

BMI Newsletter

Support Groups

Tracey will do Facebook Live workout on Wednesday, Feb. 3 @ 7:00 AM MST and one on Tuesday, Feb. 16 @ 12:30 PM MST. She will also do a support group on Thursday, Feb. 11 at 12:30 PM MST

Andrea will do a Facebook Live Support Group on Wednesday, Feb. 24 @ at 1:00 PM MST.

Dr. Cottam will do a Support Group on Monday, Feb. 8 @ 7:00 PM MST.

The Rep for Bariatric Advantage is doing a support group on Wednesday, Feb. 24 @ 6:00 PM MST. Details on how to joining (likely on Zoom) will be announced closer to the date.

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.



Doctors We are Training



Dr. Cottam went to Tampa Bay, Florida last month to teach people about the Loop Duodenal Switch (SADI-S). He and other presenters taught some live participants and some from all around the country via Zoom. It was wonderful to be teaching people about the benefits of this life changing procedure again!



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!

Congratulations!



Chauntel Brattos has quite the weight loss surgery story. Before surgery she struggled to get pregnant and had to go through fertility measures. She got pregnant and because of her poor health, had many complications with pregnancy and delivery and almost died. She vowed to get her health turned around and decided to come to BMI for help. Chauntel had the Loop Duodenal Switch in February 2019 and has since lost 190 lbs. She no longer has diabetes or any other health problems. She got pregnant on her own and can run, do high intensity workouts, and play with her two kids on the floor or wherever they take her. She said that her husband can even lift her up and has never been able to do that. She says BMI saved and changed her life.

Preston Woods is three years out from a Loop Duodenal Switch, and he is down 220 pounds!



Weight Loss Tips

If you overall want to be a healthier, thinner person, then one of the best things to do is eat whole, single ingredient foods. If the majority of your diet is based on whole foods, your chances of gaining weight go way down. Staying away from processed foods is essential for a long-term, healthy lifestyle. Whole foods include foods like eggs, vegetables, fruits, fish, chicken, nuts, and cheese, as well as many others.



Many people are fooled by foods that come from healthy grocery stores, healthy restaurants, or are just called "healthy" or "organic." When people guess the number of calories in a sandwich coming from a "healthy" restaurant, they estimate that it has, on average, 35 percent fewer calories than they do when it comes from an "unhealthy" restaurant, according to a study in the Journal of Consumer Research. Saying something is healthy does not make it so. Read labels carefully, so you are not fooled!

Setbacks are a natural part of behavior change. Everyone who successfully makes changes in his or her life or health experiences setbacks. It's better to expect them and develop a plan for dealing with them. Planning for a mistake and brainstorming strategies to get back on course is part of the process. Don't let a slip up derail your goals. 'If you fall off the wagon, dust off and get back on!'



Ten Minute Thai Chicken Soup

from bariatriceating.com

Ingredients

- 1 medium red bell pepper, cut into thin strips
- 3 or 4 fresh shitake mushrooms - remove tough stems, thinly slice
- 1 tablespoon peanut or vegetable oil
- 32 ounces (1 carton) Swanson Chicken Broth
- 2 teaspoons red curry paste, or more or less to your taste - I use Taste of Thai
- 14 ounces (1 can) unsweetened lite coconut milk
- 3 cups shredded rotisserie chicken
- Juice of one lime
- Chopped cilantro

Instructions

- Sauté the sweet bell pepper and mushrooms in the oil in a large saucepan for 2 to 4 minutes until crisp tender.
- Add the broth, red curry paste, coconut milk and heat to a boil.
- Reduce the heat to medium, add the chicken and simmer until the mixture is hot, 3 to 5 minutes. Do not boil, as coconut milk may separate.
- Stir in the lime juice and cilantro just before serving.

