

BMI UTAH NEWSLETTER

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Support Groups

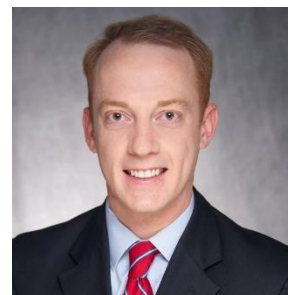
Tracey will do a Facebook Live Workout on **Monday, March 3 @ 1:45 PM MST.**

Andrea will do a Facebook Live Support Group on **Monday, March 10 @ 11:30 AM MST.**

Our PA, Madison, will do a Facebook Live Support Group on **Friday, March 14 @ 2:30 PM MST.** She will discuss our medical weight loss program.

Tracey will do a Facebook Live Support Group on **Monday, March 17 @ 1:45 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 Chris Cope. It has been 3 years since her Sleeve Gastrectomy surgery. She was 260 pounds at her heaviest and is now down to 125 pounds! She can now get down on the floor to play with her grand-babies and loves buying clothes off the rack finally! Way to go, Chris. Keep up the hard work!



Training Surgeons

Last month Dr. Cottam welcomed surgeons from Houston, Indianapolis, and Reno. They came to learn about the Loop Duodenal Switch (SADI-S) and watch Dr. Cottam perform a case. We hope they learned a lot and will be able to implement this life saving procedure into their practices.



Weight Loss Tips



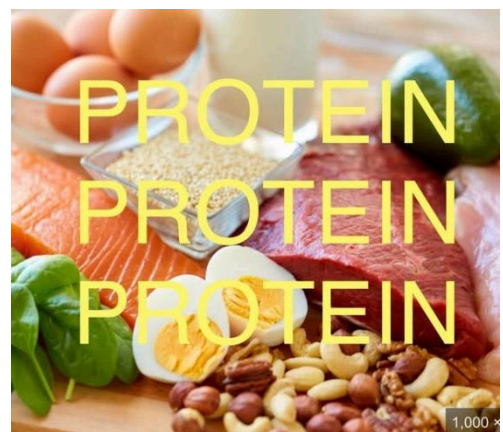
Everyone has triggers—events or situations that make you want to overeat or binge. The important thing is to really analyze yourself and recognize what triggers you. Is it boredom, a particular person, or some task at work? Once you figure out what it is, try to either eliminate it from your life or find a way to change how you interact with it.

The order you eat your food matters. You generally want to eat vegetables first followed by protein, and save the carbs for last. Saving the carbs for last will slow down digestion of the carbs, which will allow your blood sugar to rise more gradually. When you eat carbs earlier in the meal, your blood sugar spikes much more.



Plain Greek yogurt is a great source of protein. 3.5 ounces of Greek yogurt has 9 grams of protein compared to only 4 grams in regular yogurt. Choosing plain Greek yogurt and adding your own fruit and sweeteners allows you more control over your healthy eating!

Protein is extremely important for weight loss. It increases satiety, which makes it easier to control how much you eat and makes you feel full longer. It also is important for maintaining your muscle mass, which allows you to lose more fat than muscle. There are many sources of protein you can choose from, including lean meats, dairy, eggs, nuts, and legumes.



GREEK YOGURT DIP

BY HEALTHYRECIPESBLOGS.COM

Ingredients

1 cup Greek yogurt - plain, whole milk
½ teaspoon sea salt
¼ teaspoon black pepper
½ teaspoon ground cumin
1 teaspoon chili powder
¼ cup parsley - finely chopped, or cilantro
Optional garnish:
2 tablespoons chives - finely chopped



Directions

1. In a small serving bowl, add the Greek yogurt, salt, pepper, chili powder, ground cumin, and chopped parsley.
2. Mix with a small rubber spatula.
3. Allow the dip to rest for ten minutes at room temperature before serving to allow the flavors to meld. This step is not mandatory, but it does improve the dip's flavor.
4. Give the dip another quick stir, then serve it with cut-up veggies, cheese crisps, or plain pork rinds.

Notes

*While allowing the dip to rest for ten minutes before serving is not mandatory, it does improve it by allowing the flavors to meld, so I highly recommend this extra step.
*I don't recommend using reduced-fat or nonfat yogurt in this recipe.
*This dip keeps well in the fridge in an airtight container for 4-5 days. It's also very portable. I pack it in small containers with an ice pack for lunches, and it stays fresh for several hours.
*I don't recommend freezing this dip. Its texture won't survive freezing and thawing