

BMI Newsletter

Support Groups

Tracey will do Facebook Live workout on Tuesday, July 6 and Tuesday, July 20 @ 7:00 AM MST.

Our PA, Madison, will do a Support Group on Thursday, July 8 @ noon MST. The topic will be "Beyond the Scale: Weight Loss and Improvements to Comorbid Conditions."

Tracey will do a Support Group on Thursday, July 15 at noon MST.

Andrea will do a Facebook Live Support Group on Thursday, July 22 @ at 4:30 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. We love celebrating your successes!

Teaching and Learning across the Country



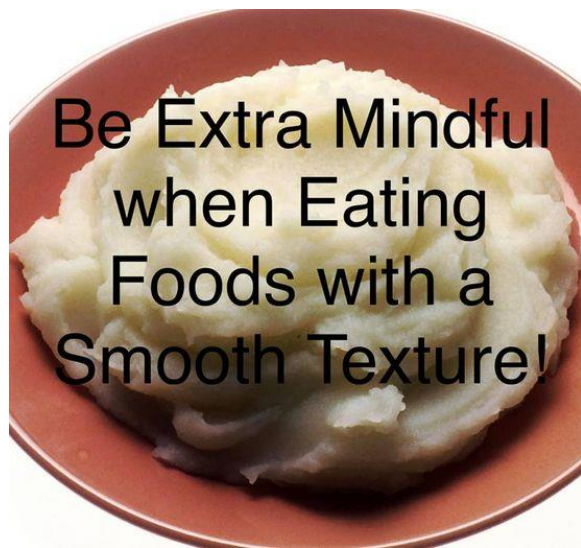
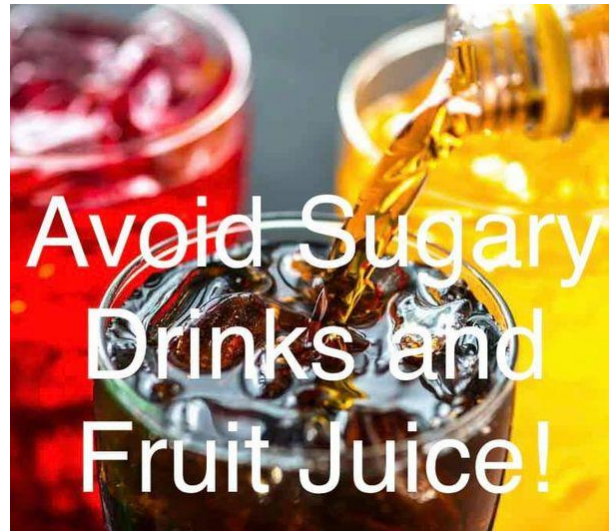
Dr. Medlin enjoyed participating at the Houston Disruptive Technology Conference for Bariatrics last month. He is pictured here with magnet anastomosis surgeon, Dr. Buxhoeveden, and COO Peter Lukin from GI Windows. He enjoyed all he learned and was able to share.

Weight Loss Tips



Eating plenty of fruit and especially vegetables is important to a healthy diet plan. Fresh produce is higher in nutritional value and much tastier, so head to your neighborhood farmer's market to stock up. Walking around the market is also a great way to get outside and absorb some vitamin D as well as adding a little movement to your day. Look for new ways to use the produce you buy, so that it can become a regular part of your new, healthy diet.

Drinking your calories is probably the number-one way people sabotage their weight loss. Sugary drinks, and that includes fruit juice, are considered empty calories since they don't add to your fullness, but the calories add to weight gain. The excessive sugar intake also messes with your glucose which adds to hunger and weight gain. So, if you're still drinking your calories, stop. It will make a world of difference in achieving and maintaining a healthy weight.



Be extra mindful when eating soft and smooth foods. Foods such as ice cream and mashed potatoes go down so smoothly that most people tend to overeat them mindlessly. If you eat things like raw vegetables, you have to chew more and will tend to eat less. This doesn't mean you can't eat soft, smooth foods; it just means measure these types of foods out to make sure you don't mindlessly overdo it.

Weight loss starts at the grocery store. You will eat what you buy, so if you buy junk food, even if it is for someone else, you will likely eat it. At the store, generally stay on the perimeters where most of the whole, natural foods are. Avoid aisles that tempt you like the chip or cookie aisle. Don't go to the store when you are hungry because your will power will be weaker. Just remember your healthy plan starts as you shop.



As you try to begin healthy routines, it is okay to start small and then increase as you get more used to them. Just start! Start exercising, start eating less sugar, start eating more protein and vegetables, start any healthy new step. Make your healthy goal and start small and gradually increase your time and focus.

Oven Poached Egg Quiches from trueyoufood.com

Ingredients

- 4 large eggs
- 1 cup any flavor bone broth (or canned broth)
- 1/4 teaspoon salt (omit if using salted broth)
- 1/3 cup tomato, small diced
- 4 tablespoons canned, chopped green chilis, drained
- 1 tablespoon green onion, sliced fine
- 4 tablespoons grated cheddar cheese



Directions

1. Preheat oven to 300°F. Place 4 ceramic or oven-safe ramekins in a baking dish. Divide up the tomatoes, green chilis, and green onions evenly between the 4 ramekins.
2. Whisk the eggs, bone broth and salt together in a bowl or large pitcher. Divide the egg mixture evenly between the ramekins. Sprinkle a tablespoon of cheese over the top of each one.
3. Place the whole baking dish on the middle rack of your oven with the rack pulled a few inches out. Get a pitcher of your hottest tap water and carefully pour the hot water into the corner of the baking dish, being very careful not to get any water inside any of the ramekins. Add more water to come up the sides of the ramekins about 3/4 of the way. Very carefully slide the oven rack into the oven being careful again not to bump the rack and splash the water into the ramekins.
4. Bake the egg custards for 1 hour + 20 minutes. They will be fully set up. Once finished, you can either remove the whole pan very carefully from the oven and let it cool a bit before removing all the ramekins from the water bath. Alternatively, use a pair of tongs to remove each ramekin from the water bath into a towel in your other hand. Place the ramekin on the counter to cool. Once you have removed all the ramekins, turn the oven off and let the whole thing cool down before you remove the water bath to avoid burning yourself.
5. Once cool, these can be individually wrapped with plastic and kept in the fridge all week. Microwave to warm up whenever you are ready for some delicious, protein-rich, egg custard.
6. The mix-ins can be whatever you like!