

BMI UTAH NEWSLETTER

September 2025 801-746-2885

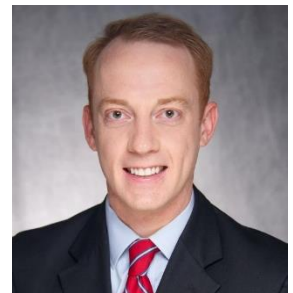
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Support Groups

Dr. Mooers will do a Q & A Facebook Live Support Group on **Wednesday, Sept. 3 @ 12:30 PM MST**. He will be discussing heartburn management.

Andrea will do a Facebook Live Support Group on **Monday, Sept. 22 @ 11:30 AM MST**.

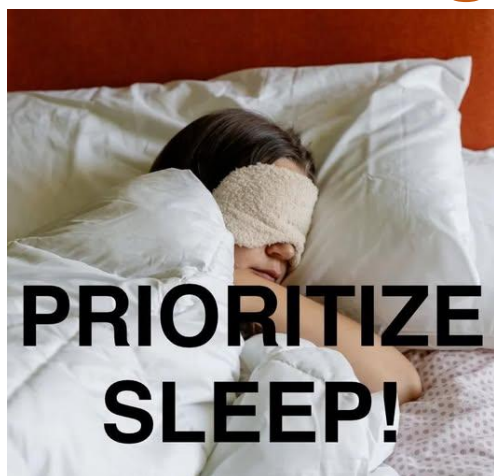
If you are a BMI patient, please join our Facebook online support group to participate in the online groups. Look for “**BMI Online Support Group**” in Facebook groups and answer the questions and ask to join. This is an amazing forum to ask questions, participate in online support groups, voice concerns, 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!

Weight Loss Tips



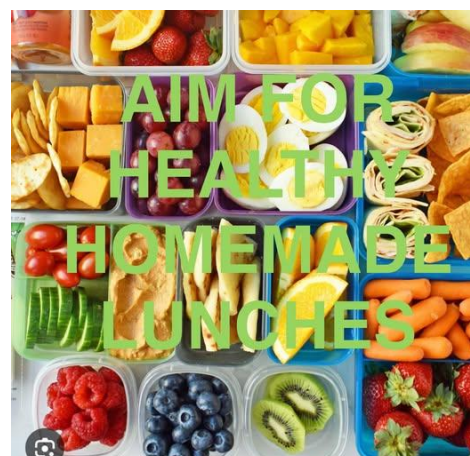
Prioritizing sleep is important for weight loss. Getting enough sleep helps regulate the appetite hormones, ghrelin and leptin. Enough sleep also boosts metabolism and increases insulin sensitivity. People who are sleep deprived also tend to make poor food choices, so prioritize sleep.

Avoid all ultra processed foods. These foods tend to be high in unhealthy fats, sugar, and salt. They include foods such as bagged chips, ready to eat meals, soda, and processed meats. They are designed to not fill you up and make you want to eat more.



Alcohol can be very detrimental for your weight loss. Alcohol is high in calories and doesn't add to your satiety. Alcohol slows down your body's metabolism and can stimulate your appetite. Hormonal changes, including those that promote fat storage and slow metabolism, are also associated with alcohol consumption. So, as you try to lose weight and maintain that weight loss, it is important to limit your alcohol consumption as much as possible.

With the school year starting up again soon, it's important to focus on making healthy, homemade lunches for you and your family. Many popular lunch items are processed foods that are high in salt, carbs, and unhealthy fats. You can make healthier lunches for your family by focusing on protein, fruits, and vegetables. Meat and cheese wrapped in low-carb tortillas, cheese sticks, carrot sticks, celery sticks, berries, sliced apples and peanut butter, and hummus are all good choices. Changing the way you pack lunches can change the health of you and your whole family.



Teaching Surgeons

Dr. Cottam and Dr. Mooers enjoyed hosting surgeons from Brooklyn, New York and Calgary, Canada last month. They were able to teach them about the Loop Duodenal Switch, and these surgeons were able to watch Dr. Cottam perform this life-changing surgery. Hopefully they can implement it into their practices.



Jamaican Steamed Cabbage

from thatgirlcookshealthy.com

Ingredients

2 tablespoons of coconut oil (28g)	1 red pepper sliced finely
1 small onion sliced	¼ teaspoon of chili powder
3 garlic cloves chopped	¼ cup water (60ml)
3-4 sprigs of thyme tied together	1 teaspoon all-purpose seasoning *
½ a head large white cabbage sliced	1 tablespoon dairy free butter (14g)
1 medium carrot julienned	1 teaspoon black pepper (2g)
1 yellow pepper sliced finely	pink salt to taste

Directions

1. Melt the coconut oil on medium heat then proceed to sauté the onion, garlic along with the sprigs of thyme until soft and tender.
2. Add the cabbage, carrot, bell peppers and scotch bonnet, fold and stir. The pan may seem overcrowded but the cabbage will reduce as it heats through.
3. Continue to stir and fold until the cabbage reduces in volume, this should take up to 5 minutes.
4. Once reduced, lower the heat and add the water, ready for steaming.
5. Cover the skillet with a lid and steam for 15 minutes (10 minutes or less if you want crunchy cabbage).
6. Remove the lid and season with the all-purpose seasoning, black pepper, butter and salt to taste and stir.
7. Serve accordingly and sprinkle the cabbage with additional loose thyme (optional).

*All Purpose Seasoning

1 tablespoon paprika dried
1 tablespoon garlic granules dried
1 tablespoon parsley dried
1½ teaspoon black pepper dried
1 ½ teaspoon onion powder dried
1 tablespoon thyme dried
¼ teaspoon chilli dried
⅛ teaspoon pimento (ground allspice/pimento)
1 tablespoon coconut sugar can use raw cane sugar
½ tablespoon pink salt



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.