

# BMI Newsletter

## Support Groups

Our PA, Madison, will do an Online Q & A Support Group on Tuesday, March 16 @ Noon MST.

Tracey will do Facebook Live workouts on Thursday, March 12 at 7:15 AM MST. Pilates.  
Thursday, March 19 @ 7:15 AM MST. Chair Aerobics.  
Thursday, March 26 @ 7:15 AM MST Stretch and Tone.

Andrea and Tracey will do a Facebook Live Support Group about Misconceptions about Hunger on Thursday, March 26 @ 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.



## Visiting Surgeons

Dr. Cottam, Dr. Medlin, and Dr. Richards enjoyed hosting two surgeons from Australia last month. They came to learn about the Loop Duodenal Switch and watch a few cases. We hope they learned a lot about this life changing procedure and enjoyed our beautiful state.

## Congratulations to Our Amazing, Hard Working Patients!



**Chauntel Brattos** is 1 year out from a Loop Duodenal Switch with Dr. Cottam and is doing amazing! This lady is down 143 pounds, is feeling great, is off all her meds, and has gone from a 3x to a Medium! She has created good eating habits and activities for herself to maintain lifelong success.

**Casey Matern** is 7 months out from a Loop Duodenal Switch with Dr. Cottam and is killing it! She is 82 pounds down, has increased activity, starting structured workouts, and is creating lifelong healthy eating habits!

**Renee Ruder** is doing awesome a year out from a Sleeve Gastrectomy with Dr. Cottam! She is down 35 pounds. With increased activity, a workout regimen coupled with good eating habits, Renee is going to have lifelong success

**JoAnn Czech** is a year out from a Sleeve Gastrectomy with Dr. Medlin and is doing amazing! Down 70 pounds, she is killing it! Increased activity, starting workouts, and developing mindful eating habits, she will no doubt have lifelong success!

**Dr. Tony** converted from a Lap Band to Loop Duodenal Switch with Dr Medlin and is doing great!

# Way to Go!



**Linda Ferrin** is six months out from a Sleeve Gastrectomy with Dr. Richards and is doing amazing! She is down 55 pounds so far and is creating good eating habits and walks 4,000 steps a day.

**Andre Erebia** is one year from a Sleeve Gastrectomy with Dr. Richards and doing awesome!

**Carrie** is doing stellar work! 11 months out from a Loop Duodenal Switch with Dr. Richards. She is down 81 pounds! She eats frequently and is mindful of what she eats. Carrie is doing so well that her family is now creating healthier eating habits because of her success!

**Kim Kobylarz** has done exceptionally well! One year out from a Loop Duodenal Switch with Dr. Medlin and 160 pounds down, she is living her best life! Kim works out 1x a week with a trainer and 2x on her own, while maintaining healthy eating habits that she has been diligent about since day one! She says, "You need to ask yourself was it worth having surgery if you are not going to put the effort in." Kim says, "Know your body!" Thank you for the advice.

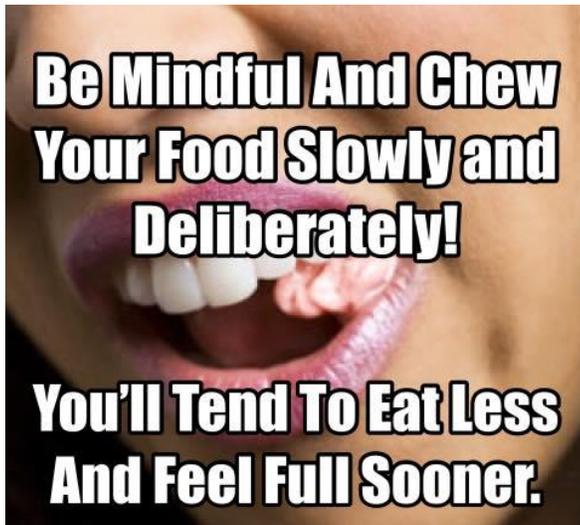
**Rachel Winningham** is down 80 pounds which she has maintained for five years after a Sleeve Gastrectomy with Dr. Cottam. She has totally changed her eating habits and helped her daughter do the same.

