

BMI Newsletter

Support Groups

Dr. Medlin will do a Support Group on Wednesday, Dec. 8 @ 7:00 PM MST. He will take questions and talk about his personal weight loss rules and how they have changed over the years.

Tracey will do Facebook Live workout on Thursday, Dec. 9 @ 11:30 AM MST.

Andrea will do a Facebook Live Support Group on Wednesday, Dec. 15 @ at 2:30 PM MST.

Tracey will do a Support Group on Wednesday, Dec. 22 at noon 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. We love celebrating your successes!

Discovering and Learning

Dr. Cottam was invited to attend a symposium on the latest technology in Bariatric surgery in Austin, TX. He learned a lot that he can use to better help our patients and improve safety.



Congratulations!



Liz Johnson has made amazing changes in her life since her weight loss surgery. She says, "Today I'm happier and healthier than ever! I currently weigh 187 and am still losing! (105 pounds lost!) I love my new life and being able to keep up with my four sons! We love hiking, biking, boating, kayaking, and camping. I no longer have sleep apnea nor pre-diabetes, I am not constantly sweating anymore, and I appreciate every single time I walk up a flight of stairs and am not out of breath."

It's so fun to buy smaller clothes in regular stores, easily pick something up off the floor, and to simply feel normal. My sister and mother also had sleeve surgery, so the three of us have a blast shopping and being active together. Thank you, Dr. Cottam and his team, for changing my life."

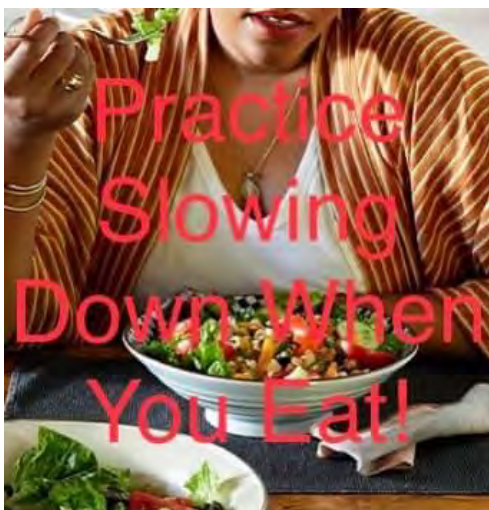
Weight Loss Tips

Holidays can be a stressful time as you try to follow a healthy diet. At holiday meals try to make your first plate focus on lean meats and vegetables. Then wait 10 minutes and if you are still hungry, have a little bit of the other high-calorie foods. Depriving yourself entirely might be too much, but if you eat plenty of the healthy food first, there won't be as much room to over indulge in the unhealthy foods.



Avoiding drinking your calories is always important, but during the holidays it can be especially difficult. Many parties include fancy cocktails, eggnog, hot chocolate, peppermint shakes, and fancy coffees. Eliminating these drinks, which do not add to your satiety, can help a lot as you try to limit your calorie intake during this time of year. Stick to water as much as possible!

Holiday parties can be a real challenge as you try to stick to your new healthy diet. It is important to make a plan before you show up. Try to plan what you will eat, how much you will eat, what you will eat first, and what you will only taste. Thinking about it and even writing it down before the temptation is in front of you will help you make wiser choices in the moment.



As the holidays approach, it is important to start practicing slowing down when you eat. Try putting your fork down between bites and really tasting each mouthful of food. Slowing down can allow your body to realize it is full, so that you can stick with just one plate of food. Making this a habit will make holiday dinners easier for your new healthy diet.

Chipotle Chicken Fajita Bowls from beautyandthebenchpress.com

Ingredients

For The Chicken

1–1.5 lbs. chicken breast
1/2 – 1 teaspoon chipotle powder
2 tbs avocado or olive oil
2 tbs tomato paste
1 teaspoon garlic salt
Salt and pepper to taste
Juice of half a lime

For the Fajita Veggies

1 red bell pepper, sliced
1 green bell pepper, sliced
1 yellow bell pepper, sliced
1 orange bell pepper, sliced
1 white onion, sliced
1 tbs avocado or olive oil
1 teaspoon garlic salt
1 teaspoon cumin

For The Cauliflower Rice

4 cups riced cauliflower
¼ cup chopped cilantro
Juice of 1 lime
1 teaspoon garlic salt
Salt and Pepper to taste



Instructions

Mix ingredients for chicken marinade (oil, lime juice, chipotle powder, garlic salt, tomato paste) in a small bowl

Pat chicken breasts dry with a paper towel and place in a freezer bag with marinade and massage bag to coat chicken. Set aside.

Warm a pan on medium high heat and spray with cooking spray (I use Chosen Foods Avocado Oil Spray

Add in riced cauliflower, garlic salt, salt and pepper to taste and sauté until cauliflower is tender (about 5-7 minutes).

Mix cauliflower with lime juice and chopped cilantro in a bowl and set aside

Keeping pan on medium high heat, add 1 tbs oil and sliced onions. Sauté for about 1-2 minutes

Add sliced bell peppers, garlic salt and cumin to pan and sauté until veggies are tender but crisp (about 4-5 minutes). Set aside.

Add additional oil to pan if needed and cook chicken for 4-5 minutes per side (depending on thickness) or until no longer pink

Assemble bowls with chicken, cauliflower rice and fajita vegetables

Garnish with lime, cilantro and avocado if desired.