



BARIVANA

6 BIGGEST MISTAKES

BARIATRIC PATIENTS MAKE WHEN TRYING TO LOSE WEIGHT

If you've had bariatric surgery and tried to lose weight without the results you expected, then this report was written for you



When it comes to weight loss, it's purely a numbers game when it comes down to it. Number of calories eaten, number of calories burned, how often you're tracking your calorie intake...etc. However, in reality, you don't have to do everything 100% right 100% of the time, in fact that would probably lead to burnout and you'd hate the process.

Instead, if you focus on just a few things that give you 80-90% of the results, you'll avoid a lot of pain, time and money.

This is what this report is all about, we're going to highlight 6 of the biggest mistakes patients make when trying to lose weight. By acknowledging and embracing these mistakes, and making sure you don't commit the mistakes yourself you will avoid 80-90% of the road blocks patients run into during their journey towards their goal weight.

SO LET'S GET STARTED...

1 LACK OF ACCOUNTABILITY

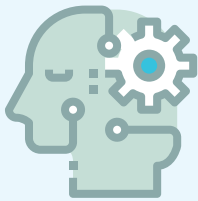


Willpower isn't enough to keep us on-track with our goals, and this doesn't apply only to weight loss goals. Any time we are learning something new or building a new habit, willpower will fail us over time.

Accountability is the name of the game, especially in the weight loss game. According to psychological research, you should think of willpower like a muscle.

It's a resource you contain within your body and it has a gauge that ranges from Full to Empty.

You start the day with a full tank of willpower, but as the day goes on and difficult, stressful or challenging situations arise you continually tap into your willpower reserves.



The American Psychological Association calls these Depleting Events. What happens when the tank runs dry?

You revert to your defaults, and not only your "good" defaults. You become more susceptible to your weaknesses and succumb to your past eating habits more easily.

CASE STUDY



In a psychological experiment performed about 20 years ago subjects in the study were asked to remember a number. There were two groups, selected at random.



Group 1 was asked **to memorize** a 2-digit number



Group 2 was asked **to memorize** a 7-digit number

After the subjects were given their number they were instructed to walk down a hallway to the next room where they would be interviewed and there would be a snack:

FRUIT SALAD AND CHOCOLATE CAKE



In Group 1 (2-digit number) about half chose fruit salad and half chose chocolate cake.



What was surprising was that in Group 2 (7-digit number) an overwhelming percentage of the group selected the chocolate cake over the healthier fruit salad offering.

WHY ?

That small difference in cognitive demands placed enough of a strain on Group 2 compared to Group 1 that their willpower tank was depleted so they defaulted to their old ways / weaknesses.

If being asked to memorize a longer number is enough to tax your willpower reserves, what happens when a true Depleting Event occurs?

This is where ACCOUNTABILITY comes into the picture. Accountability can be thought of as a first-level defense against depleting your willpower. How accountability works is simple, but first you have to be truly committed. Once you are truly committed, accountability is the magic bullet.

COMMIT TO WEIGHT LOSS

When you are truly committed, you make your goals happen. When you commit to a goal, like losing weight, the next step is to make micro-goals that propel you towards your “master goal”

FOR EXAMPLE:

My goal is to lose 100lbs. In order to lose 100lbs, I have to eat right, and I have to exercise correctly. Next, you have to make the goals specific.



I need to eat right becomes I need to eat 1,200 calories per day, no more.



I need to exercise correctly becomes I need to do 30 minutes of cardio 3x per week and strength training 2-3x per week.

See, when your goals are specific and measurable you know you're sticking to your goals. This way, you keep yourself accountable and you know if you hit your micro goal or if you missed it.

REMEMBER: WHAT GETS MEASURED GETS DONE

Another form of accountability can be even more fun – get an accountability partner or a coach/trainer. Nothing keeps you more accountable than having to answer to someone else. Showing up to the gym to workout with your partner means not letting them down. Your partner will count on you to be there for them and to help push them to get better.



The same goes if you have a personal trainer. For one, you are paying for this trainer so you're financially on the hook and you set appointments in advance. Keep your appointments!

IN SUMMARY:

1. Fully commit to your Master Goal
2. Break up your Master Goal into Micro Goals
3. Make your Micro Goals measurable
4. Hold yourself accountable to those goals
5. Find/hire an accountability partner or coach

2 FAILING TO PLAN

Planning is bringing the future into the present so that you can do something about it now.

- Alan Lakein

Today's society is fast-paced. If you don't plan ahead and do some preparation ahead of time, it's easy to swing through the drive-thru.

