

Dr V  
Master  
Class

# 15 WAYS TO STOP WEIGHT REGAIN AFTER WEIGHT LOSS SURGERY

5 Things to Stop Doing  
5 Things to Start Doing  
5 Things to Start Thinking

*Presented by Dr. Duc Vuong*

# YOU CAN TAKE CONTROL OF YOUR WEIGHT

You made the life-changing decision to have weight loss surgery, and now you are on your way to a new life. Still, the worry that you could regain the weight is ever-present. Or worse, you've actually regained some weight and now are desperate to get it off.

The good news is that you can combat this concern with very simple strategies. However, it will take commitment and dedication on your part.

**DECIDE RIGHT NOW  
THAT YOU WILL  
COMMIT TO DOING ALL  
15 OF THE THINGS  
SUGGESTED IN THIS  
DOCUMENT.**

Your new health is maintained or broken by a lifetime of habits and choices you make from TODAY onward.

These simple habits will add up to a lifetime of better health, without adding to your budget.

# 1. STOP SODA

Soda is liquid junk. Made up almost entirely of artificial ingredients, it has absolutely no nutritional value. Even diet soda has an abundance of two of the things you need to take in moderation: sodium and artificial sugar.

We could go over the negative effects on your blood pressure, blood sugar and kidneys; however, for the purpose of this article, we'll stick with **the problem of hidden calories**. It is very easy to lose track of how many of these drinks you consume in a day. At 120 to 300+ calories per 12 oz serving, it will easily negate all your other efforts to be healthier.



- Steer clear of the 'zero' and 'diet' drinks. They are full of artificial chemicals that affect your body's functions. They provide no nutritional value and can cause leg swelling.
- Drink more water. Your body is designed to use water to flush out toxins and keep your body running at its best.
- If you do not like pure water, squeeze some fresh fruit into it or try out some hot or iced spiced herbal teas.
- You can try out samples of various unsweetened drinks at many tea shops like Teavana.
- Soak sliced cucumber and limes in water for 1-5 hours for a cool and refreshing infused drink.
- Make sure to get a minimum of 64oz of water a day to perform at your best.

## 2. STOP ALCOHOL

Alcohol is very close behind soda in its hidden calories. Even wines are full of simple sugars made during the fermentation process.

Mixed drinks are even worse with sugary syrups and colors to make them appealing. In addition, liver damage is always a serious risk. A small serving of a mixed drink can add hundreds of calories to your daily intake. It does not take much to counteract the progress you made with your new exercise regiment or healthy lunch.

Avoiding alcohol is important for your food intake too. You're more likely to make poor food choices when socializing once you are intoxicated.



# 3. Stop Snacking

Remember, it's natural to feel hungry and it's unnatural to feel full.

To lose weight, you must consume fewer calories. To consume fewer calories, you must eat less. In order to eat less, you must allow yourself to get hungry.

Like alcohol, snacking is usually a substitute for something else, whether it's stress, boredom, or emotional. Get to the root cause.

- Drink water when a craving hits. In many cases, our body confuses the first stages of dehydration with hunger. If you think you are hungry, first drink 8oz of water and wait 15 minutes to see if the craving fades.
- Take a walk, read, or enjoy a hobby. When we are bored or under-stimulated, the body will send out hunger signals. Low grade exercise or new mental stimulation often helps turn off the cravings.
- Stop the snacking habit as soon as you can. Limit yourself to only fresh fruit or a handful of nuts. While they are still additional calories that you need to get control of, they are better for you than candy bars, chips, and other snacks. If you're not hungry enough to eat an apple, then you shouldn't be eating.





## 4. STOP BREADS

Breads, muffins and other pastries all quickly add 150+ calories per recommended serving to your meal (before adding butter, jams, or other add-ins). **Bread is nothing more than a vehicle for calories.** Breads also wreak havoc on your blood sugars and are an absolute no-no for diabetics.

Even 'healthy' whole grain and seed breads are guilty of greatly increasing the calories you take in. There are more fulfilling and nutritious whole grains and complex carbs out there to fulfill your needs.

Try out Lettuce and Cabbage wraps for a new and tasty fix. Avoid sandwiches altogether and opt for a big salad (a real salad, not the iceberg 'house salads' people are familiar with). And remember: **PASTA IS A BREAD!**



## 5. STOP CREAMERS AND CONDIMENTS

Coffee creamer adds in extra hidden calories and heart-harming saturated fats with every dose because the volume of coffee consumed probably requires more than just one 40-calorie serving of creamer.

