Hello, february!

Goodbye to the world's longest January. Hello to actually showing up for ourselves.

Hey, you made it through January. That's no small thing. While the rest of the world was shouting about *new year, new you*, we hope you were here quietly doing the work that actually matters — building systems, showing up for yourself, and maybe even giving yourself a bit of grace when things didn't go to plan.

This month's newsletter is packed with practical info, a bit of real talk about Valentine's Day (yes, we're going there), updates on what's happening in the community, and some resources we think you'll actually use. As always, we're building this with you, not for you without you — so if something lands well (or not so well), just let us know.

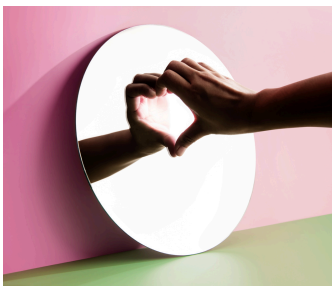
We're glad you're here. Let's keep going!

- The Rewrite Team

Valentine's Day Doesn't Have to Be a Trigger

It's Just Another Day — Unless You Make It More

Valentine's Day rolls around every February with the same predictable script. Heart-shaped boxes of chocolates. Restaurant deals. Instagram posts about romantic dinners and champagne. For a lot of people, it's background noise. But if you've got a history with food addiction, emotional eating, or bariatric surgery, it can feel like a minefield.



Here's the thing: Valentine's Day doesn't have to be a trigger. It's just marketing, cultural pressure, and a bit of nostalgia wrapped in red and pink.

The problem isn't the day itself — it's how we've been conditioned to use food as love, comfort, and celebration without questioning it. Let's break that down.

Why Valentine's Day Feels Loaded

For many people, especially those in recovery from food addiction, Valentine's Day brings up old patterns.

Maybe it's the expectation that love equals chocolate. Maybe it's memories of treating yourself with sweets when you felt lonely. Or maybe it's the pressure to go out, indulge, and "live a little" — which can quickly spiral into guilt, restriction, or *full-blown relapse*.

There's also the emotional side. If you're single, the day can feel isolating. If you're in a relationship, there's pressure to do something special, which often involves food. Either way, it's easy to feel like you're failing if you're not participating in the cultural script.

But here's what matters: you don't owe anyone participation in that script. Not your partner, not your friends, not the marketing machine trying to sell you overpriced chocolate.

How to Navigate It Without Drama

1. Name the pressure, then let it go
Acknowledge that Valentine's Day comes with food-focused expectations. Notice it. Then remind yourself that you're not required to follow along. You're not missing out by choosing differently — you're protecting your peace.

2. Plan ahead, but keep it flexible
If you're going out, look at the menu beforehand. Choose something that supports your goals without making you feel deprived. If you're staying in, plan a meal that feels special but isn't loaded with old triggers. The point is to remove the element of surprise so you're not making decisions on the spot when emotions are high.

3. Redefine what love looks like
Love isn't a box of chocolates. It's showing up for yourself. It's setting boundaries. It's choosing consistency over impulse. If your partner or loved ones express affection through food, have a conversation beforehand. Let them know what would actually feel supportive — maybe it's flowers, a handwritten note, quality time, or nothing at all.

4. If you slip, don't spiral
Let's be real — you might eat something you didn't plan for. You might feel triggered. You might have a moment where old patterns show up. That's not failure. That's life. What matters is *what you do next*. You don't need to "fix" it with restriction or guilt. You just need to get back to your baseline. One meal, one moment, one slip doesn't erase all the work you've done.

What Actually Matters This Month

Valentine's Day is one day. What happens the other 27 days of February? That's what counts. Are you showing up for yourself consistently? Are you eating in a way that supports your physical and mental health? Are you surrounded by people who respect your journey?

If the answer is yes, then Valentine's Day is just noise. And if the answer is no, then maybe February is the month you start building that foundation — not because of a holiday, but because you deserve to feel in control again.

You don't need to be perfect. You just need to *keep going*. We're here with you every step of the way.

Latest news

30 Day Rewrite Launch — SOLD OUT!

This month we launched the 30 Day Rewrite — a one-off mini program designed to help people break free from ultra-processed foods. Just 30 slots. Gone before we could blink!

If you missed out, don't panic. We've got other ways to support you. Browse our tools and resources, or if you're serious about long-term change, our Rewrite Lifestyle Intensive Program is open for April intake.

Not sure what's right for you? Book a free call with the lovely Ashley from our team, and we'll figure it out together.

The Team Just Leveled Up

Big news — Helen just earned her Life Coach diploma, and Evie passed her RSPH Level 4 Nutritionist qualification! This means more support, more expertise, and more reasons to trust that you're in the right place.

Rewrite App Coming Soon!

We're building something big. A brand new app that handles food logging, recipe inspiration, weight tracking, goal setting, water intake — all the essentials in one place, and more! We expected to launch in a couple of months. Watch this space!

Rewrite Tools & Programs

The Rewrite Lifestyle
Our flagship intensive program for anyone preparing for or recovering from bariatric surgery, or using GLP-1 meds.

The Regain Fix
Self-paced guide plus AI bariatric recipe generator tool.

The Recipe Fix
Our hugely popular AI bariatric recipe generator tool.

Rewrite Alumni programs
For continued support & accountability.

Need help?

Struggling with food addiction or not sure where to start?

Book a free 15-minute Zoom consultation with our team. We'll talk through where you're at, what's been holding you back, and help you work out your next best step.

Lemon Lentil Soup

Erika's Kitchen

A vibrant, protein-packed soup with red lentils, warming spices, and a bright lemon finish — perfect for meal prep and freezes beautifully.

