

BMI Newsletter

Support Groups

Dr. Cottam will do an Online Q & A Support Group on Wednesday, Oct. 21 @ 7:00 PM MST.

Tracey will do Facebook Live workout on Wednesday, Oct. 7 @ 7:00 AM MST and one on Wednesday, Oct. 21 @ 7:00 AM MST.

Andrea & Tracey will do a Facebook Live Support Group on Wednesday, Oct. 28 @ at 11:00 AM 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.



Our YouTube Channel

We have a very informative YouTube Channel that we are adding to each month. If you haven't visited, check it out:

https://www.youtube.com/channel/UCPdyI738BKAn-H7pYSdDxJA?view_as=subscriber

Some of our latest videos include

Single Anastomosis Duodeno-Ileostomy with Sleeve (SADI-S)

<https://youtu.be/8BUb62RZJsU>

Soda and Artificial Sweetener After Bariatric Surgery

https://youtu.be/p1xD8r_YloU

Treatments for Gastroparesis

<https://youtu.be/TphaYz78NxA>

Causes of Gastroparesis

<https://youtu.be/2TiuzhZRmXs>

Our elective surgery is now resumed. The office is still open from 9-4 M-F, and we can see patients in person or online for both follow-ups and consultations. You can still call 801-746-2885 to schedule these appointments or ask questions.

Let Us Celebrate You!

Since we are seeing less patients in person during the pandemic, we have less patients to photograph and feature. 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

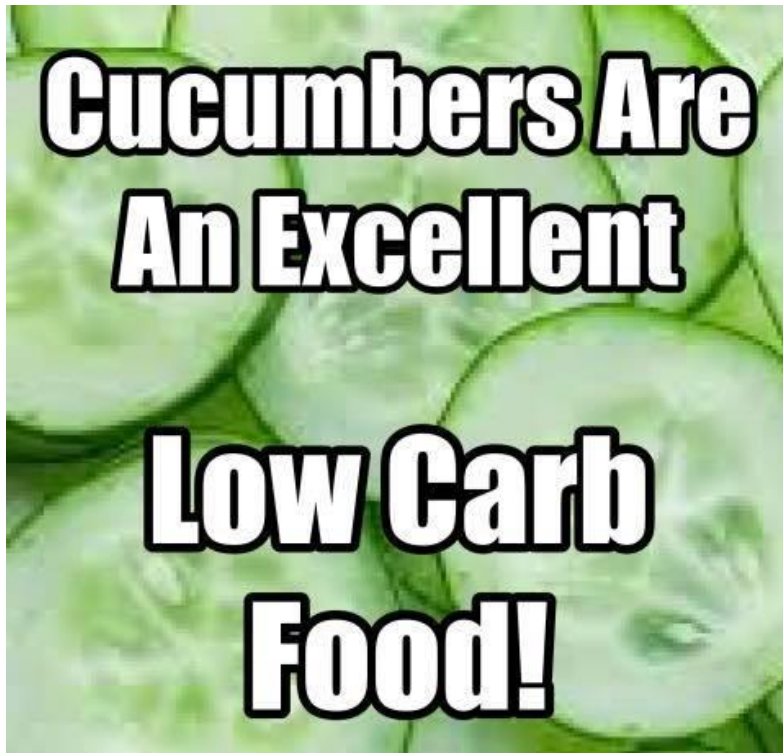


Often when you have large weight loss goals, you feel overwhelmed and discouraged so you don't succeed. Set small goals each day and week and try to meet those goals. Goals are motivating when we can see results quickly. Your goals don't have to be about how much weight you will lose. They can be goals such as today I will not eat any sugar. Or this week I will exercise five out of the seven days. Goals encouraging healthy behavior will help you lose weight and will give you confidence. What goal will you set today?

Grocery shop when you are full to avoid the temptation to buy unhealthy food. Grocery stores are designed to tempt you. Don't help them by shopping hungry.

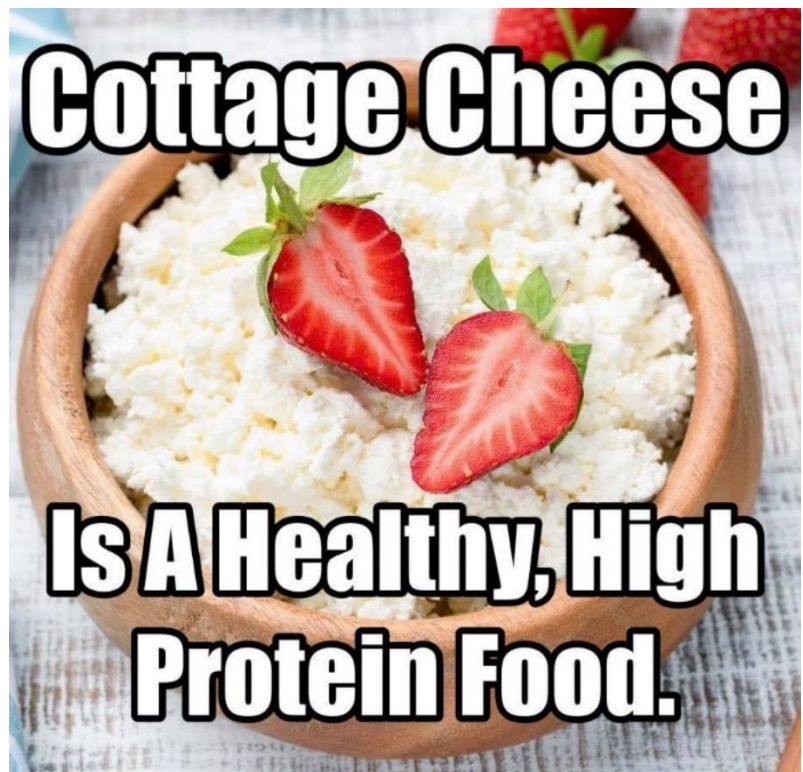


Great Food Choices



Cucumbers are an excellent low carb choice for your healthy diet. They are rich in water and fiber and extremely low in calories. They make a great snack and a great replacement for chips when you are eating healthy dips. Look for new ways to use this versatile veggie in your diet.

One of the best, high protein dairy choices is cottage cheese, which — calorie for calorie — is mostly protein with very few carbs and little fat. Eating cottage cheese is a great way to increase your protein intake and it makes you feel full with a relatively low number of calories. The calcium is also an added benefit!



Cucumber Salsa

from lowcarbyum.com

Ingredients

- 2 medium cucumbers peeled, seeded, and chopped (about 2 1/2 cups)
- 2 medium tomatoes chopped (about 1 1/2 cups)
- 4 medium jalapeño peppers seeded and chopped
- 1/2 medium red onion chopped
- 1 clove garlic minced
- 2 tablespoons lime juice
- 2 teaspoons fresh parsley finely chopped
- 2 teaspoons fresh cilantro finely chopped
- 1/2 teaspoon salt



Ingredients:

Combine all ingredients in large bowl. Serve with low carb tortilla chips. (To keep the carbs low serve with cucumber slices or pepper slices.)

5 Tips for Healthy Grocery Shopping

- Schedule time to go every week
- Don't shop in the middle aisles – stay on the outer aisles where the fresh food/produce is
- Never go hungry – eat something before you go
- Just because it says "Low Fat," "Low Calorie," "Good Source of..." , etc. or comes in green packaging DOES NOT mean it's healthy!!
- Prep and chop your fruits & veggies right when you get home so they're ready to eat when you're hungry

More healthy tips at GoSuperSisters.com



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Aspire, Learn, Teach, Inspire

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