

## Support Groups

Tracey will do Facebook Live workout on Monday, March 7 @ 2:00 PM MST.

Tracey will do a Facebook Live Support Group on Monday, March 14 @ 11:45 AM MST.

Our PA, Madison, will do a Support Group on Thursday, March 17 @ noon MST. She will do a Q & A session.

Andrea will do a Facebook Live Support Group on Wednesday, March 30 @ 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](mailto:amycottam@yahoo.com). We love celebrating your successes!

## Back at Mountain Point

We are now at our Mountain Point medical office building on the 2nd and 4th Tuesdays of the month! We also do surgery those same days. Dr Medlin and Michelle have the second busiest robotic practice there!



## Proctoring Surgeons Across the Country



Dr. Cottam enjoyed proctoring this team in Southern Illinois on their first Loop Duodenal Switches (SADI-S)! He hopes they can continue to use the Loop Duodenal Switch (SADI-S) to help their patients.

# Weight Loss Tips

Use portion-controlled dishes. We often eat with our eyes as much as we do with our stomachs. When you use smaller bowls, cups, and plates, you limit the amount of food you can dish up, but at the same time you feel like you are having a full portion. Consequently, you'll feel less deprived. Observational studies have shown that people who used a 9-inch plate versus a 10- or 12-inch plate, ate 22 percent less.



Try at least one new, healthy recipe per week. Deciding what to have for dinner can be difficult, and many of us tend to use the same recipes again and again. Trying something new can add variety and diversity to your diet. If you just try one recipe a week, you can hopefully add some new, nutritious recipes to your routine. If you don't try a new recipe, maybe try to create a healthier version of a favorite recipe by adding alternate, nutritious ingredients.

Making a list before you shop will lead to healthier eating. Putting pen to paper before you head to the store allows you to be organized and fend off impulse buys on the cookie or candy aisle. Before you go to the grocery store, spend a few minutes taking inventory of your kitchen and thinking about the healthy things you plan to eat, and then make a list. You can even save time if you organize that list so that you don't have the crisscross the grocery store and possibly be tempted along the way.



Generally, you want to cut out bread from your diet, but if you find this difficult, at least toss out the top. Eating your sandwich open face will cut out half of the unhealthy carbs. If eliminating the other piece of bread leaves you hungry, add more protein and vegetables to the sandwich. Low carb wraps and lettuce wraps are even better options.

# French Onion Soup

from [bariatriceating.com](http://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.