Prep time: 10 mins | **Cook time: 8 mins+** | **Post-op stage:** Soft foods onwards

Ingredients:

- 1 tablespoon avocado oil
- 1 medium white onion, peeled and diced
- 2 medium carrots, diced
- 5 cloves garlic, peeled and minced
- 6 cups stock or broth
- 1 1/2 cups red lentils, rinsed and picked over
- 2/3 cup whole-kernel corn
- 2 teaspoons ground cumin
- 1 teaspoon curry powder
- Zest and juice of 1 small lemon
- Salt and Pepper to taste

Need help planning and cooking for your bariatric journey? Get The Recipe Fix today!

Stovetop Instructions:

1. Heat oil in a large pot over medium-high heat. Sauté onion and carrots for 5 minutes, add garlic and cook 1 more minute.
2. Add stock, lentils, corn, cumin, and curry powder. Bring to a simmer, cover, and cook for 15 minutes until lentils are tender.
3. Blend to desired consistency (optional).
4. Stir in lemon zest and juice. Season with salt and pepper to taste.
5. Serve warm with a lemon slice.

Instant Pot Instructions:

1. Optional: Press "Sauté", add oil, cook onion and carrots for 5 minutes, add garlic for 1 minute. Press "Cancel".
2. Add stock, lentils, corn, cumin, and curry powder. Seal lid and cook on high pressure for 8 minutes. Quick release.
3. Blend to desired consistency.
4. Stir in lemon zest and juice. Season with salt and pepper.
5. Serve warm with a lemon slice.

Slow Cooker Instructions:

1. Add all ingredients except lemon to slow cooker. Cook on high for 2-3 hours or low for 5-6 hours.
2. Blend to desired consistency.
3. Stir in lemon zest and juice. Season with salt and pepper.
4. Serve warm with a lemon slice.

Inside the Rewrite Team
Coach Danaye

Hey, I'm Danaye, and let's just say I spent most of my life as the "before" picture. But in 2023, I decided I was done with that storyline. On April 27th, I made my way to EOC and got myself a brand-new VSG (Vertical Sleeve Gastrectomy, if you're fancy with it). Highest weight? 317 pounds. Surgery weight? 240 pounds. Current weight? A cool 149. Yeah, I'm feeling pretty unstoppable.

As if that wasn't enough, I figured, "Why not start running too?" So in March 2023, I laced up my shoes and hit the pavement.

Now, I've got a few half marathons under my belt and am training for my second full marathon. Apparently, I really like to run—who knew?

I spent years as an EMT-IV Tech, saving lives, but I now work as a Rewrite coach and I've found a whole new level of joy in helping others crush their bariatric and fitness goals. Whether it's losing weight or making running a thing (trust me, if I can do it, so can you), I'm here to help you kick those goals in the teeth and get moving.

Catch up

Guest: Dr. Sachin Kukraja, General and Bariatric Surgeon

For Rewrite clients: If you missed last week's session with Dr. Kukraja, the replay is waiting in your Rewrite account! He walked us through the history of bariatric surgery, broke down procedures like the duodenal switch, gastric bypass, and lap band, and got real about the challenges surgeons face today. It's an honest, informative session not to be missed!

Rewrite Recommends...

RECOMMENDED

Greek yoghurt!

Switch out those flavoured yoghurts and get some protein bang for your buck!!

Add berries, seeds, nuts for texture and enjoy and easy to eat bowl of loveliness!!

Why it's great:

- High in protein (crucial for healing and maintaining muscle)
- Soft and easy to digest
- Healthy fats to keep you full without bulk
- Flavour without excess sugar

Helen xx

The Science Bit

The latest scientific studies & findings

New research from January 2026 is making waves in the bariatric and metabolic health world, and the findings back up what we've been saying all along.

A large-scale study published by NYU Langone Health this month compared over 51,000 patients and found that **bariatric surgery outperformed GLP-1 medications (like Ozempic and Zepbound) by a factor of five.** After two years, surgery patients lost an average of 58 pounds, while those using GLP-1 drugs lost only about 12 pounds. Even patients who stayed on the medications for a full year saw much smaller results than surgical patients, with average weight loss reaching only 7%.

The study highlighted a critical gap between clinical trials and real-world use. In controlled trials, GLP-1s show 15-21% weight loss, but real-world adherence, side effects, and costs drastically limit their effectiveness. As many as **70% of patients discontinue treatment within one year.**

Another study from Vanderbilt Health, also published in January, found that both bariatric surgery and GLP-1 drugs improve body composition by reducing fat mass while modestly reducing fat-free mass (including lean muscle).

Over 24 months, both approaches led to improved body composition with increases in the fat-free to fat mass ratio. However, male patients showed better long-term preservation of lean muscle than female patients.

What does this mean for you? The science continues to confirm that sustainable, long-term change isn't just about the number on the scale. It's about improving your metabolic health, preserving muscle mass, and building habits that work in the real world — not just in a clinical trial. Surgery is a powerful tool, but so is the work you do every single day after it.

Read more about the studies here and here.

Food Addiction After Bariatric Surgery

Don't miss Shenelle's feature on *The Vegas Voices Podcast*, where she breaks down food addiction after bariatric surgery. She shares us the raw and honest truths about why surgery changes the stomach but not the habits or emotional triggers. **Click here to watch it on Youtube!**

Don't miss our next FREE Workshop!

January 17th at 5pm PST, LIVE on Zoom!

Don't miss this 2-hour online workshop where you can ask anything!

SPOTS ARE LIMITED - **Save your spot!**