

BMI Newsletter

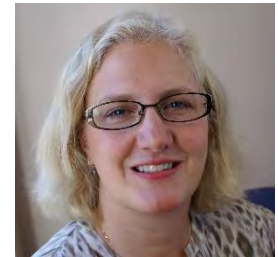
Support Groups

Dr. Richards will do an Online Q & A Support Group on Wednesday, Sept. 23 @ 6:00 PM MST. She will discuss, "Why we do what we do."

Tracey will do Facebook Live workout focused on weights on Wednesday, Sept. 9 @ 7:00 AM MST and a HIIT workout on Wednesday, Sept. 23 @ 7:00 AM MST.

Andrea & Tracey will do a Facebook Live Support Group on Wednesday, Sept. 30 @ 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

The Standard Bariatric Clamp

<https://youtu.be/aY5IbhULXgY>

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.

Way to Go!



Reyna Diego had a Loop Duodenal Switch six months ago and has lost 100 pounds. Congratulations, Reyna, and keep up the hard work!

If you would like to be featured in our next newsletter, message us on Facebook or email amycottam@yahoo.com.

Weight Loss Tips

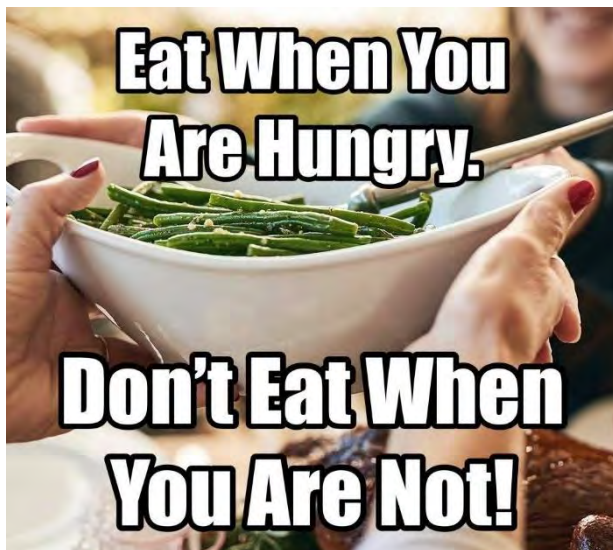
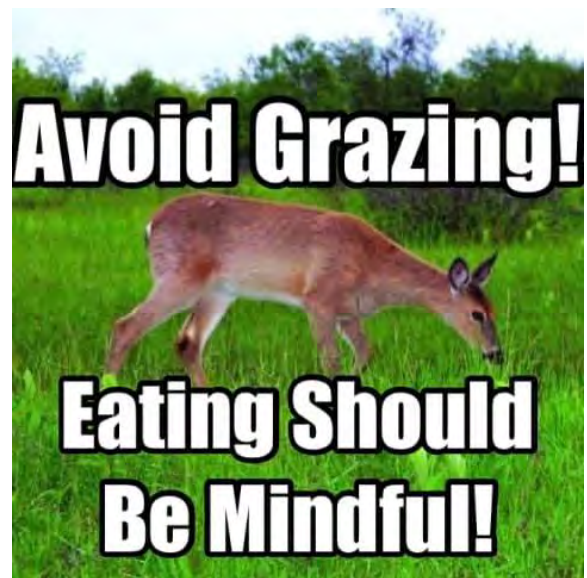


Cut back on your TV watching. Watching TV encourages sedentary behavior and often mindless snacking. If you force yourself to cut back on your TV watching at least an hour a day, you will find other, more productive, healthy activities to occupy your time such as taking a walk, cleaning the house, finishing a project, or playing with your kids. With the recent pandemic, many have turned to the TV as other activities have been canceled. To stay on your healthy journey, choose today to turn away from the TV and find other productive activities.



Whether they are in soda, Crystal Light, coffee, or any other food or drink, generally avoid artificial sweeteners. For many people, they increase insulin resistance which makes it difficult to lose weight. This is especially true for our Sleeve Gastrectomy patients. If your weight loss has stalled or you are generally having a hard time losing weight, try cutting out artificial sweeteners to see if it will help jump start your weight loss.

Avoid grazing on food all day. This is even easier to do if you are now working from home. Grazing is one of the best ways to fail after surgery. Only eat when you are hungry, and plan for your hunger with high protein, healthy snacks and meals. Before eating, ask yourself if you are hungry and if what you are eating is what you know you should be eating. Keeping a food journal is a great way to better think about each thing that you eat. Be mindful!



Eat when you are hungry. Don't eat when you are not hungry. This might sound very obvious, but recognizing real hunger and learning when to eat is a big part of success. When you are hungry, not eating often leads to later bingeing. If you are hungry, eat something healthy and filling, which usually means eating something protein rich. However, avoid eating just because others are eating, because you are bored, or because the clock tells you to. Learn to listen to your body and eat when you are actually hungry.

Baked Zucchini Fries

from damndelicious.net

Ingredients:

- 1 cup Panko*
- 1/2 cup freshly grated Parmesan cheese
- 1 teaspoon Italian seasoning
- Kosher salt and freshly ground black pepper, to taste
- 4 zucchinis, quartered lengthwise
- 1/2 cup all-purpose flour
- 2 large eggs, beaten
- 2 tablespoons chopped fresh parsley leaves



Directions:

1. Preheat oven to 425 degrees F. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside.
2. In a large bowl, combine Panko, Parmesan and Italian seasoning; season with salt and pepper, to taste. Set aside.
3. Working in batches, dredge zucchini in flour, dip into eggs, then dredge in Panko mixture, pressing to coat.
4. Place zucchini onto prepared baking sheet. Place into oven and bake for 20-22 minutes, or until golden brown and crisp.
5. Serve immediately, garnished with parsley, if desired

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Aspire, Learn, Teach, Inspire

Find us on the Web:

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