

BMI Newsletter

[Volume 3]

Doctors from around the Country and World that We Have Been Training

In May, we loved having surgeons here from Minnesota, Missouri, and California. They all came out to learn about the loop duodenal switch (SIPS). We enjoyed teaching them and demonstrating this life changing weight loss procedure. We hope they can implement it back in their own practices.



Books We Are Reading

Dr. Cottam has recommended *Always Hungry? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently* by David Ludwig, MD, PHD. If you haven't started reading, start today! Here is recap of chapter 4 and 5. Ludwig begins to outline the types of food that won't raise your insulin levels and thus will help you lose weight better. Ludwig also discusses fats, meats, probiotics, salt, sweeteners, and food additives. He generally espouses eating fat, especially unsaturated fat. He thinks meat is fine if it is mixed with many vegetables, probiotics are useful diet tools, and salt is not a problem if you don't suffer from hypertension. Overall, he discourages artificial sweeteners because they can raise insulin levels, and his diet stays away from food additives. Ludwig explains the three phases of his diet: "Phase 1 is a two-week boot camp to conquer cravings and jump-start weight loss. Phase 2 is a hunger-free plan to retrain your fat cells and reach your new, lower body weight set point. Phase 3 is a customized diet for your body's unique needs so you can keep the weight off permanently." Before you start his diet, he pushes "if-then" plans, which means planning if problems or temptations come up, then what will you do. Having a plan beforehand will help you deal with inevitable problems as you try to change your lifestyle. Next month we will share some tips from his actual plan.

Contents

News and Updates	
Doctors We're Training	1
Books Worth Reading	1
Weight Loss Success	2
Recipe Ideas	2
Weight Loss Tips	3
Gastroparesis Treatment	3
Progress on City Creek Surgical	4
Medical Students	4
Healthy Snack Ideas	4

Recipe Ideas

Healthy Greek Salad

1 cucumber peeled and diced
2 medium tomatoes diced
1 small green pepper seeded and diced
1/4th cup diced red onion
Scant 1/4th cup Feta cheese
Balsamic vinegar
Salt and pepper
Balsamic glaze (optional)

Layer the vegetables on a plate in the listed order. Sprinkle with feta cheese. Drizzle with balsamic vinegar and salt and pepper to taste. Drizzle with balsamic glaze and enjoy.



2



Weight Loss Success!



Congratulations!

Austin Yergensen who has lost 100 pounds two years after his loop duodenal switch.

Matt Zdunich who has lost 230 pounds only 9 months after his loop duodenal switch

Charles Roff who has lost 137 pounds after his sleeve gastrectomy

Nicole Gunnels who has lost 137 pounds one year after her loop duodenal switch.

James Cormie who has lost 131 pounds after a sleeve gastrectomy

Lynette Bowden who is doing great, feeling wonderful, and moving well at her six-month visit

Terry Nelson who has lost 98 pounds 9 months after her loop duodenal switch and is excited to have more energy for her 60 grandkids

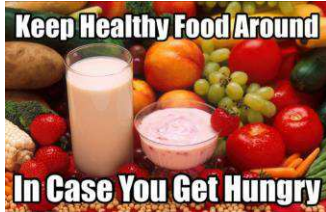
Rena Mitchell who has lost 90 pounds one year after her loop duodenal switch and is off insulin and all her diabetic meds and can "breathe more easily"

Jenny Sheppick who has lost 150 pounds one year after a loop duodenal switch

Timothy Wright who has lost almost 100 pounds one year after his sleeve

Weight Loss Tips

We publish a weight loss tip on Facebook and Instagram every Tuesday. We then follow this up with more information throughout the week. Follow us and get some great advice on little ways to boost your weight loss.



We usually eat what is easiest, so if you keep healthy food around, ready to be eaten, you will more likely turn to it when hunger strikes. Examples of what you can keep handy might be fruits, nuts, baby carrots, no sugar yogurt, or a hardboiled egg.



After surgery, it is important to follow up with the doctor and others at BMI who can help you on your weight loss journey. Take advantage of all the help that is available.



Smell before you taste. More than 90% of taste is smell. Studies have shown that people who smell before they eat or whenever they feel hungry, lose more weight. By sniffing your food, odor molecules reach the olfactory nerve at the top of the nose, and you will therefore perceive that you've eaten more than you have



Studies in people who consumed the same number of calories in two meals versus seven meals found no difference in calories burned between the two groups. Controlled studies have shown that eating many small meals does not result in greater weight loss, compared to eating three or fewer meals per day. What's more, frequent snacking after weight loss surgery was linked to reduced weight loss 6 months after the procedure.

The main problem with snacking or eating several small meals is that you often end up consuming too many calories.

Bottom Line: It is a myth that eating many small meals boosts metabolism compared to eating fewer but larger meals. Increased eating frequency does not help you lose weight.

The Bariatric Medicine Institute Also Treats Gastroparesis

One of our success stories with this difficult to treat, debilitating disease is Joe Drury. He suffered for years with gastroparesis, a disease that many medical providers don't understand. His weight got out of control as he was only able to tolerate a certain food group. Dr. Belnap and Dr. Cottam first implanted a gastric pacer, which failed, so he finally had the curative surgery of a partial gastrectomy almost three years ago. He is now at a normal BMI and high on life with his gastroparesis totally cured. No more sick days at work due to nausea and vomiting! We are so happy for Joe's success, and if you know anyone suffering from gastroparesis, we would love to help them as well



Medical Students We are Training

We continue to train third year medical students from the University of Utah. We have helped them with their laparoscopic and robotic skills. In May we trained Parvathi, Kianna, and Ruth. We are glad they could work with BMI, and we hope they learned a lot!



Clean Eating SNACKS

- *Cashews
- *Veggies and Hummus
- *Apples
- *Bananas
- *Greek yogurt with fresh berries
- *Almonds
- *Grapefruit
- *Olives and pickles
- *Avocados with cottage cheese
- *Peanuts
- *Fresh fruit smoothies
- *Veggies & Guacamole
- *Berries
- *Hard Boiled Eggs
- *Air-popped popcorn
- *Raisins or other dried fruit
- *Pecans
- *Veggies with homemade dressing
- *Grapes
- *Bananas with peanut butter
- *String Cheese
- *Edamame
- *Pistachios
- *Homemade popsicles
- *Dark Chocolate
- *Peaches
- *Clementines

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Follow us on Facebook, Pinterest, and Instagram for recipe ideas, the latest news about obesity and obesity surgery, patient updates, weight loss tips, BMI's research updates, and all the latest news from BMI.

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Progress on City Creek Surgical Center

Construction continues on the City Creek Surgical Center in the basement of BMI of Utah. We continue framing and making a new entrance. Sprinklers are being installed and a lot of wiring is being done. We hope this project will allow better care for our patients. Pardon our dust as the work continues.