

# BMI Newsletter

## Support Groups

Tracey will do Facebook Live workout on Tuesday, April 6 @ 7:00 AM MST and one on Tuesday, April 20 @ 7:00 AM MST. She will also do a support group on Tuesday, April 13 at 12:15 PM MST. She will discuss having a healthy relationship and understanding your metabolism.

Dr. Medlin will do a Support Group on Wednesday, April 14 @ 7:00 PM MST. He will discuss how to overcome stalls in weight loss.

Andrea will do a Facebook Live Support Group Tuesday, April 27 @ at 1:00 PM MST.

If you are a BMI patient, please join our Facebook online support group to participate in the online groups. Look for "BMI Online Support Group" in Facebook groups and ask to join. This is an amazing forum to ask questions, participate in online support groups, voice concerns, celebrate successes, and help others who are on your same journey.



## Let Us Celebrate You!



Since we are seeing less patients in person during the pandemic, we have less patients to photograph and feature. We need your inspiration! If you would like to be featured in our next newsletter, message us on Facebook or email [amycottam@yahoo.com](mailto:amycottam@yahoo.com). We love celebrating your successes!

# Congratulations!



Brenda had a Loop Duodenal Switch with Dr. Medlin almost a year and a half ago and is doing great! Down 100 pounds, Brenda is more active, has increased energy levels, and feels great! Congrats on all your success so far, Brenda!

## Making Surgery Better

BMI Utah is helping an Israeli company to bring a new product to market. This product helps keep laparoscopic scopes cleansed and fog free. After working with two of the developers, Dr. Cottam took them to enjoy Utah's amazing outdoors. Twice in March Dr. Cottam hosted surgeons from around the country to teach them about the Loop Duodenal Switch (SADI-S). Surgeons from Georgia attended live both times, while surgeons from California, Colorado, Oregon, Missouri, Virginia, Wyoming, Kentucky, Arizona, Illinois, California, Tennessee, and Georgia were able to attend virtually. We hope they can implement this life changing procedure into their practices.

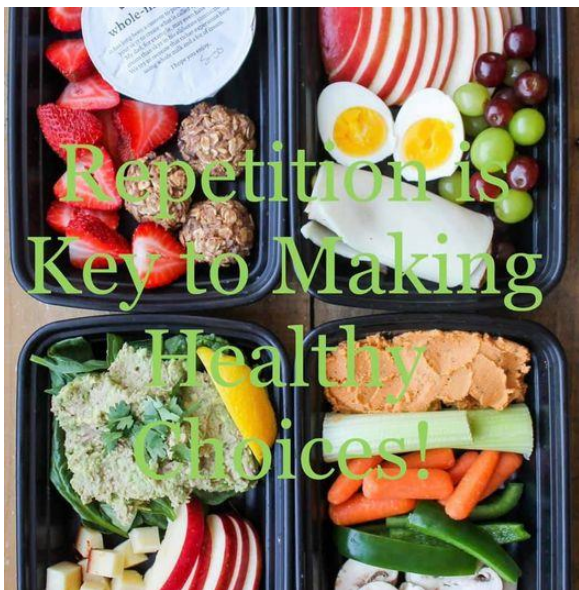


# Weight Loss Tips

Use chopsticks to slow down your eating and force yourself to be more mindful. People who use chopsticks usually eat less and become full faster. If you eat too fast, your body can't register that it's full, so you'll keep eating unnecessary calories. You can even use chopsticks to eat snacks like popcorn to really slow yourself down and keep your portions small.



**Eat with Chopsticks to Slow Yourself Down!**



**Repetition is Key to Making Healthy Choices!**

Repetition can lead to better choices. Having a "go to" snack for breakfast, lunch, etc. will help you stick to a healthy eating plan. It's okay to be boring. If you go to your fridge saying, "I am starving. What can I eat?" You will often turn to something unhealthy, but if you have a set plan that you repeat, it is much easier to make a good choice. You can rotate this plan every few weeks or every month, but having preset meals and snacks that you eat consistently will help you stick to a healthy plan.

When people are offered a greater number of choices of what to eat, they tend to eat more. This is obvious when you go to a buffet, but may be less obvious in other situations. Research shows that even offering cream with brownies makes people eat more brownies or offering ketchup and mayonnaise with French fries makes people eat more French fries. As you plan your meals, you will more likely lose weight and maintain a healthy weight if you keep it simple and just eat one or two foods at each meal.



**Variety Leads to Overeating**

**Keep It Simple!**

# Cauliflower Nachos

from [ketointhecity.com](http://ketointhecity.com)

## INGREDIENTS

- 1 cauliflower head, cut into florets
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons Chili-Lime Seasoning
- 1/2 cup Dairy-Free Avocado Crema
- 1/4 cup Pico de Gallo
- 2 jalapeño peppers, sliced

## DIRECTIONS

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper or a silicone baking mat.
2. On the prepared baking sheet, arrange the cauliflower in a single layer and drizzle with the olive oil. Season with the chili-lime seasoning.
3. Roast the cauliflower for 25 minutes, stirring halfway through.
4. Transfer the cauliflower to a serving dish or large plate.
5. Spoon or pipe the avocado crema over the top of the cauliflower, and top with the pico de gallo and jalapeños.

