



WOLF RINKE ASSOCIATES, INC.

READ AND GROW RICH

The eNewsletter for Savvy Nutrition Professionals

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IN THIS ISSUE

1. NEW CPE PROGRAM--HOT OFF THE PRESS
2. HOW TO SAVE UP TO 16% ON CPEUs
3. NUTRITION NEWS YOU CAN USE
4. GOAL SETTING: YOUR ROADMAP TO SUCCESS--PART 1
5. HUMOR BREAK
6. ABOUT THE EDITOR
7. PRIVACY STATEMENT AND SUBSCRIPTION INFORMATION

INSIGHT BREAK

Those who do not have goals are doomed forever to work for those who do.

—Brian Tracy

1. NEW CPE PROGRAM--HOT OFF THE PRESS

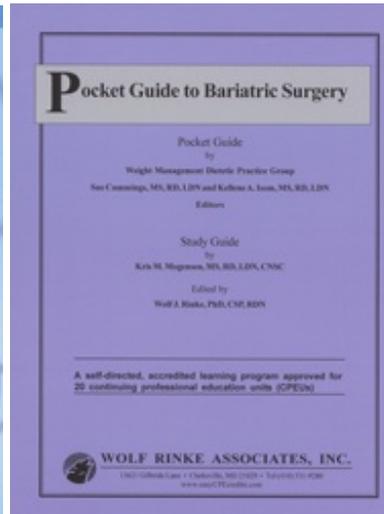
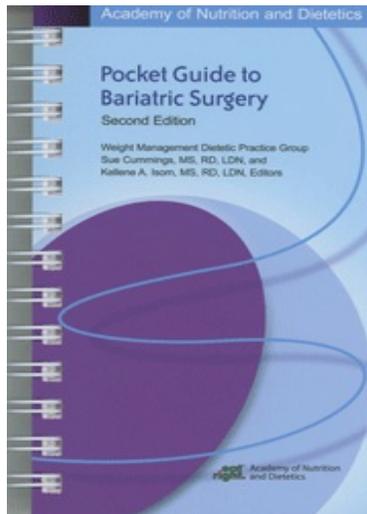
Pocket Guide to Bariatric Surgery

Pocket Guide by Weight Management Dietetic Practice Group

Sue Cummings, MS, RD, LDN and Kellene A. Isom, MS, RD, LDN, Editors

Study Guide by Kris M. Mogensen, MS, RD, LDN, CNSC

Edited by Wolf J. Rinke, PhD, CSP, RDN



C289

20 CPEUs

HARD COPY

\$149.95

NEW

Add to Cart

Pocket Guide, 275 pgs, and Study Guide with 1 Reporting Form, 26 pgs.

This thoroughly updated publication:

- Incorporates the Nutrition Care Process in the treatment of patients before and after surgery, during weight stabilization, and in lifelong follow-up care.
- Features the latest research and evidence-based recommendations for adults and adolescents.

- Addresses special considerations, such as type 1 diabetes, pregnancy, kidney disease, and nutrition support.
- Includes eight appendixes with diet stage summaries, sample nutrition care forms, information on postsurgical supplementation and biochemical surveillance, and other useful tools.

For more information and customer comments, [click here](#).

2. HOW TO SAVE UP TO 16% ON CPEUs

<p>Save 5% on orders over \$200* plus get FREE Shipping (USA only) Coupon Code: 5%WINTER2017 Online only. Expires 3/31/2017</p>	<p>Save 10% on orders over \$350* plus get FREE shipping (USA only) Coupon Code: 10%WINTER2017 Online only. Expires 3/31/2017</p>
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3. NUTRITION NEWS YOU CAN USE

Bariatric surgery may aggravate gastrointestinal complaints and food intolerance

In this cross-sectional study, 544 obese adults, who had undergone primary Laparoscopic Roux-en-Y gastric bypass (LRYGB) surgery 2 years ago, were asked to complete a general health and a food intolerance questionnaire. The results were compared to a control group of morbidly obese patients. Findings revealed that the bypass group experienced a higher incidence of gastrointestinal complaints, such as indigestion, abdominal pain and dumping syndrome, than the control group. Plus 71% of the bypass group, compared to 7% of the control group, were unable to tolerate red meats, and foods high in fats or sugar. The authors concluded: "Food intolerance is a common side-effect of LRYGB independent of degree of weight loss or the presence of other abdominal symptoms."

ACTION STEPS: To help your patients manage their bariatric symptoms, enter the keywords "bariatric surgery" in the search field at www.easyCPEcredits.com and find 3 different CPE programs addressing this topic, including our newest: *Pocket Guide to Bariatric Surgery, 2nd Edition*, by the Weight Management DPG, C289, 20 CPEUs, see paragraph #1 above, or go to <http://www.wolfrinke.com/CEFILES/C289CPEprogram.html>.

Source: T. C. C. Boerlage, et al. Gastrointestinal symptoms and food intolerance 2 years after laparoscopic Roux-en-Y gastric bypass for morbid obesity, *BJS*, 19 Dec 2016,

DOI: 10.1002/bjs.10419,

<http://onlinelibrary.wiley.com/doi/10.1002/bjs.10419/abstract>.

4. GOAL SETTING: YOUR ROADMAP TO SUCCESS--PART 1

By Wolf J. Rinke, PhD, RDN, CSP

Here is how to make sure that 2017 will become one of your best years ever.

Goals-who needs them anyway?

You do, if you want to succeed faster! Why? Let's say you own a basketball franchise, and hire the best basketball players in the world, have them train until they play like champions, and then tell them to play the best game ever, only once they get to the court they find that neither side has baskets. What is the chance that they will win the game? You are probably thinking that's an absolutely absurd question.

