

BMI Newsletter

Support Groups

We will be holding three online groups this month.

Tracey will be doing a live Facebook workout on November 8th from 7:15 to 7:45 A.M. MST and on

November 29th from 7:15 to 7:45 A.M. MST

Dr. Medlin will discuss how to stay "on track" during the holidays and all the family gatherings on Wednesday, November 14 @ 7:00 P.M. MST

If you are a BMI patient, please join our Facebook online support group to participate in these 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. The other patients are very helpful, so please join.



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Weight Loss Success!

Congratulations to our Amazing, Hard-Working Patients!



Kimberly Norstrom had a sleeve gastrectomy and lost 90 pounds in 6 months! She bought new clothes and colored her hair. Way to go!

Darby Riley had a Loop Duodenal Switch six months ago and has already lost 118 pounds! WOW, that is amazing! She is feeling really good and has more energy.

Surgeons We Are Teaching

Dr. Medlin and Dr. Cottam loved hosting surgeons from St. Louis, Atlanta, and Houston and teaching them about the loop duodenal switch and its many lifesaving benefits. We hope they learned a lot and enjoyed their time in Utah.



Slow Cooker Pulled Pork Loin with Applesauce Recipe

Ingredients

- 1-1/2 pound pork loin roast visible fat removed
- 2 cups unsweetened applesauce
- 9 ounces favorite barbecue sauce (1 generous cup)
Look for the lowest sugar variety!



Instructions

1. The ideal size slow cooker for this recipe is about 4-Quart.
2. Spray your slow cooker with non-stick cooking spray.
3. Place the roast in the slow cooker.
4. Spread the applesauce over the top of the roast.
5. Spoon the barbecue sauce over the top, being careful not to disturb the applesauce.
6. Cover and cook on low, until the meat is very tender when pierced with a fork, 4 to 6 hours,
7. Remove the roast from the slow cooker.
8. Shred the meat using two forks.
9. Put the shredded pulled pork into a bowl. Add some of the cooking broth so the meat is juicy, but not drowning in sauce.
10. If desired, serve on whole wheat buns, with coleslaw.

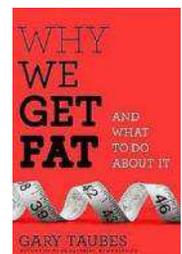
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Why We Get Fat and What to Do About It

In this book Gary Taubes debunks many weight loss myths. Some ideas that were fascinating in chapters 11 to 14 include:

1. Wherever LPL is found, it directs the fat into the cells, into muscle cells to be used for fuel and into fat cells to make us fatter. Insulin regulates LPL activity by activating LPL on fat cells, which pushes the body to divert fat into fat cells to be stored. So when insulin levels are high we store fat rather than using it to feed our muscles. HSL works to break down our stored triglycerides and use the stored fat as fuel. Insulin suppresses HSL so that we are less likely to use our stored fat when insulin levels are high.
2. We often hear as we age that our metabolism slows down, but in reality what is happening is our muscle cells are becoming more resistant to insulin which causes us to store more fat. "Once again, what appears to be a cause of fattening—the slowing of our metabolism—is really an effect. You don't get fat because your metabolism slows; your metabolism slows because you're getting fat."
3. Carbohydrates determine insulin secretion which then drives the accumulation of body fat. Some people are more predisposed to carbohydrates increasing fat accumulation. Taubes compares this to lung cancer and smoking. Not everyone who smokes gets cancer—just those predisposed—but without smoking, lung cancer would be rare, just as obesity would be rare without so much carbohydrate consumption.
4. To lose fat you don't cut calories. Rather you must cut the foods that make you fat—the carbohydrates.



This is a fascinating book that really looks at weight loss in a whole new light. Read along and join us on Facebook on Fridays as we examine one chapter each week.

We publish a weight loss tip on Facebook and Instagram every Tuesday. We then follow this up with more information throughout the week. Follow us and receive some great advice on ways to boost your weight loss.



Look for ways to replace refined carbs with vegetables. Spaghetti squash makes a great replacement for noodles. Cauliflower can be used in place of rice and mashed potatoes. Zucchini can make a great noodle. Be creative, and you can still enjoy some of your favorite carb recipes with simple substitutions.



Remember how important protein is to a healthy weight loss. Eat protein first and at every meal. It will keep you full, help your metabolism, and allow your body to better burn fat rather than muscle as you lose weight.



As you try to cut back on sugars and carbohydrates, remember not all carbohydrates are sugar-rich. While starchy processed carbs are often full of so much sugar that they cause blood sugar to spike suddenly and then crash (causing another sugar craving), complex carbs, those that are high in fiber will keep your tummy full for longer due to their slow release and ability to balance blood sugar levels.



As you look for ways to cut back on added sugars, unsweetened applesauce can be a great substitute. You can enjoy it as a healthy snack when you're having a sugar craving. It can also be added to recipes to add sweetness without adding sugar. You can substitute unsweetened applesauce for sugar in a 1:1 ratio in recipes, but you must reduce the amount of liquid in the recipe.

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Early Morning Appointments

Tracey and Andrea are scheduling appointments starting at 7:00AM on November 8 & 29th for anyone who needs an earlier time