Even the 'fat free' versions of your mayo and creamers have small amounts of bad fat. These harmful fats and untracked calories are not worth the cost of flavoring.

Try coconut milk, spices and herbs, vinaigrette, fruit and other more healthy and flavorful alternatives on foods and drinks.

## 6. Start Drinking Green Smoothies For Breakfast

When we look at breakfast foods, is it any wonder why obesity rates are at all time highs? A healthier alternative to the typical breakfast of pastries, sugary cereals, or fast food items is a green smoothie.

A green smoothie takes minutes to make, and it provides all the energy you need for your morning routines. You can even cut and freeze most fruits for a week's worth of ingredients.

The leafy greens and fresh fruits are a natural and easily digested source of fiber, vitamins, minerals, antioxidants, and even amino some acids, which is especially important if you've had weight loss surgery. The fruit combinations provide variety and softens the robust flavor of the greens. Check out my green smoothie recipes on Amazon if you need more ideas.





## 7. START EATING BIG SALADS FOR LUNCH

Not the iceberg lettuce and a scattering of carrots and tomatoes. A proper salad is made up of a variety of toppings and leafy greens--even quinoa, seafood, and fruit toppings.

A salad provides a huge boost in energy and nutrients per calorie. It has great nutrient density. It can be made with baby spinach, sprout mixes, or any other leafy greens as the base. A salad can have cooked ingredients in it like grilled shrimp, beans, sweet potato, quinoa, or wild rice.

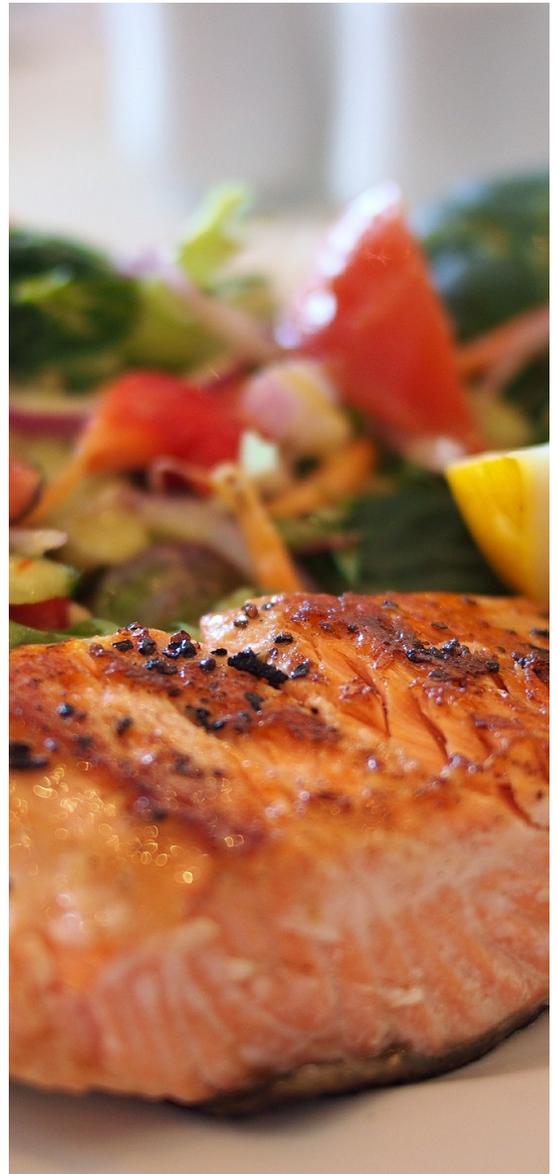
When preparing a salad, be careful of fat filled dressings, like Ranch or Thousand Islands. If you need a little dressing, try some fresh salsa, citrus and olive oil, or a nice vinaigrette.

## 8. START EATING MORE LEAN PROTEINS

I always encourage my patients to get away from red meats entirely, given that so many more plant based alternatives exist.

You can get your nutritional needs entirely from plant based whole foods, even the essential amino acids. In fact, there are several super foods that have all the same proteins and nutrients that we rely on meat for, such as soy and quinoa.

In addition to protein, nuts, seeds, broccoli, beans, and leafy greens also provide a rich assortment of micronutrients and fiber on very few calories per serving. Advances with soy and black beans also make them tasty meat substitutes in various dishes.



- If you want to keep meat in your menu, you can still make healthier choices. Salmon and other fish are rich in good fats and amino acids.
- Avoid beef and pork as they are high in saturated fats.
- Chicken is not that healthy any more due to the steroids and antibiotics required during mass production.



