

Support Groups

Michelle will do a Support Group on Monday, June 6 @ 5:00 PM MST. She will discuss the importance of mental preparation and family support.

Tracey will do Facebook Live workout on Tuesday, June 7 @ noon MST.

Tracey will do a Facebook Live Support Group on Monday, June 13 @ 11:45 AM MST.

Andrea will do a Facebook Live Support Group on Monday, June 20 @ 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!

Our Recent Publications

Our study entitled “The Safety and Efficacy of Apixaban (Eliquis) in 5017 Post-bariatric Patients with 95.3% Follow-up: a Multicenter Study” was just published in the journal, *Obesity Surgery*. This study proved the efficacy of the protocol we developed to avoid blood clots in bariatric patients. Hopefully after this large study this protocol will become the norm with bariatric surgery.

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French Onion Soup from bariatriceating.com

Ingredients

6 cups thinly sliced sweet onions, red onions, yellow onions, single variety or mixed

2 garlic cloves, sliced

2 tablespoons butter

1 cup white wine

4 cups chicken broth –

Swanson's Chicken Stock is a good choice

2 cups beef broth –

Swanson's Beef Stock is a good choice

Freshly grated nutmeg

Instructions

1. Sauté onions and garlic in the butter until browned and caramelized, 25 to 30 minutes, take plenty of time for this step.
2. Add white wine, chicken and beef broth and cook for 30 to 45 minutes.
3. Add 1/4 teaspoon of the nutmeg, or to taste - season with salt and pepper.



Weight Loss Tips

If you are having a hard time exercising daily, try something new and keep trying new things until you find some activities you really enjoy. It is a lot easier to exercise if you are having fun. Also having a variety of options can make daily exercise easier.

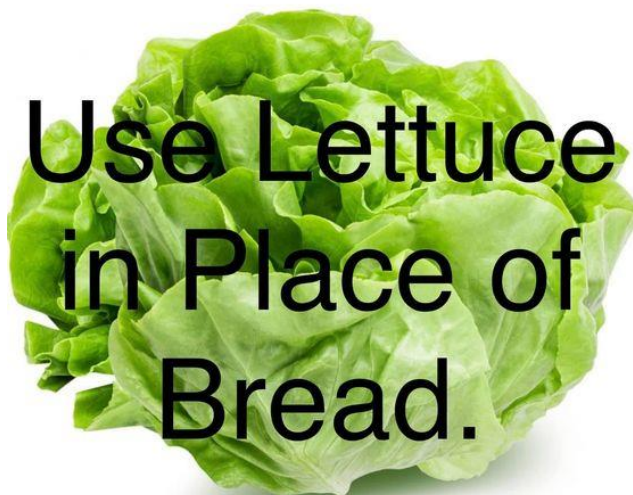


Try a New Activity:



Certainly, there are many foods you should generally avoid, but when you fully ban a food, it often makes you crave it more. Allowing yourself a time to eat the foods you crave in moderation will help you avoid less-controlled binges.

Salmon is a great source for high-quality protein, which fills you up. It has plenty of the “good” fats: omega-3 fatty acids. Salmon is full of vitamin D, which is important for your health and immunity, and iodine, which is important for your thyroid and metabolism.



Lettuce can be used in place of bread in many instances. You can use it to make a wrap, in place of the bun on a hamburger, or even like sandwich bread. When you go out to eat, many restaurants will make your sandwich or hamburger as a lettuce wrap if you ask. Carl’s Jr., In-N-Out, and Jimmy John’s are especially good at this. Using lettuce instead of bread can really help you cut your carbs and still enjoy some of your favorite foods.