# Easy Strategies for Success

## BREATHING EXERCISES

### SUPER CHARGE YOUR METABOLISM WITH FOCUSED BREATHING

The machinery of your body needs 3 things: **FOOD, LIQUID and OXYGEN.**

While you might enjoy the food and liquid more, it's the oxygen that provides the fuel that runs the body. Oxygen through a process called oxidation, chemically changes the food and liquid into energy. This 'oxygen fire' is responsible for unlocking the energy in the fuel (the food) to supply to your muscles, feed your brains, repair your cells and even calm your nerves.

- Put simply, fat accumulates if there isn't enough oxygen to burn it off. If you increase your oxygen intake, which happens when you exercise, your body will soon start to lose the accumulated fat.
- Breathing is also your body's chief cleansing tool. Everyday your body burns off several hundred billion old cells. These old cells are toxic and must be removed from your system.
- This detox and elimination process requires enough oxygen, and unlike food and liquid (which your body can store), we must continually provide our cells with a fresh stream of oxygen.

**“No food or drug will ever do for you, what a fresh supply of Oxygen will.”**

*Tony Robbins, Unlimited Power.*

### 3 SIMPLE BREATHING EXERCISES THAT WILL 'BLOW YOUR KILOS AWAY'

Try these three techniques to supercharge your metabolism using the power of focused breathing:

#### 1. Reverse 7 breathing

Closing your eyes, take a deep inhalation to fill up your lungs to the count of 7. Hold the breath for another count of 7, and then slowly exhale over the count of 7. Do this 7 times at any given time at least 3 times a day.

#### 2. Rapid 7 breathing

Inhale over 2 seconds and exhale without holding the air in your lungs. Do this 7 times and pause for 7 seconds before doing another cycle.

#### 3. Forceful exhalation

This technique if done properly is particularly useful for individuals experiencing digestive and weight issues. This is also called Kapal Bhati Pranayam and is a personal favourite of mine. Ensure that you do this exercise on an empty stomach only; the best time would be in the morning. The technique involves sitting with you spine straight and focusing on exhaling the air while simultaneously withdrawing the tummy muscles inward to assist in pushing the air out. For a practical demonstration visit: <https://youtu.be/B6bnFIVkKrE>



# Easy Strategies for Success



## SUCCESS STRATEGY #7: MEDITATION

### MEDITATE

In addition to exercising and eating well, becoming more aware of your thoughts and actions, including those relating to food, can help you with losing weight.

### HOW TO MEDITATE

There are many ways to meditate, but most types of meditation have these four things in common:

- **A quiet location.** You can choose where to meditate -- your favourite chair? On a walk? It's up to you.
- **A specific comfortable posture,** such as sitting, lying down, standing, or walking.
- **A focus of attention.** You can focus on a word or phrase, your breath, or something else.
- **An open attitude.** It's normal to have other thoughts while you meditate.

Try not to get too interested in those thoughts. Keep bringing your attention back to your breath, phrase, or whatever else it is you're focusing on.

Pick the place, time, and method that you want to try.

You can also take a class to learn the basics.

Becoming a 'Witness,' Not a Judge.

Meditating requires a commitment to stop and look within and around you, even if you have only a few moments.

Focus on being a witness to your thoughts and not so much on how long you need to practice.

# Easy Strategies for Success



Over time, you will be able to sustain the practice for longer and longer amounts of time. The aim is to learn how to quieten your mind and not attach to the stories you tell yourself.

## More on MEDITATION and TECHNOLOGY

There are some cool apps available now to assist you with learning to meditate.

Some meditation app suggestions to try:

- Headspace
- 10% Happier-Meditation for the fidgety
- Calm
- Search GOOGLE and YOUTUBE for meditations for confidence and success

# Easy Strategies for Success

## SUCCESS STRATEGY #8: SLEEP WELL TO STAY WELL

Even with the very best diet and fitness routine, if you don't sleep enough your health and weight loss goals will be impacted.

Insufficient sleep causes your cortisol levels rise. This is the stress hormone that is frequently associated with fat gain.

