

BMI Newsletter

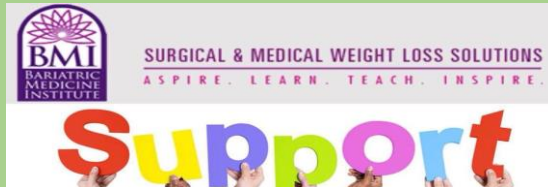
Support Groups

Tracey will do Facebook Live workout on Wednesday, March 3 @ 7:00 AM MST and one on Wednesday, March 24 @ 7:00 AM MST. She will also do a support group on Monday, March 15 at 12:15 PM MST

Our PA, Madison, will do a Support Group on Wednesday, March 10 @ 6:00 PM MST.

Andrea will do a Facebook Live Support Group on Wednesday, March 31 @ 4:00 PM MST. She will be demonstrating healthy recipes.

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.



Doctors We are Training

Dr. Cottam trained two groups of doctors this month on his techniques for the Loop Duodenal Switch. Many learned remotely, but a few came to Salt Lake City. He taught doctors from Illinois, Oregon, Florida, and Texas. After much of the training ended with the pandemic, he was excited to find ways to start teaching other physicians about this life changing procedure. He also enjoyed introducing a few of the doctors to the amazing Utah snow.



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!

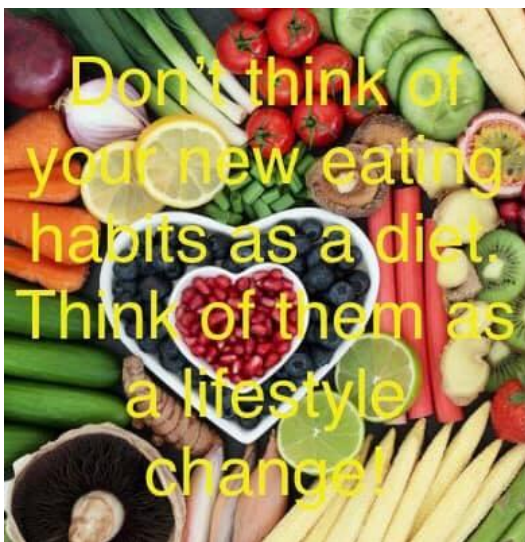
Congratulations!



Lana Peterson celebrated her 10th anniversary of making “the best decision of her life!” She had a Sleeve Gastrectomy performed by Dr. Cottam in February of 2011. She says, “My entire life changed the day I had surgery. I felt like it was my chance to get my weight and many other things in my life under control. There are several significant health issues in my family, and I was well on my way to developing them due to being overweight. I went into this with the mindset of, this is my one chance, I’m not going to blow it! It wasn’t easy, but it is worth it. By taking control of my life and losing weight, I gained strength, will power, self-confidence, and pride in myself. Not only have I added years to my life, I enjoy doing things with my children and grandchildren that I wouldn’t have been able to before. No more worrying about fitting in a booth at a restaurant, a seat in a plane, or worrying if a store will have clothes big enough for me. It’s wonderful to feel good about myself! Remember, if you don’t have your health, you don’t have anything!” We congratulate Lana on her long-term success!

Weight Loss Tips

Keeping a food journal daily helps you stay accountable, which often leads to greater weight loss. Studies have found that people who keep a food journal at least six days a week, as compared to those who just write in one once a week, lose twice as much weight. Keeping a food journal also lets you see not only how much you're eating but what and when you are eating. This can help you see and fix problems in your diet. Use an app or do it on paper, but try to keep track of what you eat for greater success on your weight loss journey.



Thinking of your new eating habits as a “diet” is the wrong perspective. You need to think of them as lifestyle changes. It isn't a diet that will last a few months. It is a total lifestyle change that you need to fully embrace. Lifestyle changes start with taking an honest look at your eating patterns and daily routine and figuring out how you need to change. You will stumble and have setbacks, but don't despair. Get back on track and eventually good habits will overtake old, bad habits. Embrace your new normal! It is worth it!

The smaller your bowl or plate and the smaller your serving scoop or spoon, the less you will tend to eat. So, if you dish up your own food with a small utensil into a small bowl or onto a small plate, you will likely eat less. If you have a hard time with portions, you might even get a portion control plate. Also cooking in small containers like ramekins is a good way not to overdo the amount you eat. Weighing your food is another way to fully control your portion size.



Stuffed Pepper Soup

from bariatriceating.com

Ingredients

- 1 large green pepper, cut into 1/2 inch diced
- 2 large red bell peppers, cut into 1/2 inch diced
- 1 large sweet onion, diced
- 1 garlic clove, chopped
- 1 tablespoon butter
- 1 tablespoon sweet paprika
- 1-pound 90/10 lean ground beef
- Two 14-ounce cans Hunt's Diced Tomatoes in Sauce - or use one can diced tomatoes and one can sauce - fire roasted are also nice
- One 32-ounce carton Swanson Beef Stock - the new stock has more flavor than broth
- 2 tablespoons Splenda Brown Sugar blend
- 2 tablespoons Worcestershire sauce
- 1 tablespoon soy sauce
- Sea salt and fresh pepper to taste



OPTIONAL: 2 cups cooked rice to serve to the family.

Directions

1. In a large heavy pot, sauté the peppers, onions, garlic in the butter until very soft and lightly golden at edges. Stir in the paprika and sauté for an additional minute.
2. Add the beef and cook until browned, breaking up with a wooden spoon.
3. Add tomatoes, beef broth, Splenda Brown Sugar Blend, Worcestershire, and soy sauce - add 1 teaspoon salt and 1/2 teaspoon black pepper.
4. Bring to a boil, lower heat and simmer for 25 to 30 minutes, until peppers are very soft and soup has thickened.
5. Serve in shallow bowls - with a scoop of cooked rice if you are feeding family.