

BMI Newsletter

Support Groups

Tracey will do Facebook Live workout on Wednesday, June 9 @ 7:00 AM MST.

Our PA, Michelle, will do a Support Group on Friday, June 11 @ 6:00 PM MST. This group will be on Zoom. The meeting ID is 6381555077 Passcode bmi124. She will discuss using My Fitness Pal and not comparing outcomes.

Tracey will do a Support Group on Wednesday, June 16 at noon MST.

Andrea will do a Facebook Live Support Group on Tuesday, June 22 @ 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. We love celebrating your successes!

Congratulations!



Juanita Florez is doing amazing after her Loop Duodenal Switch. In her own words: "I had the Duodenal Switch surgery Aug. 19, 2019. My highest weight was 315 lbs. I was 300 lbs. the day of my surgery. At 8 months post op, I was 100 lbs. down. On August 25, 2020 I had a hernia repair surgery but was also able to get a panniculectomy which removed 8 lbs. of extra skin from my belly. Today I am 146 lbs. I have 3 kids and 4 step kids, 12 and younger. I'm now able to do everything they like to do. I was able to go rock climbing and ride go carts with them. I went to Lagoon last weekend and fit on every ride. My breaking point to finally push me to surgery was 4 years ago when I couldn't ride any of the rides with my kids. I love my tool. I'm so happy with my new body and active lifestyle."

Teaching Surgeons Around the Country



Dr. Cottam enjoyed hosting surgeons from Cincinnati, Ohio; Philadelphia, Pennsylvania; Harlingen, Texas; and Houston, Texas. They were able to learn about and observe a Loop Duodenal Switch. We hope they can implement this life changing procedure into their practices.

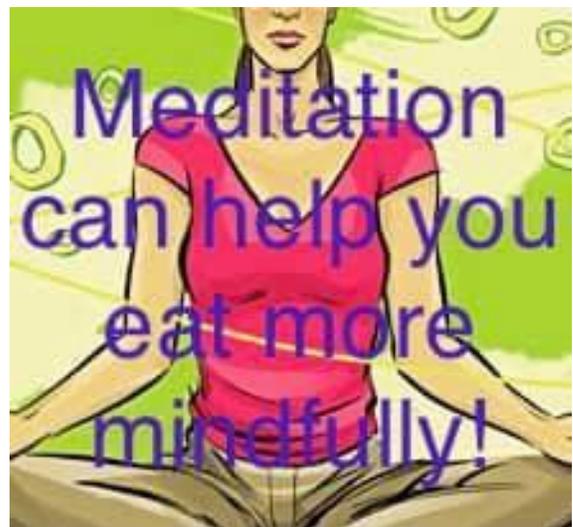
Weight Loss Tips

To make sure your portion sizes are not “super-sized,” use a kitchen scale and measuring cups to measure your meals at least for a few weeks. This will help you reset and realize what a healthy portion size really looks like. Using smaller plates and bowls can make this visually easier.



Use the half plate rule, meaning fill half your plate with vegetables. Vegetables are full of nutrients, high in fiber, and low in calories. Making half your plate vegetables, will decrease your hunger with less calorie consumption.

Meditation does not directly help with weight-loss, but it can help you be more aware of your thoughts and actions. It can be especially helpful with avoiding binge eating and emotional eating. It can also help eliminate stress which is associated with greater weight gain.



Sometimes thinking about a lifetime healthy diet can be overwhelming, but one meal or one day is not too much. As you try to adopt a new healthy lifestyle, don't think about two months from now. Think about the next meal and try to make it as healthy as possible.

Tikka Masala Soup from themodernproper.com

Ingredients

- 2 tbsp. Coconut oil
- 1 Small onion, diced
- 3 Garlic cloves, minced
- 1/2 tsp Cayenne pepper
- 1 tbsp Garam masala spice mix
- 1 tsp Ground ginger
- 1/2 tsp Cumin
- 1 tsp Turmeric
- 1/2 tsp Cinnamon
- 2 cups Chicken stock
- 1 (28oz) can crushed tomatoes
- 1 (14 oz) can full fat coconut milk
- 1-2 tsp Kosher salt
- 1 Whole rotisserie chicken or 4 cups shredded chicken



Directions

Heat coconut oil over med-high heat in a heavy soup pot. Sauté the onion for 4 minutes then add garlic for 3 more minutes. Add cayenne pepper, garam masala, ginger, cumin, turmeric, and cinnamon. Sauté for 3 minutes longer until spices are fragrant.

Add to the pot, 2 cups of chicken stock, tomatoes and coconut cream. Simmer for 30 minutes.

Using an immersion blender, or stand blender purée soup until smooth and creamy. Season with salt and add shredded chicken.