You might even feel that I've insulted your intelligence with such a silly question. Then why are you—assuming you are like the majority of the people in the United States—running your life that way? Study after study has demonstrated that only a very small minority of the U.S. population has clearly defined, written lifetime goals.

The system to success

Your goals represent a system, and once you have mastered this system, it will get you more of what you want, because it provides you with a road map to success. And that system starts with dreaming a big dream

Dream a big dream

In his classic book, *Think and Grow Rich*, Napoleon Hill identified three key steps to success: Conceive, Believe, Achieve. He was absolutely right. You must first be able to conceive, visualize if you will, what it is that you want to get out of life. To find out what that is you will need a writing pad (or use the forms in my new CPE program: "Goals: Your Road Map to Success," <http://www.wolfrinke.com/CEFILES/C256CPEcourse.html>), several 3 x 5 cards or Post-it® notes, a pen or pencil, and a quiet setting. (This is high tech stuff, isn't it?) The best way to make sure that you have a quiet setting is to get up about one or two hours before everyone else on your next day off—let's say this coming Sunday. (Yes, do it this coming Sunday; you have procrastinated long enough!)

After you get up, take a brisk shower, get dressed, and pour yourself your favorite beverage. Put on some classical music—Beethoven is best. Sit in your easy chair with your pencil and your writing pad. Take a deep breath or do some breathing exercises to help you relax, and partially close your eyes. Now dream about what you want to accomplish in your brief moment on this planet earth. Do not, at this time, constrain yourself by anything. Ignore what others have told you can or cannot do; forget any past failures and setbacks; and ignore your current troubles and handicaps, real or perceived. Dream what you want to accomplish, focusing on what's critically important to you. You will recognize your "fire-in-belly" dreams when they come to you because your heart rate will increase, you'll breathe more rapidly, and you will feel that "burning" desire. At this point, do not worry about feasibility, just write them down.

To help you with this process, ask yourself questions such as: What goals would I set for myself if I had a 100 percent guarantee of success? What is my ideal life style? What do I stand for? What is really important to me? What epitaph do I want on my tombstone? What do I want my children or my loved ones to say about me when I'm gone? What is my ideal career goal? And so on. Write these things down as they occur to you; pay no attention to order, magnitude, possibilities, fears, limitations, or obstacles. Your objective is to dream a big dream and to capture your dreams. (If you are married, or have a significant other with whom you are planning to spend the rest of your life, have him/her go through the same process.)

Translating Dreams into Reality: Step 1

After you have completed your "dream sheets", put them aside until next weekend. At that time, spend another one or two hours working with them. Begin by determining how important each dream is by rating it on a scale from 1 to 10, with 1 meaning "This is a pipe dream that would be nice to accomplish" and 10 meaning "This dream is critical to me, it will change my life, and I am willing to pay any "price" to achieve it

After you have rated every dream (I know it is difficult to do), strike-out all those with

a rating of less than 6. As the next step, prioritize all of your dreams from 1 to whatever, with 1 being your most important dream. (#1 should have received a score of 10 in the previous ranking.) Weight those that you assigned high ratings to more heavily when prioritizing. Write your top three highest priority dreams—actually they are your lifetime fire-in-the-belly goals—on two 3 x 5 cards or Post-it® notes.

Place one of these on your bathroom mirror, where you brush your teeth twice a day, or any other place where you will automatically see it at least twice a day. Take the other one to your office, school, or work. Place it where you will see it several times throughout the day. Place your fire-in-the-belly goal card or Post-it® note on your desk or work surface so that it is in your view when you look up from your work or when you are on the telephone, so that you can visualize living your dreams long before you actually achieve them. Also, have it nearby when you plan what you want to accomplish for each day—see Step 4 in the next issue.

In the March 2017 issue of this eNewsletter we'll look at the next four steps that will provide you with a road map to success.

Source: Excerpted from W. J. Rinke, *Goals: Your Road Map to Success*, C256, 5 CPEUs, <http://www.wolfrinke.com/CEFILES/C256CPEcourse.html>.

Here is what one reviewer had to say about this powerful CPE program:

I found Dr. Rinke's self-study course on setting personal and professional goals to be enlightening, well written, and an outstanding resource for both experienced and inexperienced dietetic professionals. His five-step framework provides a roadmap for setting goals in seven aspects of one's life and then describes how to translate those goals into success and satisfaction in one's personal and professional life. In addition, he addresses how the fear of failure prevents many individuals from turning their dreams into reality and provides six, straightforward strategies for overcoming that fear. The format of the self-study course not only makes it an easy and entertaining read with numerous personal examples, but also provides essential, easy to understand "how to" information needed to implement the program. I believe this course will help any dietetic professional to become more effective in both their personal and professional lives.

—Richard F. Patterson, EdD, RDN, Associate Dean, College of Health and Human Services, Western Kentucky University

5. HUMOR BREAK

On a recent airline trip, the man sitting next to me struck up a conversation. Finally, he asked me what I did for a living. When I told him that I am a professional speaker, he retorted, "You don't look like a professional speaker." I answered, "That's because today is my day off."

6. ABOUT THE EDITOR

Dr. Wolf J. Rinke, RDN, CSP is the president of Wolf Rinke Associates—an accredited provider of easy to use CPE self-study programs for nutrition professionals since 1990, available at www.easyCPEcredits.com.

If you have questions, or would like him to address a specific issue or topic in this eNewsletter please e-mail him at WolfRinke@aol.com.



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