Cortisol also activates reward centers in your brain that make you want food.

### ENSURE YOU ARE GETTING ADEQUATE SLEEP

Think about the last time you had a bad night of sleep.

- How did you feel when you woke up? Exhausted. Dazed. Confused.
- Maybe even a little grumpy?

It's not just your brain and body that feel that way—your fat cells do too.

Many people believe that hunger is related to willpower and learning to control the call of your stomach, but that's incorrect.

Hunger is controlled by two hormones: leptin and ghrelin.

**Leptin:** The hormone that is produced in your fat cells. The less leptin you produce, the more your stomach feels empty.

**Ghrelin:** The hormone that stimulates hunger while also reducing the amount of calories you burn (your metabolism) and increasing the amount fat you store.

To successfully lose weight you therefore need to control leptin and ghrelin, but sleep deprivation makes this nearly impossible. Studies have found that sleeping less than 6 hours triggers the area of your brain that increases your need for food, while also depressing leptin and stimulating ghrelin.



# Easy Strategies for Success

## BE PART OF A WINNING TEAM: ACCOUNTABILITY and FOLLOW UP TO STAY ON TRACK

Post-surgery follow-up is one of the most important elements of successful weight loss programs.

Follow-up after surgery helps you stay on track and stay focused.

Studies have shown that patients who have regular follow-up do better than those who don't. Long term medical follow-up is part of our multidisciplinary program.

### KEEPING ACCOUNTABLE

Joining a support group to share and compare experiences can also be a great way to negotiate the many challenges of a weight loss journey. Another option is to have an 'Accountability Buddy' who shares the journey with you towards a common goal.



### BE SUPPORTED

Life after weight loss surgery is not always easy, but with the appropriate planning, education and support, this journey can often be made a lot more enjoyable and fulfilling.

At Melbourne Gastro Surgery, we are committed to supporting you through your weight loss journey.



# Easy Strategies for Success

## YOUR WEIGHT LOSS SUPPORT TEAM

Dr ARUN DHIR | *FRACS, FRCS (Edinburgh, UK)*

A caring & highly skilled Gastrointestinal, Bariatric & Robotic Surgeon, Dr Dhir is an expert in Weight Loss Surgery and Senior Lecturer at Monash University. He has helped several hundred clients achieve lasting success with their health goals.



SOPHIE SKALKOS

Our Senior Dietician & expert on Mindful Eating for Successful Weight Management, Sophie, will help you learn to change emotional eating patterns and to enjoy making nutritional eating choices.



HELEN BAUZON

Senior Dietician, fitness coach, Author and TV Presenter, Helen, can assist you to find motivation to make positive steps towards achieving your healthy weight and lifestyle. She debunks nutrition myths!



JAYNE CORNER

Holistic Wellness Coach and Pilates Advisor, Jayne, will help you to make lifestyle changes that will help you get to your health and fitness goals. She makes reaching your exercise goals FUN!



## YOUR JOURNEY FROM HERE

In the beginning, making changes can be challenging. But starting small and building upon these routines week by week, they'll gradually become a part of who you are.

Repetition and commitment are key to lasting success. Before long, you just won't need to think about drinking more water, eating more fibre, meditating or going outside for a walk.

These 8 routines are the foundation to achieving and maintaining your weight loss and health goals. They are also your stepping stones to greater levels of energy, increased confidence and a springboard in the direction you want to be heading in!

We are confident in your journey forward and wish you our Team's continued support.

For more information on how we are able to assist you with achieving your optimal weight, please contact us via phone or e mail.

Phone: 03 9466 7799

Email: [info@melbournegastrosurgery.com.au](mailto:info@melbournegastrosurgery.com.au)

Thank you for choosing Melbourne Gastro Surgery, where our team is committed to helping you achieve your healthy weight.





# Melbourne Gastro Surgery

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Phone: (03) 9466 7799

[admin@melbournegastrosurgery.com.au](mailto:admin@melbournegastrosurgery.com.au)