

# The Healthy Weigh

FALL 2002

Caryn Honig, Ronda Elsenbrook, Jennifer Lindsay, Shannon Baronette  
www.thehealthyweighonline.com



"The man who makes no mistakes does not usually make anything."

*Edward Phelps*

"Time you enjoyed wasting is not wasted time."

*T.S. Elliott*

"Pursue what you love, and you will never work a day in your life."

*unknown*

"The meaning of life is to give life meaning."

*unknown*

"Your aspirations are your possibilities"

*Samuel Johnson*

"All that we are is the result of what we have thought."

*Buddha*

"What is now proved was once imagined."

*William Blake*

THE HEALTHY  
WEIGH  
713-622-6422

## MEET THE HEALTHY WEIGH & ASSOCIATES

### DIETITIANS

**CARYN HONIG** is a registered and licensed dietitian and the owner of The Healthy Weigh. Caryn's specialties include eating disorders, sports nutrition, and weight loss. She writes nutrition articles for local sports and fitness magazines and lectures around the city of Houston. Caryn has completed over 15 marathons, numerous triathlons, one full Ironman Triathlon, and one 50-mile endurance race.

**RONDA ELSENBROOK** is a registered and licensed dietitian and has been with The Healthy Weigh for 1 1/2 years. Before joining The Healthy Weigh, Ronda was the Nutrition and Exercise Coordinator at Texas Children's Hospital. Ronda specializes in weight management, sports nutrition, eating disorders, and diabetes. Ronda is currently training for her first marathon.

**JENNIFER LINDSAY** is a registered and licensed dietitian and has been with The Healthy Weigh for the past two years. She is also a Nutrition and Exercise Coordinator at the Texas Children's Hospital Wellness Center. Jennifer specializes in weight management, diabetes,

pediatrics, and medical nutrition therapy.

**SHANNON BARONETTE** is a registered and licensed dietitian and has recently joined The Healthy Weigh after working as a pediatric renal dietitian at Texas Children's Hospital for the past three years. Shannon is originally from Shreveport, LA, and specializes in pediatric nutrition including obesity, feeding disorders, food allergies, picky eaters, and well-child nutrition.

### MASSAGE THERAPISTS

**KATHLEEN MCGARITY** has been a licensed massage therapist for 14 years. Kathleen specializes in neuromuscular massage, reiki, cranial-sacral therapy, reflexology and aromatherapy. Kathleen's interests include animals, reading, crafts, and movies.

**GLADIS CORRILLA** is originally from Honduras and has been in Houston for the past 13 years. She received her training from the European Massage Institute and has been practicing massage therapy for the past two years. Gladys recently left her full-time job as a nanny and is currently working to build her

massage practice at The Healthy Weigh.

### OFFICE

### ASSISTANTS

**MINDY TYSON** has been the office manager at The Healthy Weigh for the past 2 1/2 years. In May, Mindy graduated with a bachelor of arts in sociology and anthropology from Rice University. Mindy and her boyfriend, Craig, will be spending the next 6 months in Australia, and when they return to the U.S., she will pursue a career in naturopathic medicine.

**EMILY YARRELL** was a client at The Healthy Weigh for two years before becoming an office assistant this past year. Emily graduated from Bellaire High School and now attends the University of California at Santa Barbara. Emily is so dedicated, she continues to work at The Healthy Weigh between semesters. She is considering a future in nutrition.

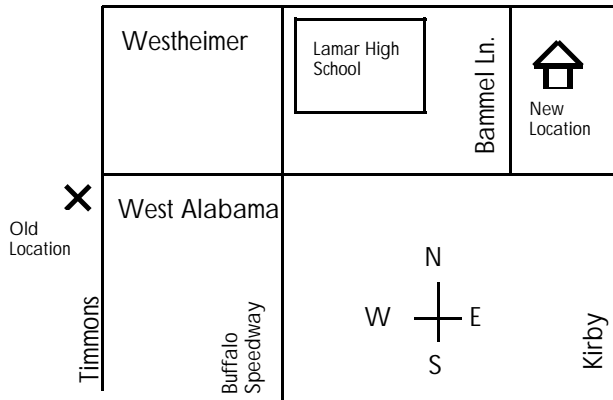
**IRENE PATNIYOT** just recently joined The Healthy Weigh after graduating from Rice University with a bachelor of arts in anthropology. Irene is taking one year off and will be starting medical school next fall.

