

BMI UTAH NEWSLETTER

November 2025 801-746-2885

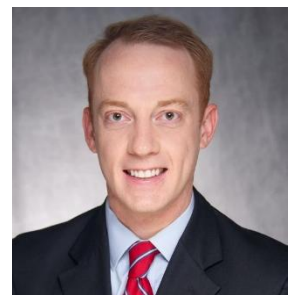
[Volume 102]

Support Groups

Andrea will do a Facebook Live Support Group on **Wednesday, Nov. 5 @ 11:30 AM MST.**

Our PA, Madison, will do a Facebook Live Support Group on **Friday, Nov. 7 @ 10:00 AM MST.** She will take questions and discuss some tips and tricks for medical weight loss.

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 answer the questions 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!

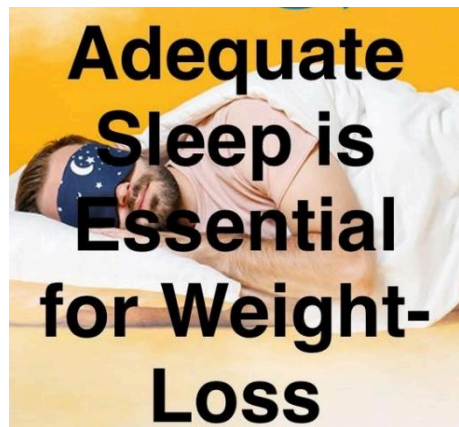
Since we are seeing less patients in person, we have less patients to photograph and feature. **We need your inspiration!** If you would like to be featured in our next newsletter, message us on Facebook or email amycottam@yahoo.com. We love celebrating your successes!

Weight Loss Tips



During your weight-loss journey, it is important to incorporate strength training into your healthy routine. Building muscle, especially as you lose weight, will help you keep your metabolism up. (Note: if you are trying to incorporate strength training and you're not increasing your muscle mass, it might be time to get your testosterone levels checked. Many patients who were/are significantly overweight, have low testosterone levels, which makes building muscle extremely difficult.

When you cook your food at home, you can control the ingredients to make sure they are healthy. You can avoid processed foods and focus more on using whole ingredients. Having to prepare your own food also makes you more mindful about when and how much you are eating.



Adequate sleep is important to the success of your weight-loss journey. Sleep regulates your appetite hormones, so people who don't sleep enough are often hungrier. Lack of sleep slows your metabolism and impairs your healthy decision-making ability. It also increases the stress level on your body, which makes it more difficult to regulate your blood sugars. So, find ways to prioritize sleep. Not exercising late, eliminating screens in the bedroom, and working on your stress levels can all help improve your sleep.

If you make good choices easy, you will make them more often. If you want to eat healthy snacks, make sure they're readily available on your counter or in your fridge. For instance, have apples sitting out on your counter or have cut-up carrot, celery, and pepper sticks easily available in your fridge. We often turn to unhealthy snacks because they're quick and easy, but if you make the healthy choices quick and easy, it is easier to make those good choices.



Crustless Pumpkin Pie

by chocolatecoveredkatie.com

Ingredients

- 1 can pumpkin puree (15 oz)
- 1 cup milk of choice
- 2 1/2 tsp pure vanilla extract
- 2 tsp cinnamon
- 2 tsp baking powder
- 1 tsp pumpkin pie spice
- 1/2 tsp salt
- 1/3 cup flour (such as spelt, oat, white, sorghum, or almond)
- 1/2 cup sugar or unrefined sugar or granulated erythritol
- 1 tbsp flaxmeal or 2 tsp cornstarch (can be omitted if serving pie in a bowl)
- optional 2 tbsp oil or almond butter for richness



Instructions

1. To make a crustless pumpkin pie, preheat the oven to 400 F.
2. Grease a 10 or 9-inch round pan.
3. In a large mixing bowl, whisk all ingredients well.
4. Pour into the pan and bake 35 minutes.
5. It'll still be gooey after baking. Allow to cool completely before transferring uncovered to the fridge to set for at least 6 hours before slicing, during which time the pie will firm up considerably.

NEW PROCEDURE OFFERED

Dr. Cottam has heard from many of his patients that they are paying \$12,000 to \$18,000 for a tummy tuck in the Salt Lake Valley. After hearing this, he has decided to again perform tummy tucks in our surgical center because he can do them from between \$6000 and \$8000. Between Dr. Cottam and Dr. Belnap, they have done over 1000 of these procedures in the past and would love to help you out if you're interested. Please call the office at 801-746-2885 to schedule a consultation.