

BMI UTAH NEWSLETTER

April 2023 BMI of Utah 801-746-2885

[Volume 71]

Support Groups

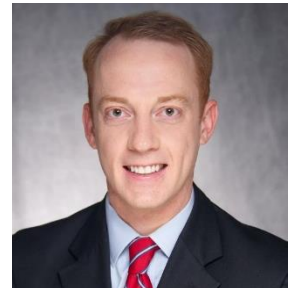
Tracey will do a Facebook Live Support Group on **Monday, April 3 @ noon MST.**

Dr. Mooers will do a Q&A support group on **Monday, April 10 @ 7:00 PM MST.**

Tracey will do Facebook Live workout on **Thursday, April 13 @ 11:45 AM MST.**

Andrea will do a Facebook Live Support Group on **Monday, April 17 @ 2:00 PM 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.



Visiting Surgeons

Last month Dr. Cottam and Dr. Mooers enjoyed hosting surgeons from Chicago, Illinois; Long Island, New York; Modesto, California; and Boston, Massachusetts. They came to learn about and watch a Loop Duodenal Switch (SADI-S). We hope they learned a lot and will be able to implement this life changing procedure into their own practices!



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!

Speaking in New York

Last month Dr. Cottam returned to New York to speak at his general surgery residency as the monthly Grand Rounds speaker. It was fun to return to where he was first introduced to bariatric surgery 21 years ago and now speak as the expert.



Instant Pot White Chicken Chili Verde from thriftyjinxy.com

Ingredients

2 anaheim peppers; de-seeded and ribs removed
1 tablespoon minced garlic
2 serrano peppers; de-seeded and ribs removed
1 - 32oz container chicken broth
1 white onion; sliced into rounds
2 boneless, skinless chicken breasts
(read notes to sub with rotisserie chicken)
2 boneless, skinless chicken thighs
1 bundle cilantro
6 tomatillos; quartered
1 tablespoon cumin
1/2 teaspoon salt
1/2 teaspoon pepper
2 to 4 drops of maggi (optional)
1 to 1 1/2 cups water
1/2 red onion; diced for garnish



Instructions

Add in chicken, white onion, diced peppers, diced serrano peppers, quartered tomatillos, and garlic into your your instant pot or pressure cooker.

Pour in chicken broth and add water to just cover the ingredients.

Add cumin, salt, pepper, and maggi.

Set to high pressure and set timer to 20 minutes. Let natural pressure release.

Once the pressure has released. Remove the chicken and immersion blend the soup. If you have a non stick pressure cooker then remove soup to a bowl and blend then add back to the pot. Shred chicken and add back to the soup.

Add a third cup of water to a bowl and 3/4 of the bundle of cilantro. Immersion blend. Pour this into the soup.

Use extra cilantro and red onion to garnish.

Notes: If you prefer to use a rotisserie chicken, remove all meat from the chicken before starting recipe and shred it. Add shredded chicken in step 5.

Weight Loss Tips



Become a substitution expert! It is difficult to give up many of your favorite foods as you try to implement a healthier lifestyle. However, if you become a substitution expert, you can find ways to enjoy many of the same tastes with healthier alternatives. For instance, zoodles can be substituted for noodles, lettuce can be substituted for bread in sandwiches and burgers, or pizza crusts can be made from cauliflower, chicken, or low carb mixes. So instead of completely giving up your favorite foods, research ways to eat a healthier substitution.

Cook at home as much as possible. When you go out to eat, it is hard to control the ingredients in your food and difficult to find healthy choices. When you cook at home, you can control all your ingredients and try new healthy recipes. Cooking at home can also help your whole family embrace a healthy lifestyle.



Everyone has food triggers—situations that make you want to overeat or eat what you should not. The more you consciously recognize those triggers and make a plan to deal with them, the more successful you will be. For instance, if you can't pass a candy bowl without taking a piece, you could look for ways to avoid or eliminate this temptation. Or if you tend to eat while watching TV, find something else to do while watching TV. Whatever your trigger is, you can find a way to deal with it if you are conscious of it.