It's been said that having a bad plan is better than having no plan at all. Having a map to follow provides a huge advantage over those who do not.

Imagine that you're in a city you've never visited. You are supposed to meet a friend at a restaurant. You know the name of the restaurant, but you don't know where it is or how to get there. So you just start driving.

You have no idea where you are, but you just keep driving. After 2 hours of driving you can't get over how frustrating it is that you haven't arrived at the restaurant yet. I mean, you've been driving for 2 hours, why haven't you arrived?

It's obvious, right? You don't know where you're going and you don't know the way. This is exactly why some people with weight loss goals never make it to their destination. They don't know where they're going.

Without adequate planning things can get out of control in an instant:



No plan for breakfast? Swing through the drive-thru for a quick bite



No plan for lunch? Delivery is pretty easy.



No plan for dinner? Family loves takeout and saves time.

The fact is, most “quick” options for food are not healthy options and are weight loss goal-killers.

There’s no arguing that weight loss is a matter of eating properly and exercising regularly. But what does that even mean? “Eat properly” sounds like you’re saying if you eat the right things, you’ll lose weight. The problem is that even if you overeat on healthy foods, you’re still overeating. Weight loss won’t happen.

YOU HAVE TO HAVE A PLAN

Look at this simple view of how a plan can start. Let’s say that you have the calorie goal of 1,200 calories/day:



Breakfast:
300 CALORIES



Snack:
100 CALORIES



Lunch:
300 CALORIES



Snack:
100 CALORIES



Dinner:
400 CALORIES

TOTAL CALORIES: 1,200

If you stick to this plan you hit your calorie goal perfectly. What was it that you wanted to do? Eat 1,200 calories. What did you plan to do? Eat 1,200 calories. The concept is easy, but in practice if you haven’t done this before it can be daunting at first.

HERE IS THE STEP-BY-STEP GUIDE:

1



Look at your schedule for the week and write down what you are going to eat.

2



Include every single calorie that is in your meals

3



Make a grocery list of what you need and make time to go shopping.

A

You should know what your week looks like, so decide now when you can carve out 45 minutes to go to the store

4



Spend a few hours every weekend cutting up food, portioning meals into tupperware and make cooking ahead of time.

A

Focus on making food in bulk that you can portion out into multiple days worth of food.

B

The Crockpot can be a savior here – cook once, eat multiple times.

3

NOT ENOUGH PROTEIN

If you don't know how much protein you're eating each day you're sabotaging your weight loss efforts.

Decades of research has concluded that adequate protein intake is essential to weight loss and maintaining a healthy weight. Not only do meals high in protein help you stay full longer, it also helps maintain lean body mass.

It's kind of implied, but when we say "weight loss" we really want to lose weight in the form of body fat. It wouldn't be good to lose mostly muscle even if it does mean that you "lost weight."

Protein helps the cause...

Muscle breakdown is accelerated during prolonged periods of calorie restriction (i.e. dieting for weight loss). So every effort we can make to preserve our skeletal muscle is well worth the effort.



One of the easiest ways to help maintain lean body mass is to consume adequate amounts of protein. We go over this in great detail and tell you how much to eat in BARIVANA.

Protein helps us lose the right kind of weight in a few ways:

1

Protein helps regulate hunger hormones – when we eat protein our bodies don't produce the same hunger-inducing hormones (like ghrelin).

2

It takes more energy (burns calories) to digest protein than it does to digest carbohydrates and dietary fats

3

Protein prevents muscle breakdown and metabolic slowdown

The two pillars of weight loss are diet and exercise. If you've fully committed to reaching your goal weight after surgery then you're taking both seriously.

Exercise basically causes adaptation in your muscles. When you workout you're actually causing damage to the muscles. Then, as you rest, recover and refuel your body rebuilds the muscle tissue, and then some. Your muscles don't just repair back to the way they were before. They become stronger.

Your body wants to be more prepared for that amount of stress next time, that's essentially what getting into shape is: your body adapting to a specific level of stress and stimulus.

Protein is a huge driver in recovery. Since our muscles are made of proteins, dietary protein is pretty much the building block for skeletal muscle. After we workout we need the building blocks to help recover and adapt. If we don't give our bodies the raw materials to build and tone muscle we increase the risk of injury, and we don't see the progress we expect.

Consuming enough protein takes some effort, unfortunately. But it's not hard! The important thing is that you keep your eye on it throughout the day. Make sure you stay on pace to hit your protein goal:



Consume a protein source at all 3 meals.



