

BMI UTAH NEWSLETTER

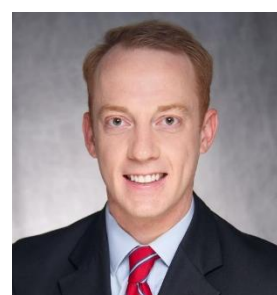
December 2025 801-746-2885

[Volume 103]

Support Groups

Dr. Cottam will do a Facebook Live Support Group on **Wednesday, December 10 @ 7:30 PM MST**. He will discuss hormones and weight loss and answer general questions.

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 answer the questions 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, 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!

Weight Loss Tips



During the holiday season sometimes it's better to realize you can have it all – just not a lot of it. So, you can have a little of your favorite pie or the creamed green beans—just make the portion small. Depriving yourself often leads to bingeing; whereas, portion control is usually more successful.

Cook healthier versions of your holiday favorites. Look for ways to cut back on sugar and unhealthy fats in your holiday meals this year. The Internet is full of ideas of how to enjoy holiday favorites without as many calories. For instance, you can make crustless pumpkin pie, use broth instead of butter in your stuffing, or substitute monk fruit sweetener for some of the sugar in your recipes. With a little planning, you can make the celebration healthier for you and your family.



With Christmas around the corner, it is important to specifically plan how to stay on your healthy food path. One good plan is when faced with a large table of food or a buffet, look over the whole thing and prioritize what food you will eat. Starting with items that are high in protein and fiber (vegetables) will tend to make you eat less.

Green Beans Almondine by wholesomeyum.com

Ingredients

2 tbsp Olive oil
1 lb green beans (trimmed)
1/2 tsp Sea salt
1/4 tsp Black pepper
2 tbsp Unsalted butter
2 cloves Garlic (minced)
1/3 cup Almonds (sliced)
2 tsp Lemon juice



WHOLESUME
yum

Directions

1. Heat the olive oil in a large skillet over medium heat. Add the green beans. Season with salt and pepper. Saute for 4-5 minutes, until bright green and crisp tender. Remove to a plate and cover with foil to keep warm.
2. Reduce heat to low. Add the butter to the pan and heat until melted. Add the sliced almonds. Cook for 2-4 minutes, until the almonds are golden.
3. Add the garlic. Saute for 1-2 minutes, until fragrant. Stir in the lemon juice.
4. Return the green beans to the pan and toss to coat in garlic lemon butter. Cook for 1-2 more minutes, until hot.

We are coming to Elko

Dr. Cottam is coming to Elko again to see patients.
He will be there for the first time on December 11th.
If you would like to schedule an appointment with
him in Elko, give the office a call at 801-746-2885