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**THE HEALTHY WEIGH has moved!!**

**The Healthy Weigh's new address is  
2801 Bammel Lane, Houston, TX 77098**



## **OPEN HOUSE**

Please join  
The Healthy Weigh & Associates  
as we celebrate the grand opening  
of our new location

**Friday, August 30, 2002  
7:00-10:00 p.m.  
2801 Bammel Lane**

***Dinner & Dancing***  
(Food prepared onsite by Asef Kofli  
of Hungry's Café and Bistro)

**MESSAGE SPECIAL  
1 HOUR-\$60.00**

(regular price \$75.00)

**Schedule an appointment with  
Gladis @ 713-622-6422**

## *Keepers*

Some things you keep. Like good teeth. Warm coats. Bald husbands. They're good for you, reliable, practical, and so sublime that to throw them away would make the garbage man a thief. So you hang on, because something old is sometimes better than something new, and what you know is often better than a stranger.

These are my thoughts, they make me sound old, old and tame, and dull at a time when everybody else is risky and racy and flashing all that's new and improved in their lives. New careers, new thighs, new lips, new cars. The world is dizzy with trade-ins. I could keep track, but I don't think I want to.

I grew up in the fifties with practical parents—a mother, God bless her, who washed aluminum foil after she cooked in it, then reused it—and still does. A father who was happier getting old shoes fixed than buying new ones.

They weren't poor, my parents, they were just satisfied. Their marriage was good, their dreams focused. Their best friends lived barely a wave away. I can see them now, Dad in trousers and tee shirt and Mom in a house dress, lawn mower in one hand, dishtowel in the other. It was a time for fixing things—a curtain rod, the kitchen radio, screen door, the oven door, the hem in a dress.

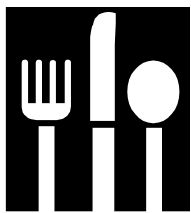
Things you keep. It was a way of life, and sometimes it made me crazy. All that re-fixing, re-heating, renewing, I wanted just once to be wasteful. Waste meant affluence. Throwing things away meant there'd always be more.

But then my father died, and on that clear autumn night, in the chill of the hospital room, I was struck with the pain of learning that sometimes there isn't any 'more.' Sometimes what you care about most gets all used up and goes away, never to return.

So! While you have it, it's best to love it and care for it and fix it when it's broken and heal it when it's sick. That's true for marriage and old cars and children with bad report cards and dogs with bad hips and aging parents. You keep them because they're worth it, because you're worth it.

Some things you keep. Like a best friend that moved away or a classmate you grew up with, there's just some things that make life important...people you know are special...and you KEEP them close!

Author Unknown



# Fabulous Fall Recipes



## Chicken, Orzo, & Spinach Casserole

### Ingredients

- 4 skinned and boned chicken breast halves
- 2/3 cup uncooked orzo
- 1 (8-ounce) package sliced fresh mushrooms
- Vegetable cooking spray
- 1 (10-ounce) package chopped frozen spinach, thawed and well drained
- 1 (10 1/2 ounce) can fat free cream of mushroom soup, undiluted
- 1/2 cup reduced-fat mayonnaise
- 2 teaspoons lemon juice
- 1/2 teaspoon seasoned pepper
- 3/4 cup shredded reduced-fat Monterey Jack cheese
- 1/4 cup Italian-seasoned breadcrumbs

### Directions

1. Boil chicken in large Dutch oven 12 minutes or until done.
2. Remove chicken, reserving broth.
3. Chop chicken, and set aside.
4. Cook pasta in reserved broth according to package directions, omitting salt and fat.
5. Sauté mushrooms until tender in a large non-stick skillet coated with cooking spray.
6. Remove from heat.
7. Stir in chicken, pasta, spinach, and next four ingredients.
8. Spoon mixture into a 13 X 9 inch baking dish coated with cooking spray.
9. Sprinkle with cheese and breadcrumbs.
10. Bake at 350 degrees for 30 minutes or until thoroughly heated.

