

BMI Newsletter

Support Groups

Tracey will do Facebook Live workout on Wednesday, Jan. 6 @ 7:00 AM MST and one on Wednesday, Jan. 21 @ 12:30 PM MST. She will also do a support group on Wednesday, Jan. 13 at 12:30 PM MST

Andrea will do a Facebook Live Support Group on Wednesday, Jan. 27 @ 1:00 PM MST.

Dr. Medlin will do a Support Group on Thursday, Jan. 14 @ 7:00 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.



Dr. Richards Has Retired

This month Dr. Christina Richards retired. She began our bariatric medicine program and has been an integral part of our successful team. All of us at BMI Utah will miss her greatly, but are excited about her future plans. We all hope her the best in her retirement. If you are her former patient, Dr. Medlin and Dr. Cottam are here for your future needs.

If you would like your thoughts and remembrances passed on to her, please email

amycottam@yahoo.com





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!

Our YouTube Channel

We have a very informative YouTube Channel that we are adding to each month. If you haven't visited, check it out:

https://www.youtube.com/channel/UCPdyI738BKAn-H7pYSdDxJA?view_as=subscriber

Some of our latest videos include

Bile Reflux & Loop Duodenal Switch

<https://youtu.be/dz8hzHYxWgA>

Gastric Bypass Conversion

<https://youtu.be/bMhku03oDi4>

Bile Reflux following Loop DS and Its Surgical Treatment

<https://youtu.be/ynZlu77laYM>

Weight Loss Tips



If you decide to make goals in this coming year, make sure they are SMART. Make sure they are specific, measurable, action oriented, realistic, and can be done in a specific time frame. For instance, don't just say I want to lose weight. Choose a specific, obtainable amount by a certain date and include what you will do differently to achieve this goal.

Don't skip meals to save up for a feast. It will be harder to manage your blood sugar, and you'll be really hungry and more likely to overeat. Your hunger hormones can be messed up when you skip meals. Your body might produce less leptin—the hunger hormone that decreases appetite—making it harder for you to control your appetite.



If you make a big meal of food you love, you often eat just as much or more of the leftovers. If the leftovers will tempt you to snack or overeat, freeze them right away, so you take away the temptation to dig right back in.

Many people spend a lot of time cooking for family members. This can lead to weight gain because it's easy to taste-test your dishes. Even small bites can add up. Granted tasting your dishes can be important, especially if you're cooking for others — but a tiny bite is probably more than enough. You should also make sure that you aren't hungry while cooking, as it's much easier to go overboard on taste-testing when your stomach is growling.



Yummy Fall Pork and Apple Stew

from bariatricfoodie.com

Ingredients

- 3 slices bacon diced
- 2 lbs. pork country ribs cubed
- 1 medium yellow onion cut into slivers
- 1 tsp. salt
- 1/2 tsp. ground black pepper
- 1 tsp. dried sage
- 1 tsp. garlic (I minced fresh garlic but you can also use garlic powder)
- 1 tsp. ground ginger
- 1 tsp. Dijon mustard
- 1 tsp. basil leaves finely chopped
- 1 inch rosemary sprig needles finely chopped
- 1/2 tsp. nutmeg
- 4 c. broth (I used chicken but you can use pork or chicken)
- 1 c. hard cider
- 1/4 c. apple cider vinegar or dry cooking wine (I used the wine)
- 3 c. diced sweet potato or butternut squash
- 3 medium Honeycrisp apples peeled, cored and sliced



Instructions

If your crockpot has a stovetop setting, set it to medium and add bacon pieces. Fry to render the fat, then remove and save for later.

Turn the heat up to high and add country ribs, searing the pieces on all sides. Remove.

In a small bowl, loosely mix together all your herbs and spices. Add onions, spices and mustard to the crockpot and stir until any remaining bacon fat is incorporated. Add pork back to pot.

Add broth, cider and sweet potatoes (or squash) and set the crockpot to cook on low for 4 hours.

Add apple slices and allow it to cook one additional hour.

Serve hot with some fresh, chopped sage or whole grain mustard on top, if you like!