## **9. Start Food Journaling**

The best thing you can do for yourself is to be aware of your eating habits. It is these habits that will make or break your efforts to keep the weight off. However, simply knowing you just drank your third soda or skipped your vegetables today does not have the same impact as seeing it in writing.

There are various apps out there that will help you record what you eat through out the day. Some even come with hints and badges for certain achievements to keep you motivated. If technology is not your thing, a simple notebook is a great tool. Simply write down everything you eat (including drinks and condiments), the date and time, and other notes like known calories, the place, the occasion, and your mood.

As you fill your journal, you will be able to identify eating patterns, such as eating popcorn while watching your favorite tv show or that you drink far more empty calories than you realized. Or perhaps you have a habit of eating unhealthy foods at a specific weekly gathering. You can then tweak these negative patterns to avoid regaining the excess weight.

---



# 11. THINK: "I AM MORE POWERFUL THAN FOOD"

You are an amazing and complex human being. You have the power to change your habits. You have the power to resist cravings. You have the power to choose healthier habits that fit your new life best.

Food does not have the power to take this away from you. Whenever an urge toward an unhealthy eating choice hits, you have the power to take a step back and reflect on the cost of that choice. You have the power to change your mind. You have the power to make foods accessible or inaccessible in your home. You have the power to refuse to let food dictate your choices. **Always remember you are the one in control, not your cravings.**



## 12. THINK: "I CAN BE BETTER"

Look at how far you have already come. You recognized you had a serious problem with your weight, and you took measures to take care of it. This is proof positive in itself that you have the power to change and improve your life.

Now is not the time to rest on your laurels. You can still keep improving. You can learn more about your health. You can change your eating habits. You can learn new skills. No matter how far you've come, there is always a new goal you can reach for to make yourself even better today than yesterday. More importantly, you have the power to learn and improve on mistakes and setbacks.

Falling into a bad habit is not a sign that you are forever destined to live with it. It is a sign you have a habit to replace with a better one. You have the ability and limitless human potential to do exactly that.





## 15. THINK: "I DESERVE TO PLACE MYSELF FIRST"

You have one life. No one knows the ins and outs of that life better than you. No one can live that life better than you.

That said, while we ideally want people in our lives to support our decisions, humans as a species are imperfect creatures. There will be times when a friend will urge you to partake of that unhealthy deep fried confection their spouse made. A restaurant will refuse to allow you to substitute those fries or loaded baked potato for a salad. A coworker will say something insensitive about the green smoothie you brought for breakfast.

Temptations to just go with the flow and make those unhealthy choices will come.

It is not your place in life to sacrifice your health for the convenience of others. If someone does not respect your healthier choices, you are not obligated to eat or drink anything that damages your goals.

**YOU HAVE EVERY RIGHT TO PLACE YOURSELF FIRST.**





# DEDICATE TO DOING THESE 15 HABITS TO PREVENT WEIGHT REGAIN

These tips are all things you can start today and carry with you for a lifetime.

They are practical tools and weapons against the bad habits that contribute to regaining weight after surgery.

If you master them, you will be well on your way to a healthier you!



# Dr. Duc Vuong

---

Dr. Duc Vuong helps people break free from unwanted patterns and limiting beliefs so that they can start over and be more. Although he began his career as an internationally renowned bariatric surgeon, who is the world's leading expert in education for the bariatric patient, his methodologies work for any person in any area of life.

Trained in Western medicine, he blends traditional Eastern teachings with the latest in science and technology. Dr. Vuong was featured in TLC's hit show, 900 Pound Man: Race Against Time, and is currently working on his own weekly television show. He is the author of multiple Amazon best selling books.

Visit [DucVuong.com](http://DucVuong.com) to see his online courses

## Books

*Ultimate Gastric Sleeve Success*

*Weight Loss Surgery Success: A-Z Tips*

*Duc-It-Up: 366 Tips*

*Eating Healthy on a Budget*

*Eating Healthy For Kids*

*50 Healthy Green Smoothies*

*Big-Ass Salads*

Get your Dr. V books at Amazon page: [www.amazon.com/author/drv](http://www.amazon.com/author/drv)

Get your own Dr. V t-shirt at: [www.drvgear.com](http://www.drvgear.com)

Talk with Dr. V Live at [www.facebook.com/doctorvuong](http://www.facebook.com/doctorvuong)

Get short snippets of wisdom: [www.instagram.com/drducvuong](http://www.instagram.com/drducvuong)

---