

BMI Newsletter

Support Groups

We will be holding three online support groups this month.

Andrea will discuss the role of carbs, fats, and proteins in weight loss on Thursday, Sept. 13 at noon MST

Q & A with Dr. Richards on Wednesday, Sept. 19
6:30 – 7:30 PM MST.

Tracey will discuss the top ten reasons patients need follow up on Thursday, Sept. 27 at 7:00 PM 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. If you have trouble finding this, message us on Facebook with your email, and we will send you an invitation.

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.



BMI Utah's Summer Retreat

The staff at BMI and City Creek Surgical enjoyed a work retreat in Island Park, Idaho this month. We hiked, kayaked, rafted, golfed, and relaxed.

Hopefully we have all returned rested, rejuvenated, and ready to better serve our wonderful patients! To see more pictures of our wonderful office staff and practitioners having a great time, go to

<https://www.facebook.com/BMIUT/photos/pcb.1945134402211603/1945133458878364/?type=3&theater>



Contents

News and Updates	
Upcoming Support Groups	1
Summer Retreat	1
Weight Loss Success	2
Recipe Idea	3
Book Review	3
Tips	3
Weight Loss Tips	4
New Services in Idaho	4

Weight Loss Success!

Congratulations to our Amazing, Hard-Working Patients!



Jean Pearce had a Loop Duodenal Switch (SADI-S) 6 months ago and is doing amazing! She has lost 75 pounds and is off all medications for diabetes, high cholesterol, and nerve pain.



Kim Hansen has lost 74 pounds in 10 months with the sleeve gastrectomy.



Susie Christiansen had a sleeve gastrectomy and has lost over a hundred pounds! She feels great and receives many compliments from others.

Rena Mitchell has lost 91 pounds and couldn't be happier one year after her loop duodenal switch (SADI-S).

Follow us on Facebook, Pinterest, and Instagram for recipe ideas, the latest news about obesity and obesity surgery, patient updates, weight loss tips, BMI's research updates, and all the latest news from BMI.



Christina Covert is down 74 pounds 21 months since her sleeve gastrectomy.



Billie Armstrong had a loop duodenal switch (SADI-S) about 18 months ago and has lost 98 pounds.



Trunson Young had a loop duodenal switch (SADI-S) about one year ago and as of now has lost 183 pounds.



Myranda had a loop duodenal switch (SADI-S) with Dr. Medlin one year ago and has lost over 180 pounds so far!

Parmesan Roasted Cauliflower

These Parmesan Roasted Cauliflower Bites are the perfect quick and easy side dish, or double as a vegetarian baked chicken nugget!

Ingredients

7 cups cauliflower florets, cut to bite sized pieces	1/2 tsp garlic powder
3 to 4 tbsp olive oil	1/2 tsp salt
1 cup Italian bread crumbs	1/3 cup parmesan cheese

Instructions

1. Preheat oven to 425 degrees F. Line a large, rimmed baking sheet with foil and spray liberally with non-stick cooking spray. Set aside.
2. Combine the cauliflower and olive oil in a large zip close bag and shake to coat.
3. Add the remaining ingredients to the bag and shake until coated, pressing slightly to help the breading stick. Pour onto the baking sheet and spray the tops of the cauliflower with cooking spray and bake for 20 minutes. Stir the cauliflower and continue to bake an additional 10 minutes. Serve hot. Enjoy!

<https://iwashyoudry.com/parmesan-roasted-cauliflower/>

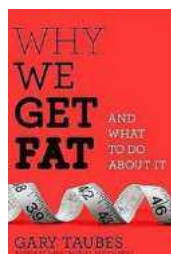


Why We Get Fat and What to Do About It

In this book Gary Taubes debunks many weight loss myths. In the first four chapters, he debunks ideas about weight loss simply being a calorie in, calorie out formula, exercise being the key to weight loss, restrictive diets being the best way to lose weight, and eating and sitting too much being the cause of the obesity crisis.

He presents many cultures from about the world, such as the Pima Indians who had to rely on government rations of mainly white flour and sugar for their day to day existence and even though they ate little and often still worked hard, they became fat. He introduces studies where calories were consistently restricted often for years, and participants rarely lost much weight and usually put it all back on after the study concluded. Numerous studies on exercise where even daily runners gained weight over the years were presented to show that exercise does not encourage weight loss as much as many of the experts claim. He ends chapter four asking if weight gain is really all about calories in and calories out, then how do so many people maintain their weight when just as little as 20 calories a day could change your weight in either direction by 7 pounds a year. If it is really all mathematics, how are so many people so precise in what they eat?

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.



Tips for Long-Term Success:

Did you know that people that food log lose 50% more weight than people that do not? Food logging not only helps you keep accountable to yourself and allows you to see where your nutrition is at, it is helpful when meeting with the dietitian and exercise trainer, as it helps them to assess if you are getting the correct balance between your energy intake and output to optimize your weight loss and health goals. Using an app can be a great way to keep track and have easy access to this information. MyFitnessPal or Lose-it are some of the most commonly used apps. If you feel like you are off track and not reaching your goals – come in for an appointment with the dietitian and trainer to get you back on track. If you just need to have that accountability from month to month to help you stay on track, you can schedule for an appointment as well. The education fee you paid at the time of surgery allows you to see them for as long as you need, at no extra cost to you. They both travel to Layton, Elko, and Draper clinic locations for appointments. Call the office to be scheduled for an appointment – 801-746-2885.

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.



As school begins and life gets busier, being prepared with healthy food and healthy snacks will help you avoid bad choices that often come when you're in a rush. Prepare food as much as you can on Sunday before the week and make lunches the night before. When you're not in a rush, you will make better choices.



Many Americans today no longer cook their own food. They rely on processed food, takeout food, or simply eating out. People who cook their own meals better control what they eat and are able to eat healthier. If you're one of the people who doesn't cook, try to learn how. It'll be better for you and your family. We will share some easy healthy meals this week that you can try.



Unlike whole fruit, fruit juice contains little to no fiber and is full of sugar. Although it provides some vitamins and minerals, it's no better than sugar-sweetened beverages in terms of sugar and carbs. This is true even for 100% fruit juice. For instance, 12 oz (354 ml) of 100% apple juice contains 48 grams of carbs, most of which is sugar. It's best to avoid juice completely. Instead, try flavoring your water by adding a slice of orange or lemon.



With our busy schedules, making sure that we get enough sleep can be very difficult. However, poor sleep patterns have been shown to increase weight gain since they slow the metabolism. Make sleep a priority in your healthy journey. This week we will discuss ways to get a better night's sleep for those of you who struggle.



When you eat out, ask to substitute vegetables in place of potatoes or pasta. This is a simple substitution that will save you numerous carbs

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*Aspire, Learn, Teach,
Inspire*

Find us on the Web:

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SURGICAL & MEDICAL WEIGHT LOSS SOLUTIONS
ASPIRE. LEARN. TEACH. INSPIRE.

BMI is Now Doing Surgery in Idaho!

Dr. Medlin is so excited to now also be helping patients in Idaho at the Portneuf Medical Center in Pocatello.



Ms. Steele with Dr. Medlin right before her Sleeve Gastrectomy Surgery.