

Rx

FOR RENEWAL

VOLUME I, ISSUE I

Rx FOR RENEWAL:

INSPIRATION FOR THE MIND, BODY, & SPIRIT



Dr. Waldrep, MD, FACS and
Lisa Waldrep, Certified
Professional Coach

Rx FOR RENEWAL:

*"For Increased health.... Show Gratitude; a proven
prescription for wellness!"*

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A New Year Represents a New Beginning. For greater health and healing, intend to wipe the slate clean and begin anew. There us a tremendous release and forgiveness that dramatically and positively affects your body when you let go of unneeded stressors.

A NOTE FROM THE WALDREPS

Happy New Year!

The year, 2009 was a tremendous year for "gratitude." There were so many people that offered a hand, an idea, and their heart. We had the privilege of working with some of the best and the brightest. Huge thanks to Shelly Johnson, Donna McLaughlin, Jennifer Mason and Jason Harper. You touched the lives of many people and made a true difference with your energy, creativity, and passion for this important work. Thank you!!

Here's to the very best year of our lives: 2010!
Wishing you the very best: in Body, Mind and Spirit.
Don and Lisa

Donald J. Waldrep MD, FACS, FASMBs *Lisa Jank's Waldrep* JD, CPC



INSPIRATION FOR THE MIND, BODY, & SPIRIT

DREAMS HAVE WINGS

You give but little when you give of your possessions. It is when you give of yourself that you truly give. ~Kahlil Gibran

We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us. ~Joseph Cambell~

This month we start over. A New Year equates to a new beginning; it waits at our fingertips for our empowered choices and a chance to start anew. Our old world, with the old year, has come to an end and we have an incredible, new opportunity to start over and redesign our individual lives.

We're about to embark on a special and sacred adventure; one that takes a whole year to complete. In this *Dreams Have Wings* column, each month, we will be discussing one of the segments of the 12 part Rx for Renewal Process that coincides with that by the end of this year, you can look back and say you designed a new life in a spirit of joy-filled Recreation. That is our goal here: To help you to: Remember your glorious identity. Reunite with your inner wisdom, and Recreate your life to meet your greatest dreams.

This month, we are leaving the old behind us; old patterns of guilt and blame, old responses and regrets, old wounds and patterns that did nothing but limit us. As we depart on this adventure of a new year and a new beginning, we leave behind us that which is safe and predictable so that we can embrace the new enjoyments and excitements that make life rich and meaningful.

One year from today, you could be living the life that you have only dreamed about. What's the catch? There's always a catch, right? Well, there is one: Each and every day you will need to rechoose and recommit to creating your destiny *consciously*. Each day, your choices need to reflect the new person that you hope to be. That doesn't seem like much, but remember the seemingly non-consequential choices that you make without much thought count too. These tiny choices determine your destiny just as much as the big ones. Being aware and conscious of what you're choosing is how you create consistent transformation.

For years, Dr. Waldrep and I have played a "game" before we go to sleep each night. We ask ourselves? "If I would die this night, what would I regret not having done?" We wonder out loud: "Do I need to call someone I love? Forgive someone that's harmed me? Apologize for a mistake that I have made?" Whatever it is...we decide to do it right there and then. And guess what? When we wake up the next morning, we always feel grateful to be alive, and thankful that we did the thing that we felt we wanted to do.



So, in the spirit of a new year, of this new YOU...ask yourself: "What choices do I NEED, or WANT to make that can make my life more empowered, richer, happier?" Make a list of at least 30 things; and think about why you deserve to do, be or have them. And then make a commitment to make room in your life, your schedule, and your heart to accomplish these things. Doing this actually creates the life that you have always dreamed of.

Did you know that admitting what you want and deserve is one of the first steps in starting over? Congratulations on making this first powerful, and empowering step!

In Love We Trust,
Lisa Waldrep



INSPIRATION FOR THE MIND, BODY, & SPIRIT

KEEPING FIT THE RX WAY



“Almost all Americans—about 88 percent of us—plan to make New Year’s resolutions this year. But, more than half of those resolutions are abandoned or broken on January 2. Another 10 percent will be forgotten or broken on January 3. By April 1, more than 90 percent of those good intentions will have mutated into regrets and rationalizations.”

So how can you create resolutions that stick?

Here are some powerful tips:

1. Actually write your goals and resolutions down on a piece of paper and keep it handy. We’ve heard it said that this is then your “Declaration of Intention”; and it will be impacting your life in a big way. Did you know that, in writing your goals down, you are already differentiating yourself as the top 5% of the nation; and improving your odds for success dramatically?
2. Have a friend or coach holding you accountable. When you have an accountability partner, someone who keeps you on track, not only will be forced to give voice to your goal, but your partner can help you stay on track and make progress – cheering you on to victory.
3. Break your big goals or resolutions down into smaller, more manageable steps. When you plan out the details of what you will need to do to accomplish your larger goal, you increase the odds of you obtaining your dreams. Rather than just hoping something huge will happen, take the plan to not only dream, but to ACT, step-by-step towards your success.
4. Consciously focus on what you want to happen! When you focus, you widen your perception and actually see events and opportunities that you might not otherwise notice. You also start to activate what scientists call the “reticular awareness system” in your brain. This system helps you to shift your attention to your goal. What you will find is that the Universe will rally around you and provide exactly what you need.
5. A major part of the Rx For Renewal Process is to be sure to celebrate your successes along the way, as you make each small victory. A Victory Log or Journal is great for this and helps to remind you that it’s not the results, but rather the journey, that counts and makes your life meaningful.



INSPIRATION FOR THE MIND, BODY, & SPIRIT

Healing Corner

BODY, MIND, AND SOUL: A COMPREHENSIVE “CURE” TO OBESITY

Shame, isolation, confusion, despair. Obesity is a condition affecting so many Americans, that recent estimates project within the next ten years nearly 43% of our nation’s adults may be obese if the trend continues at the current rate. Extra weight increases the risk of diabetes, heart disease, and many types of cancer. Deeper, less apparent symptoms include self-loathing, depression, limited life choices, and withdrawal; a withdrawal that is often imposed by a society that simply may not understand obesity.

Gastric bypass and gastric banding weight loss surgeries offer hope and answers for millions every year. However, many critics of these procedures suggest that surgery alone is only a partial and often incomplete solution to the larger, underlying problem.

One California couple has developed a revolutionary approach that combines advanced minimally invasive procedures with an empowering “whole person” approach to wellness and empowerment.

Trained at Cedars-Sinai Medical Center in Los Angeles, California and a nationally renowned leader in the practice of advanced minimally invasive weight loss surgery, Donald Waldrep, MD, FACS, FASMBS and Certified Professional Coach and advocate, Lisa Janks Waldrep, JD, CPC, are co-founders of CURE Centers. An acronym for Compassion, Understanding, Renewal, and Empowerment, CURE Centers offer a full-service weight wellness program specializing in advanced procedures such as Laparoscopic Adjustable Gastric Banding, which are enhanced with empowering techniques, choices, and support helping to ensure life-long success for their patients.

“We see such a consistent improvement in the quality of life by eradicating disease,” says Dr. Waldrep. “The surgery provides an immediate answer to the problematic weight gain while the empowering tools that Lisa provides offer a more complete and healthy approach that helps our patients achieve long-lasting results.”

Having performed thousands of weight loss surgeries, including 10,000 Advanced Laparoscopic and more than 2,200 Gastric Bypass and Gastric Banding Weight Loss Surgeries, Dr. Donald Waldrep paves the way for hope, healing, and a brighter future for his clients. This superior medical expertise is ideally complemented by the on-going work provided by Catalyst Coach and partner, LisaWaldrep.

“Some of the criticisms surrounding these procedures is that people get frustrated if they regain the weight,” notes Lisa. “What we’ve found is that when coupled with-behavior modification and lifestyle education, our results are far and away better than surgery alone or traditional diets. We get a lot of comments regarding the name of our centers, but we believe that the “CURE” lies within the patients themselves. We provide an environment which offers Compassion, Understanding, Renewal, and Empowerment.”



INSPIRATION FOR THE MIND, BODY, & SPIRIT

"One of the distinguishing things about Dr. Waldrep and Lisa, is their approach to weight loss surgery and that they understand it's not only about the surgery," comments a recent patient of CURE Centers. "Their involvement in client success goes beyond that. In addition to exemplary surgical care, they give us the tools, support, and forums to address any issue we have regarding our weight loss journey. I am a different person today than I was one year ago."

With the breakthrough of her primary company, **The One Who Knows™**, Lisa pioneered one of the most inspirational and imaginative coaching programs in the country. Utilizing simple, practical techniques, Lisa's process has motivated thousands of clients to use these methods to discover their own inner power and wisdom.

This innovative empowerment philosophy provides motivational, inspirational, and personal wellness techniques that help ensure their patients' success.

"Working with Lisa and understanding her techniques allows me to interact with my patients differently," says the doctor. "It's more than just discussing the mechanics of the surgery and showing photos. I find that my consultations go far beyond the medical aspects as we discuss their hopes for the future as a healthier more empowered human being."

Speaking with this inspiring couple, it takes only moments to recognize their sincere dedication and real passion for their patients and their work. Holding fast to their conviction that the patient's full participation is integral to success, they stipulate that the surgery cannot be performed without participation in the CURE Centers' support program.