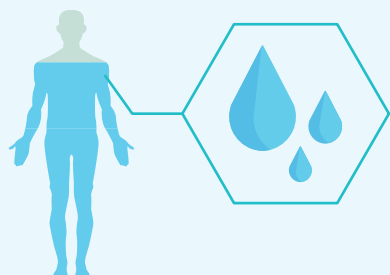
If you get hungry between meals, drink a protein shake or eat a high protein snack.



Use a food tracking app to make things easy on yourself

4

NOT DRINKING ENOUGH WATER / FLUIDS



Our bodies are made up of about 80% water

Don't you think it's important to stay hydrated after learning this? From a weight loss perspective, drinking enough water helps you feel better and helps you feel fuller and helps maintain energy levels throughout the day.

What's more:

- Water is a vital part of your body's detoxification systems.
- Water is used to digest food and shuttle nutrients into your cells.
- Water is needed to keep your ears, nose, and throat moist.
- Water keeps our joint cartilage lubricated and supple, which is vital for preserving joint health.

DEHYDRATION

A condition where water levels in the body are too low due to inadequate intake—can slow you down both mentally and physically, depress your mood, constipate you, and may even increase the risk of heart disease.

Dehydration is also tricky because the symptoms can occur for other issues. You can lose your mind trying to figure out why you feel this way without realizing it all stems from simply not drinking enough water.

Your body is constantly losing water through sweating, breathing, urination, and pooping. To prevent dehydration, you have to consciously replace what it loses by drinking and eating.

In fact, about 22% of our water intake comes from the food we eat. So we clearly can't rely only on eating to replace our lost water to fend off dehydration.

When you are dehydrated, some mild to moderate symptoms include:

- Dry, sticky mouth
- Sleepiness or tiredness
- Dry skin
- Headache
- Constipation
- Dizziness or lightheadedness
- Few or no tears when crying
- Minimal urine
- Muscle cramps



If you felt any of these, would you feel like exercising? Probably not.

It's extremely important to drink at least 64 ounces of non-caffeine fluids each day to fend off dehydration

If you do end up having some caffeine, no worries – however much caffeinated fluid you drink, drink that amount more non-caffeinated fluids to combat the dehydrating effects of caffeine.

5 HIDDEN CALORIES

They're hiding, waiting and ready to ruin your diet:

Hidden Calories – What are they?

Calories that we don't think are there, we don't think they should count and they don't do anything to help us towards our weight loss goals. But with just a little bit of planning and know what you need to look out for, hidden calories will not harm you again.

Hidden calories can, unfortunately come in the shape and form of healthy foods. So when we see them we don't bat an eye because they're "healthy." What it really comes down to is being meticulous about your tracking, but knowing what to watch out for is huge for weight loss success.



THE MAIN CULPRITS FOR HIDDEN CALORIES ARE:

- 1 Beverages
- 2 Condiments
- 3 BLTs – bites, licks and tastes

BEVERAGES

Drinks that have calories are very dangerous for a few reasons. To start, these calories simply don't do anything to help us feel full. Secondly, if the calories are from sugars (which they almost 100% are) they can lead to cravings and lead to increased feelings of hunger soon after you finish the beverage.

It's common for beverages to go un-tracked because it's not thought of as food. When you look at a normal can of soda it has about 53 grams of sugar, which comes to a whopping 205 calories. However calories from beverages does not necessarily mean that you're drinking Coke or other sodas. This includes added sugar to coffee or tea. Do you add sugar to your coffee? How many packets?



Just 2 packets of sugar contains about 45 calories from sugar, so if you're having a few cups of coffee or tea in the morning that adds up quickly.

The easiest way to avoid calories in beverages is to stick to water or unsweetened drinks like tea. But if you really just don't enjoy drinking water (you can get used to it) there are calorie free sweeteners for your coffee and tea and you can get zero calorie sports drinks...etc.

The point is, just don't drink calories, it does nothing to help you towards your weight loss goals.

CONDIMENTS

Salad is healthy, right? It's vegetables on top of vegetables, what's hiding in there? Unfortunately one of the most popular places for calories to hide is amongst healthy, nutritious foods. And condiments and salad dressings are some of the main offenders.

Some calorie-hiding condiments include:

- Butter
- Jellies and Jams
- Peanut Butter
- Hollandaise Sauce
- Syrup
- BBQ sauce
- Mayonnaise
- Most salad dressings

To be clear, none of these condiments are inherently bad. What is bad is how much can be used. Think about it his way – do you measure the ketchup you put on your hamburger? Do you know how many tablespoons of ranch dressing you put on your healthy salad? Probably not.

IT'S SO EASY TO OVER-DO THE CONDIMENTS IT'S CRAZY.

