

BMI UTAH NEWSLETTER

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Support Groups

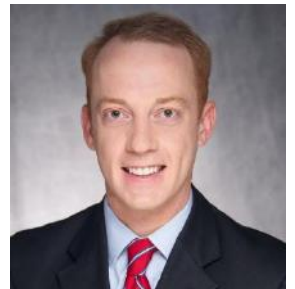
Tracey will do Facebook Live workout on **Wednesday, Sept. 6 @ 1:00 PM MST.**

Tracey will do a Facebook Live Support Group on **Wednesday, Sept. 13 @ 2:00 PM MST.**

Andrea will do a Facebook Live Support Group on **Thursday, Sept. 21 @ 1:00 PM MST.**

Dr. Medlin will do Q & A Support group on Zoom on **Wednesday, Sept. 27 @ 7:00 PM MST.** The meeting ID is 997 510 3059 and the Passcode is 5dRCpL. The link is <https://us02web.zoom.us/j/9975103059?pwd=NVVXR3dLMUt4cHQrVUV5NTF6N1VtQT09>

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.



Let Us Celebrate You!



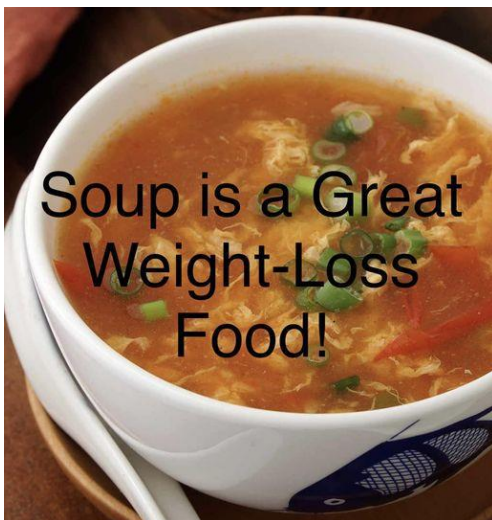
Since we are seeing less patients in person, we have less patients to photograph and feature. **We need your inspiration!** If you would like to be featured in our next newsletter, message us on Facebook or email amycottam@yahoo.com. We love celebrating your successes!

Weight Loss Tips



Whether you are eating at home, a restaurant, or a party, eat the healthy food first. Start with the vegetables, fruit, or lean protein. Once you fill up on healthy food, it is easier to avoid being tempted by unhealthy choices!

Look for healthy alternatives for some of your favorite foods and ingredients. If you are creative, you can substitute ingredients and still enjoy many of your favorite foods in a healthy form. Substituting zoodles for noodles, cauliflower for potatoes and rice, or Greek yogurt for sour cream are some ideas. Many alternatives can be found if you take the time to look.



Soup is a great choice for weight-loss. Soup is filled with water which, because of its added volume, can make you feel full longer. Soup generally takes longer to eat and has to be eaten mindfully, so you tend to eat less. Vegetable based, broth soups are the best and are a great way to increase your vegetable intake in a very flavorful way.

Getting enough sleep is very important for weight loss. People who are sleep deprived are more likely to gain weight than those who aren't. This is likely due to hormone problems that are developed when people lack sleep. If you struggle with getting enough sleep, keep looking for ways to enhance your sleep—such as taking melatonin, limiting electronics at night, or working out during the day.



Congratulations!

Debbie Turrisi is doing amazing since having her Loop Duodenal Switch seven years ago. She says, "Having this surgery increased my life! I no longer have diabetes, so no more insulin or Metformin. I have not been in a size 10 since I was nine years old. I'm very, very happy I made this decision."

Way to go Debbie!



Healthy Detox Soup from wholesomeyum.com

Ingredients

2 tbsp Olive oil
1 medium Onion (diced)
3 cloves Garlic (minced)
1 tsp Fresh ginger (minced)
1/2 cup Bell peppers (diced)
1 tsp Italian seasoning (optional)
1/4 tsp red pepper flakes (optional)
1 tsp Sea salt
1/2 tsp Black pepper
1 lbs. Boneless skinless chicken breasts
6 cups Chicken broth, reduced sodium
1 cup Broccoli (cut into florets)
1 cup Cauliflower (cut into florets)
2 tbsp Lemon juice

Instructions

1. Heat the olive oil in a Dutch oven over medium-high heat.
2. Add the onion, garlic, and ginger. Sauté for 3-4 minutes, until the garlic is fragrant and the onions are translucent.
3. Add the bell peppers, Italian seasoning, red pepper flakes, sea salt, and black pepper. Cook for 3 more minutes.
4. Add the chicken breasts and chicken broth. Simmer for 20 minutes.
5. Remove the chicken breasts from the pot and shred using two forks. Add the shredded chicken back to the pot.
6. Add the broccoli and cauliflower florets. Simmer for 10 more minutes, until the cauliflower and broccoli are tender.
7. Remove from heat. Stir in the lemon juice.