**Wallace Powell** is doing awesome! He is only 3 months out from a Loop Duodenal Switch with Dr. Cottam and is almost down 50 pounds! From the start of Wallace's journey with us, he is down 77! He has increased activity, is mindful of his eating, and is creating good healthy habits!

**Misty Koch** is down 90 pounds 8 months out from a Loop Duodenal Switch with Dr. Cottam! She is mindful and makes healthy choices. Misty lives an active lifestyle to accompany those good choices!

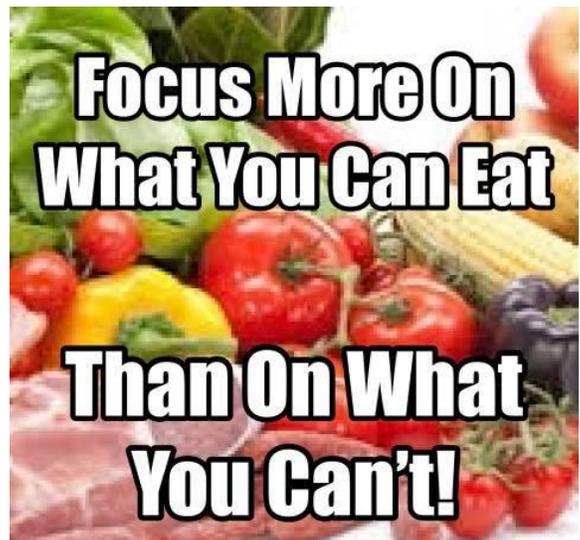
**Kristy Andrew** is doing amazing! A year out from a Sleeve Gastrectomy with Dr. Medlin, she is down 62 pounds and is loving it! She has increased activity, does water aerobics, and has instilled healthy eating habits

## Weight Loss Tips



Slow down and be mindful as you chew. Some studies show chewing slowly and deliberately can lead to eating fewer calories and increase the production of hormones linked to weight loss. Studies also show that increased chewing may lead to eating less. Chewing slowly and thoroughly are all part of mindful eating, which aims to help you slow down your food intake and pay attention to each bite.

As you plan your meals, try to focus on all the healthy things you can eat such as lean meats, vegetables, fruits, etc. Don't focus on the things you can't have such as sweets, chips, soda, etc. Your focus can change your whole attitude. When you focus on what you can have, you tend to be more excited about your food and look for new ways to prepare all you can have. When you focus on what you can't have, you tend to feel deprived and think more about those unhealthy foods and end up craving them even more.



Load your plate with low carb vegetables. You can eat huge amounts of these veggies and not even go over 50 carbs a day. Some of the best low carb veggies include broccoli, cauliflower, spinach, tomatoes, kale, Brussel sprouts, cabbage, Swiss chard, lettuce, cucumbers, artichokes, eggplant, radishes, celery, onions, mushrooms, bell peppers, asparagus, zucchini, avocados, and green beans. Enjoy some of these daily, or even better, at every meal.

# German Pancake from keenforketo.com

## INGREDIENTS

- 4 ounces cream cheese
- 4 eggs
- ¼ teaspoon baking soda
- ¼ teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- Pinch Himalayan pink salt or sea salt
- ½ teaspoon apple cider vinegar
- 3 tablespoons unsalted butter
- 4 strawberries and butter, for serving
- 1 packet stevia or monkfruit sweetener, (optional)

## INSTRUCTIONS

Preheat oven to 425 degrees.

While the oven is preheating, add 5 tablespoons butter to an 8" x 8" glass or ceramic baking dish. Place the dish in the preheating oven. Allow the butter to melt completely and remove from oven.

Add cream cheese, eggs, baking soda, cinnamon, vanilla, sea salt, and vinegar to a blender. Blend until smooth and there are no bits of cream cheese visible.

Pour mixture into baking dish. Bake in 425 degree oven for 11-15 minutes or until golden brown on top.

Serve each portion topped with a pat of butter and one sliced strawberry.



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