We have found that surgery offers part of the solution. Our CURE Centers Program incorporates the medical model combined with mind and soul aspects of the client.

CURE Centers offer support groups, online education, recipes, free newsletters, empowerment videos, inspiring resources, worksheets, and other powerful tools integral to leading healthy and fulfilling lives.

For more information please call: 877.4.CURE.11 or visit them online at: www.SCALESCORE.com and www.RxForRenewal.com .



INSPIRATION FOR THE MIND, BODY, & SPIRIT

FOOD FOR THOUGHT

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.
~John Fitzgerald

They say that words can feed your soul. Check out these inspiring words and even think of some of your own! So rejoice as the New Year unfolds with a shopping basket full of hopes, dreams, and aspirations. When you celebrate New Year with gusto, you feel positive energy flowing in your veins. You begin with renewed vitality and optimism; the much needed “menu” of ingredients to a successful start. Share these quotes for New Year with friends and family. We need a lot of positive energy to make this world a better place.

Cheers to a New Year and another chance for us to get it right. **Oprah Winfrey**

Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us. **Hal Borland**

Every tomorrow has two handles. We can take hold of it with the handle of anxiety or the handle of faith. **Henry Ward Beecher**

An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves. **Bill Vaughn**

New Year's Day is every man's birthday.
Charles Lamb

ASPARAGUS WITH SHAVED PARMESAN

Ingredients:

1 pound thin asparagus spears
1 tbsp extra virgin olive oil
1 ounce shaved Parmesan cheese
Fresh ground pepper to taste
¼ cup balsamic vinegar, or to taste

Preparations:

Preheat oven to 450 degrees. Place asparagus on a baking sheet. Drizzle with olive oil and toss to coat. Arrange spears in a single layer, spread parmesan cheese and season with black pepper. Bake 12 to 15 minutes.



LEMON GARLIC ANGEL HAIR PASTA

Ingredients:

1 tsp extra virgin olive oil
4 cloves garlic, minced
½ cup dry white wine
¼ cup fresh lemon juice
1 cup chopped fresh tomato
8 ounces uncooked angel hair pasta
¼ cup chopped fresh basil
2 tbsp fresh grated Parmesan cheese
Fresh ground black pepper to taste

Preparations:

Bring large pot of water to boil. As water is coming to boil place olive oil and garlic in a non stick sauté pan and cook over medium heat. Remove from heat and pour in wine. Return to heat and cook on high for another 1 to 2 minutes. Stir in lemon juice and tomato and remove from heat.

Place pasta in the boiling water and cook to desired doneness. Drain pasta and put into warm serving bowl. Add wine, garlic and tomato. Add the basil, Parmesan cheese and black pepper. Toss and serve immediately.

Serves 4 Calories 271 Total Fat 3g



INSPIRATION FOR THE MIND, BODY, & SPIRIT

My Story Continued

By: Jenny Edgerley

Wow! I can't believe it will be two years on March 27th, since I've had the lapland surgery. It was one of the best decisions of my life! When I think back how I used to wake up every morning, so miserable and upset, because of my weight. It makes me so sad now. I wasted so much of my life in "hiding." When I say "in hiding," I mean avoiding going out, never going to the beach, or just playing with my kids. If you are reading this and trying to decide whether or not your going to do the surgery, I would tell you don't wait another day! The surgery is so easy, and quick. Dr. Waldrep and Dr. Luckey are awesome, and the aftercare was amazing.

I now wake up every morning, and go outside to smell the air and thank God for giving me a second chance to thoroughly enjoy my life. Now instead of putting all my energy into being so sad and depressed about my weight, I am just so happy. I feel human again. I love being outside, love going to the beach, and most of all I get to do everything with my kids and husband. Oh, yeah, something else so important....



I am off all medications and back to being healthy!!! I would like to thank the whole crew at Dr. Waldrep's office. I love them all and I would say to them "Thank You" for changing my life.





INSPIRATION FOR THE MIND, BODY, & SPIRIT

ANNOUNCEMENTS

SAVE THE DATE!

February 13th, 2010

SALSA SUPPORT GROUP MEETING

Guest Speaker:



Jason Blessinger, M.Ed.

Jason Blessinger, M.Ed., has been an exercise physiologist for over 8 years. Jason has worked in a variety of facilities which include Enloe Medical facility, University of Virginia Medical Center, Sacramento State Student Health Center, UVA General Clinical Research Center, UVA Childhood Obesity Center, and many more health and fitness settings. With a Masters degree in exercise physiology from the University of Virginia, Jason brings the Henried Center an extensive knowledge of exercise and weight loss. Jason is a certified Health and Fitness Specialist through the American College of Sports Medicine and has been a certified personal trainer for over 8 years.

Topic:

Burning Calories: How to get the flame higher!