BMI UTAH NEWSLETTER

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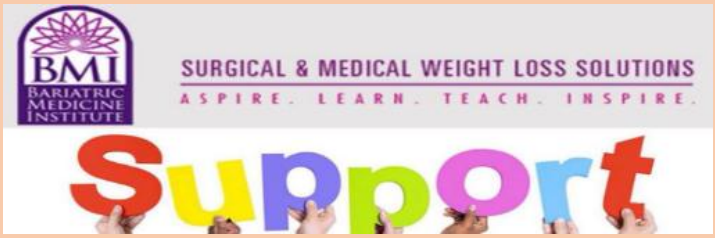
Support Groups





Dr. Cottam will do a Facebook Live Support Group on **Monday, October 19 @ 7:30 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 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!

Parmesan Ricotta Bake

From bariatriceating.com

These taste like the cheesy part of lasagna or ravioli. I like to keep it clean and simple. Delicious with simple marinara spooned over a portion in a small dish.



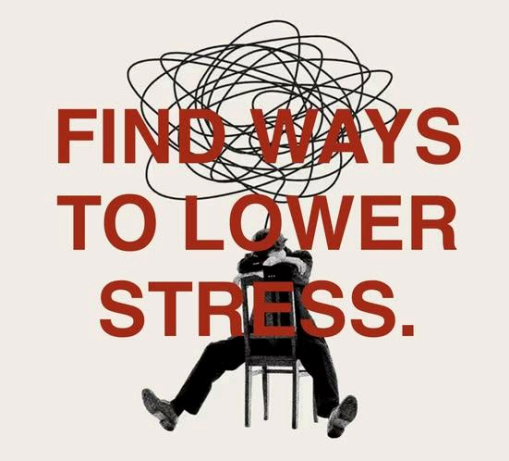
Ingredients

Nonstick cooking spray
16 ounces part skim milk ricotta
(Do not use fat free,
which has gum starch thickeners)
3 large eggs
1/2 cup grated Parmigiano Reggiano
1 teaspoon sea salt
and 1/3 teaspoon freshly ground black peppers
optional: chopped spinach, diced tomato, halved cherry tomato, diced sweet pepper, fresh herbs

Instructions

1. Preheat the oven to 400 degrees and spray a small glass baking dish. I use silicon molds that are amazing.
2. Beat together the ricotta, eggs, cheese, salt and pepper.
3. Either fold in or transfer mixture to baking dish and then top with vegetables.
4. Bake until golden and slightly puffed, for baking dish 25 to 30 minutes - for muffin cups 12 to 15 minutes.
5. Cool slightly before serving.

Weight Loss Tips



Stress changes your hormone levels and your metabolism, which can hinder weight loss and cause weight gain. Stress usually triggers a cortisol surge, which increases your hunger and tells your body to store fat. Stress also increases your insulin resistance and disrupts your sleep. Finding ways to control your stress is important on your weight loss journey.



Eating a high protein diet helps you lose weight by reducing your appetite, increasing the calories your body burns, and protecting your muscle mass. Protein controls many of the hormones that decrease hunger such as GLP-1 and Peptide YY. Protein takes more energy to digest which increases the calories you burn each day. Protein also helps you lose less muscle when you are losing weight. Try to eat about 30 grams of protein in each meal.



Cut down on your alcohol consumption. Alcohol is high in calories and doesn't add to your satiety. It can also make you feel hungrier and lead you to food choices that you would not usually make. Cutting down or cutting alcohol out entirely will support your weight loss goals!



Weigh yourself every day and write the weight down. This is the easiest way to keep yourself on track and accountable. Research shows that people who weigh themselves often are more likely to lose weight and keep it off.

Discount Code

BA 20% off + Free Shipping Ordering Instructions:

1. Go directly to **Bariatric Advantage** website at www.bariatricadvantage.com

2. Locate **"validation code"** at the top right of the homepage - click on validation code:



3. Enter code: **BMI** into the validation code box; click enter; you will be taken to our E-store:

4. Create an account for yourself at "log-In" **(top righthand side of page)** *Must have a personal account to use **Firststep** 20% off coupon:



5. At Checkout, enter coupon code **FIRSTSTEP** into box to save 20% + Free Shipping:

