

BMI UTAH NEWSLETTER

June 2025 801-746-2885

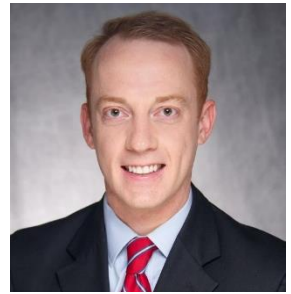
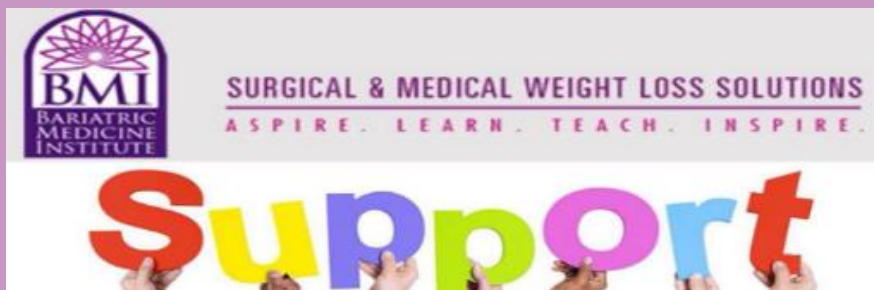
[Volume 97]

Support Groups

Andrea will do a Facebook Live Support Group on **Monday, June 30 @ 2:30 PM MST.**

Dr. Cottam will do a Facebook Live Support Group on **Wednesday, June 18 @ 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.



Let Us Celebrate You!

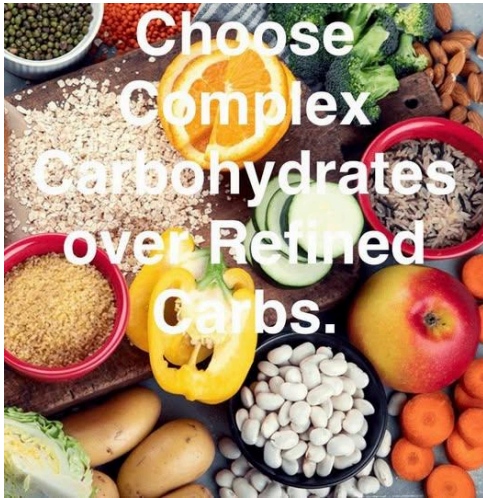
Since we are seeing less patients in person, we have less patients to photograph and feature. **We need your inspiration!** If you would like to be featured in our next newsletter, message us on Facebook or email amycottam@yahoo.com. We love celebrating your successes!

Congratulations!

Congratulations to Danika! She had a Loop Duodenal Switch (SADI-S) with Dr. Medlin 18 months ago. She is down 160lbs and is killing it! She has gone from a 24 pants size to an 18 along with shirts sizes decreasing from a 5XL down to an XL. Way to go Danika! Keep up the good work!

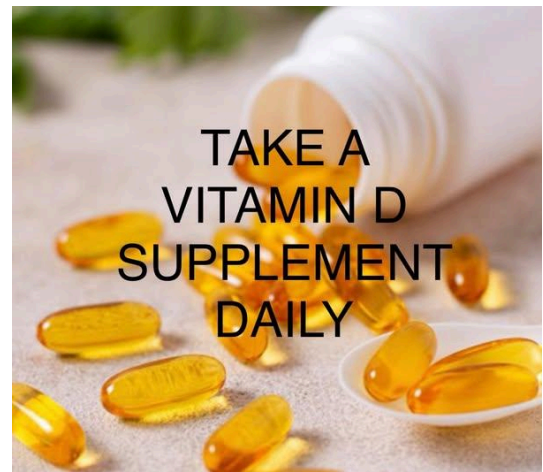


Weight Loss Tips



Choose complex carbs over refined carbs. Complex carbohydrates are made of long chains of sugar molecules (polysaccharides) and include starches and fiber. They are found in whole grains, vegetables, legumes, and fruits, and take longer to digest than simple carbohydrates, providing a more sustained release of energy and a slower increase in blood sugar.

Take a Vitamin D supplement every day. Most Americans are very deficient in Vitamin D, even if they spend a lot of time outside. Some studies suggest that Vitamin D deficiency increases your risk of obesity, since those who are deficient often have a larger waist and hip circumference. Vitamin D is also essential for your immune system to function well and for you to properly absorb calcium.



Put your utensil down between bites. This will help you slow down when you eat. Those who eat slower generally eat less and often realize they are full before they go for seconds.

When you eat, it is important to slow down and be mindful. People tend to eat more when they're eating on the run. Sitting down at a table without electronic distractions and focusing on fully enjoying your food will allow you to listen to your body's cues and eat less.



Congratulations

Congrats to Shahin Fard! He had a Loop Duodenal Switch with Dr. Cottam last July and has gone from 288 pounds to 153 pounds. Before surgery he wore a 54 Loose Fit and his current pant size is a 31 Slim Fit. His shirt size has gone from 4XL (first picture) to a medium (second picture).

His muscle mass is also on the rise. Since December he has gone from 98 pounds of muscle to 119 pounds. He feels better than ever, even riding his motorcycle, his legs are so much smaller and he feels so much taller on his bike.

His lifestyle changes have not only affected him, but have affected his whole household. Everyone in his home has been eating cleaner and whole foods—amazing food really. He even tries to sneak in extra protein on everything! Way to go, Sha!

Keep up the hard work.

He wanted to share his yummy **Cafe Rio dressing recipe**:

1 cup mayonnaise (I use Dukes)
1/4 - 1/2 cup buttermilk
(Start with 1/4 cup add more to thin to your liking)
1 packet ranch seasoning mix or 3 tablespoons if you have the larger container,
I use hidden valley ranch mix
4 tomatillos
2 bunches fresh cilantro tops
1 jalapeno (seeds removed for a more mild heat)
2 limes (juice only)
5 cloves garlic
1/2 cup cottage cheese

Blend everything but the cilantro until smooth, add the cilantro and blend but leaving little bits of the cilantro

Sometimes I'll roast half the tomatillos, a whole bulb of garlic and the jalapeños to give it more depth. We go through a batch pretty quickly. It's our fav sauce to put on everything.

