

Support Groups

Dr. Medlin will do a Support Group on Tuesday, April 12 @ 8:00 PM MST. His topic will be "CHANGE—Do you have to become a whole different person or can you?"

Tracey will do a Facebook Live Support Group on Thursday, April 14 @ 11:30 AM MST.

Tracey will do Facebook Live workout on Monday, April 18 @ 11:30 AM MST.

Andrea will do a Facebook Live Support Group on Monday, April 25 @ 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 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 during the pandemic, 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!

Training Surgeons around the Country

Dr. Cottam enjoyed training surgeons from Chicago and Dallas last month. They came to learn about and observe a Loop Duodenal Switch (SADI-S). We hope they enjoyed the experience and learned a lot.



New Innovations

We just completed the first FDA trials for a new, less-invasive weight loss procedure. It has been an honor to be part of this exciting innovation! Hopefully it can be life changing for many patients in the future!

Weight Loss Tips

Recognize your excuses. We all have excuses on why we don't eat healthy such as "I'm too tired, "It's too expensive," "I'm too busy, "etc. The more you recognize your excuses for falling off the healthy eating wagon, the better you will be at fighting off those excuses. You and your health are more important than any of your excuses.

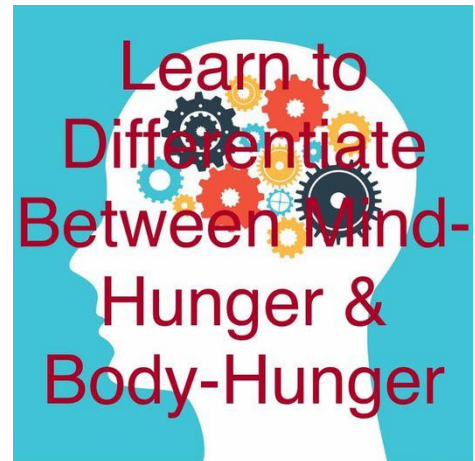


Recognize Your Excuses!



Fiber is helpful for slowing down digestion and thus making you feel full longer, and viscous fiber is especially useful. Viscous fiber forms a gel-like substance when mixed with water, which slows down the digestive process. Some of the best sources of viscous fiber are asparagus, Brussels sprouts, sweet potatoes, turnips, apricots, mangoes, oranges, legumes, barley, and oat bran. Look for ways to include fiber in your diet if you are struggling with hunger too soon after eating. Note: Don't up your fiber intake too quickly to give your body time to adjust to the change.

An important step in weight loss and maintaining is learning to differentiate between mind-hunger and body-hunger. Body-hunger usually has physical signs like a rumbling tummy or a lack of energy. Mind-hunger is more tied to your emotions, environment, and habits. Before you eat, stop and evaluate. Are you eating because others are eating, because you're stressed, or because of the time of day? Are you actually hungry? Learning to uncouple food from habits and emotions is difficult, but being aware of it is the first step.



Don't eat from the bag. When you eat straight from the bag or box, you unconsciously over-consume. Research from Cornell University found that people ate 45% more popcorn from large containers than popcorn served in medium sized containers. If you're going to eat a snack from a bag/box, take a reasonable portion out and put it in a small container such as a coffee mug or a ramekin. That way your snack will really be a snack and not another meal.

Mexican Zucchini Boats from cooktoria.com

INGREDIENTS

- 2 medium zucchinis
- 2 tbsp. olive oil
- ½ medium onion, diced
- 2 garlic cloves, minced
- 1 can black beans, rinsed
- 1 can corn, drained
- 1 cup enchilada sauce
- ½ tsp. salt or to taste
- 1 tsp. cumin
- ½ cup cheese

INSTRUCTIONS

1. Trim off the stem ends from the zucchini and cut them in half, lengthwise. Use a spoon to carefully scoop the flesh out of the zucchini. Chop the flesh with a knife until it is in small and uniform pieces, then set aside.
2. Heat the olive oil in a large pan over medium-high heat. Add the chopped onion and cook for 4-5 minutes, until translucent.
3. Then add the minced garlic and saved zucchini flesh. Sauté the ingredients for another 5 minutes.
4. Add the black beans, corn, enchilada sauce, salt, and cumin. Stir well and set aside.
5. Place the zucchini shells onto a baking sheet. Divide the black bean mixture evenly between the shells.
6. Sprinkle them on top with cheese and bake at 400 degrees Fahrenheit for 30 minutes, until the cheese is slightly browned and melted. Serve.

