

BMI Newsletter

[Volume 2]

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

In April, we loved having surgeons here from New York City, Phoenix, and Dallas. 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 3. More will come on Facebook in May.

Ludwig proves how the obesity "problem isn't with our calorie-counting abilities or self-control, but rather the current understanding of the cause of—and cure for—obesity." He claims the real culprit to our obesity problem is insulin. 'Too much insulin drives fat cells to increase in size and number, and carbohydrates, specifically sugar and the highly-processed starches that quickly digest into sugar' promote the pancreas to produce too much insulin. He shows how after we eat highly processed carbs we get hungry faster and thus eat more. Similarly, people on a low carb diet burned more calories each day than those on a high carbohydrate diet.

Ludwig also discusses the biology behind obesity. Too many fat cells lead to inflammation throughout the body. All this inflammation induces insulin resistance which eventually leads to type 2 diabetes. Also, if the inflammation reaches the hypothalamus, which helps control metabolism, weight loss can become almost impossible. Doctors too often incorrectly treat the resulting hunger and overeating that accompanies these biological changes as a problem with impulse control. In reality, Ludwig feels we need to change the way we look at food and not demonize fat, but rather avoid sugar and other refined carbs in order to change the biology of our bodies.

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Upcoming Events

Salt Lake Support Group
May 3 @ 6:00
Moreau Building
1002 East South Temple

Davis County Support Group
May 24 @ 6:00
Davis Hospital
1600 W. Antelope Dr.
Classroom 1

Salt Lake Support Group
June 6 @ 6:00
Moreau Medical Building
1002 East South Temple

Recipe Ideas

Mashed Cauliflower Potatoes

Courtesy of the wellnessmama.com

Ingredients

1-2 head of fresh cauliflower or 1-2 bags of frozen
4 TBSP butter
2 T cream cheese or sour cream (optional)
2 T or more Parmesan (optional)
Salt, pepper, garlic and other spices to taste

Instructions

Bring a couple quarts of water to a boil in a large pan and add cauliflower. Cook until tender

When tender, put into large bowl and add other ingredients. Use immersion blender or hand mixer to blend until smooth and creamy. This is the most important step... chunks of cauliflower are a giveaway! Sprinkle with extra cheese if desired and serve warm.



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.

Weight Loss Success

Congratulations!

Dustin Hardman down 225 pounds four years after a sleeve
Pamela Aveytua down 104 pounds 9 months after her sleeve
Mavis (Alayina) Hammond down 90 pounds one year after her sleeve
Laura Moser down 80 pounds after her sleeve
Allot Johnson down 170 pounds one year after his sleeve
Jennifer Crossman down 85 pounds one year after her surgery
Jace Miller down 265 pounds one year after his loop duodenal switch
Ms. Acosta six months after her surgery and off her daytime oxygen
Erin Hierholzer down 172 pounds one year after his loop duodenal switch.



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. Some of our latest tip include planning your grocery shopping, so that you don't make impulsive and unhealthy purchases. We also emphasized eating less refined carbs. We spent one week looking at ways you can use cauliflower as a substitute for many less healthy choices like mashed potatoes and white rice. And finally, we pushed you to throw away unhealthy food that tempts you. If it is not around, it can't tempt you.



Cauliflower Is A Great Substitute



Progress on City Creek Surgical Center

Construction continues on the City Creek Surgical Center in the basement of BMI of Utah. We have started framing and making a new entrance. We hope this project will allow better care for our patients. Pardon our dust as the work continues.



We continue to train third year medical students from the University of Utah. We have helped them with their laparoscopic and robotic skills. This month we have taught Alex Woodcock, Lana Weber, Katie Zappas, and Kim Uchida. We are glad they could work with BMI, and we hoped they learned a lot!

Medical Students We're Training



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Aspire, Learn, Teach, Inspire

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SURGICAL & MEDICAL WEIGHT LOSS SOLUTIONS
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