

# BMI UTAH NEWSLETTER

October 2025 801-746-2885

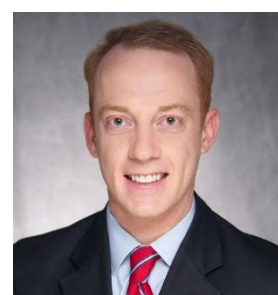
[Volume 101]

## Support Groups

Andrea will do a Facebook Live Support Group on **Wednesday, Oct. 1 @ 11:30 AM MST.**

Dr. Cottam will do a Facebook Live Support Group on **Wednesday, Oct. 22 @ 7:00 PM MST.** He will take questions and discuss thyroid hormone and weight loss.

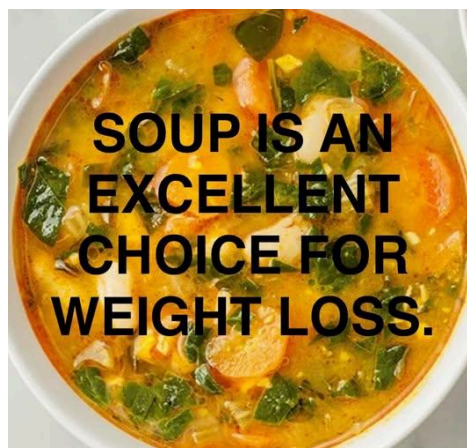
If you are a BMI patient, please join our Facebook online support group to participate in the online groups. Look for “**BMI Online Support Group**” in Facebook groups and answer the questions and ask to join. This is an amazing forum to ask questions, participate in online support groups, voice concerns, 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](mailto:amycottam@yahoo.com). We love celebrating your successes!

# Weight Loss Tips



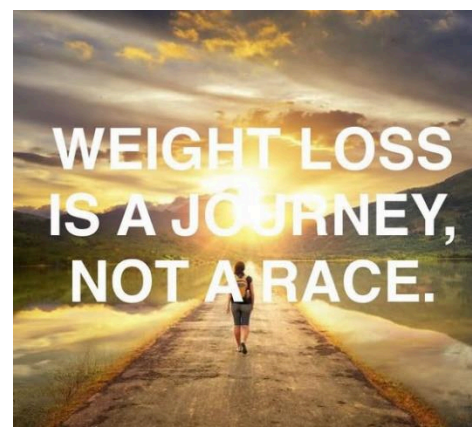
As the days are becoming cooler and fall is in the air, soup is a great choice for weight loss. Broth based soups tend to be full of protein, fiber, and liquid, which will make you feel full longer, while consuming fewer calories. Try to choose soups that are full of vegetables and lean proteins.

Including a lot of fiber in your diet is important for your weight loss because it makes you feel fuller as it slows your digestion. It also keeps your blood sugar levels steady. Because of these benefits, fiber helps you reduce your overall calorie intake and better manage your appetite. Most vegetables are high in fiber and fruits such as apples (with skin), berries, and pears are also great. If you haven't included a lot of fiber in your diet, increase it slowly to avoid side effects such as gas and bloating.



Make sure that your hormones are in balance. If you are suddenly struggling to lose weight despite efforts that used to work, it might be time to have your hormones checked. Simple blood test will help you see if a hormone problem is holding you back. Hormone problems can happen at any age, but they are especially prevalent as women approach menopause and as men reach their fifties. BMI Utah does offer hormones consultations if you think this is a problem for you.

Remember weight loss is a journey, not a race. Just like any journey, there will be setbacks and times when it is more difficult than other times, but consistency and persistence are what is important. It is also important to reach out for help from family, friends, and healthcare professionals when the journey is difficult. Just don't quit!



# Turkey and Quinoa Soup

by simplyfamilyrecipes.com

## Ingredients

a couple of tablespoons olive oil  
1 cup diced onions  
2 minced garlic cloves  
1 pound ground turkey  
4 cups chicken broth  
1 cup quinoa, rinsed  
a splash of lemon juice  
salt and pepper, just enough to season  
a handful of chopped parsley

## Instructions

1. Heat olive oil in a large pot over medium heat.
2. Add onions and garlic, sauté until translucent, about 3 minutes.  
Tip: Stir constantly to prevent burning.
3. Add ground turkey, break it apart with a spoon, cook until no longer pink, about 5 minutes.
4. Pour in chicken broth, bring to a boil.  
Tip: Skim off any foam for a clearer soup.
5. Stir in quinoa, reduce heat to low, cover, simmer for 15 minutes.  
Tip: Don't peek! Keeping the lid on ensures the quinoa cooks perfectly.
6. Finish with lemon juice, salt, and pepper, stir well.
7. Garnish with parsley before serving.



## 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.