Makes 8 servings.

Recipe from *Southern Living*, May 2002

## Bread Pudding

### Ingredients

- 4 eggs, beaten
- 2 1/4 cups milk
- 1/2 cup sugar
- 1 tablespoon vanilla
- 1 teaspoon shredded orange peel (optional)
- 1/2 teaspoon ground cinnamon
- 4 cups dry French bread cubes or regular bread crumbs
- 1/3 cup dried tart red cherries, dried cranberries, or raisins
- 1/4 cup all purpose flour
- 1/4 cup packed brown sugar
- 2 tablespoons softened butter

### Directions

1. Heat oven to 350 degrees.
2. In a bowl, beat together eggs, milk, sugar, vanilla, orange peel (if desired), and cinnamon.
3. In an ungreased 2-quart square baking dish toss together bread cubes and dried fruit.
4. Pour egg mixture evenly over bread mixture.
5. In a small bowl, combine flour, brown sugar, and butter until mixture resembles coarse crumbs.
6. Sprinkle over egg mixture.
7. Bake for 40-45 minutes or until a knife inserted near the center comes out clean.
8. Cool slightly.
9. Enjoy.

**Yields 8 servings.**

Calories per serving: 253

Recipe from *Better Homes and Gardens New Cook Book*



# The Healthy Weigh

2801 Bammel Lane  
Houston, Texas 77098

The Healthy Weigh

## etceteras

### EATING DISORDERS SUPPORT GROUP

**Who:** Those suffering from an eating disorder are encouraged to come for help and support.

**First Timers:** Please call for a mandatory screening and to reserve a spot.

**When:** Mondays at 6:00 p.m.

**Where:** 2801 Bammel Lane

**Call:** Caryn or Ronda @ 713-622-6422

**Cost:** Free

**CONGRATULATIONS TO MARK FRASER** FOR COMPLETING 70 MILES AT THE LEADVILLE 100 MILE ENDURANCE RUN IN COLORADO. We are so proud of you!

**10% DISCOUNT AT RUNSPORT FOR ALL HEALTHY WEIGH CLIENTS AND ASSOCIATES.** Call (713) 524-6662.



### EATING DISORDERS CONFERENCE

**Who:** Professionals and the public are encouraged to attend and learn the causes, treatments, and prevention of all types of eating disorders.

**When:** February 28, 2003  
8:00 a.m. - 4:00 p.m.

**Speakers:**

Jon Divine, Physician  
Cheryl Verlander, Therapist  
Caryn Honig, Dietitian  
Catherine Kruppa, Dietitian  
Ronda Elsenbrook, Dietitian  
Shannon Baronette, Dietitian  
Plus, recovered anorexics and bulimics will tell their stories during a panel discussion.

**Where:** Radisson Hotel, Astro-dome

**Call:** Irene @ 713-622-6422 for more information and a brochure.



**CONGRATULATIONS NANCY CALLES, ALEX DOAN, MEREDITH NOVY, AND CARYN HONIG** for completing their first semesters in graduate school. Nancy is working on dual masters degrees from the U.T. School of Public Health and the U.T. School of Nursing. Alex is working towards her masters of education in counseling at the University of Houston. Meredith is getting a masters from Baylor University and Caryn is working on a masters of education in counseling at St. Thomas School of Education. Good luck to them during the fall semester.

**BON VOYAGE TO THE HEALTHY WEIGH'S OWN MINDY TYSON AND CRAIG MCHORSE.** The two will be spending the next 6-8 months exploring Australia.