For example:



Just 2 true tablespoons of ranch dressing contains 148 calories



1 tablespoon of butter contains 100 calories and 11 grams of fat

And chances are we put more than 2 true tablespoons on our salads and 1 tablespoon of butter when cooking. The fact is, if it's not measured you don't know how much it is and studies have proven that humans chronically underestimate how many calories they have eaten.

If you're going to use condiments regularly on your meals you must have it in your plan and count every single drop.

BLTS – BITES, LICKS AND TASTES

Have you ever been baking, or cooking and just couldn't resist the urge to take a little taste for yourself? What about when you're out to dinner with friends and you get to try what someone else ordered? Do you count those when you are keeping a food journal?



You should, because the calories in those bites, licks and tastes are very real. No matter how silly it may seem, BLTs add up quickly. These can accumulate to be a few hundred calories and really cause some confusion when the weight loss stalls.

The easiest way to account for BLTs is to give them a standard measure. Call it 50 calories per BLT. So whenever you have a taste of something, or if your kids don't finish their chicken nuggets and you help them join the Clean Plate Club write that down in your journal or enter it into your tracking app in your phone as 50 calories.

This way, these hidden calories won't surprise and knock you off your progress. Tracking hidden calories is important because nothing can derail your progress like calories flying under the radar. This leads you to thinking "I'm doing EVERYTHING I can, but the scale isn't moving." Unless you are tracking your beverages, condiments and BLTs you really don't know just how closely you are to your diet.

In many cases perception is reality. That doesn't apply to your diet. Numbers are the true reality. But the good news is that numbers can be counted, and if they can be counted they can be managed. So manage your numbers.

6 SNACKING AND GRAZING



Snacking and grazing doesn't always mean what you think. Amongst fitness enthusiasts, many believe that small, more frequent meals are the ticket to weight loss. You may have heard this called "snacking throughout the day" instead of eating "3 square meals per day."

We are not talking about whether or not this strategy is the most effective or not, we are talking about a different form of snacking and grazing.

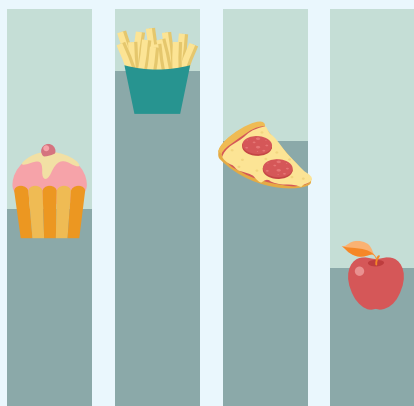
We are talking about **unplanned** consumption of food throughout the day. The key word in that sentence is unplanned.

A study in the European Journal of Clinical Nutrition found snacks have higher calories and lower nutrients than meals, and researchers cautioned against "a snack-dominating meal pattern"

Snacking wouldn't be such a big deal if it actually did help us eat less at our proper meals.
But that's just not the case most of the time.

Snacks can be smart and strategic, though. After you have a meal and couple of hours pass, having a high-protein snack like a protein bar or a protein shake is extremely effective at staving off hunger and helps you reach your protein goal for the day.

However, most snack foods are not high in protein. They are normally conveniently packaged, cheap and higher in carbohydrates. These are the snacks you should avoid because they aren't going to keep you full and they are dense in carbohydrates and fats.



Remember, the problem is when we have unplanned snacks. If you have a 1,200 calorie diet with a planned "snack" then you're okay, it's when you go rogue and call an audible that this becomes a problem.

You've got to plan out your meals, really. When you plan your meals and you track everything that goes into your mouth you have the full picture of why you are or you are not losing weight. When you fail to track and plan you are only hurting yourself and your progress.

At the end of the day, your goal is to lose weight, not to get sympathy for "doing everything right." If you aren't tracking and planning, then you're not doing everything right.

THERE YOU HAVE IT, THE 6 BIGGEST MISTAKES PATIENTS MAKE WHEN TRYING TO LOSE WEIGHT AFTER SURGERY

1

**LACK OF
ACCOUNTABILITY**

3

**INADEQUATE
PROTEIN**

5

HIDDEN CALORIES

2

FAILING TO PLAN

4

**NOT DRINKING
ENOUGH WATER/FLUIDS**

6

SNACKING & GRAZING

If you take these seriously and make sure they don't happen to you, you're eliminated 80% of the road blocks that you'll run into. If you're a betting person, those are good odds.

This gives you the 10,000 foot view, but we go into extreme detail in all of this and more in the BARIVANA course. If you're interested, stay tuned because we have some really cool stuff to tell you and teach you for FREE in the coming emails.



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