

BMI Newsletter

Upcoming Support Groups

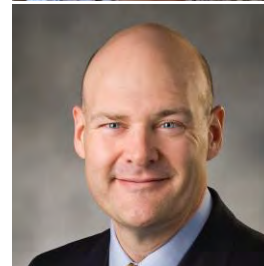
Please check our Facebook Page and our website at www.bmiut.com under the seminar tabs for any updates 😊

Layton Feb. 8 @ 6:00 Davis Hospital Cafeteria

SLC Feb. 22 @ 6:00 Moreau Building Classroom

**Elko Feb. 26 @ 5:30 Elko School District Resource Library
850 Elm Street**

“Happy Calories” the topic. We will discuss the importance of a well-balanced diet and why protein, carbs, sugars, and fats are all important to healthy weight loss and maintenance.



Doctors from around the Country that We are Training

Dr. Cottam and Dr. Medlin enjoyed training surgeons from New Jersey, Pennsylvania, Texas, California, and Alabama. They loved teaching them about the loop duodenal switch and hope they can implement this amazing, life changing procedure into their own practices when they return home!



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Meetings in California

Dr. Cottam was scheduled to speak at the Annual Scientific Meeting of the Southern California Chapter of the American College of Surgeons in Santa Barbara. Unfortunately, due to the devastating mud slides in the area, it was cancelled at the last minute. Since he was already booked, he instead enjoyed visiting with Dr. Jeremy Korman, a Bariatric surgeon in Los Angeles. They were able to discuss some of the latest research in the field of Bariatrics.



Weight Loss Success!

Congratulations to our Amazing, Hard-Working Patients!



Monique Sorenson is down 113 pounds one year after her loop duodenal switch surgery!



Mahkai Schumucker has lost 143.5 pounds one year after his sleeve gastrectomy with Dr. Medlin!



Elizabeth Lambie is down 150 pounds nine months after her loop duodenal switch with Dr. Cottam, and says, "I can do anything I want now!"



Jamie Stills is already down 80 pounds just six months after her sleeve gastrectomy!



Dr. Medlin will soon be performing Surgery in Pocatello

Portneuf Weight Management in Pocatello will soon be welcoming Dr. Walt Medlin. Dr. Medlin will start seeing patients at Portneuf Medical Center in the next month or two. This is a very experienced program. Dr. Medlin is simply stepping in to replace their surgeon who moved - a perfect situation for folks in Idaho. Dr. Medlin will continue seeing patients in Salt Lake and in Rock Springs as well. BMI is excited to soon be serving patients in Idaho and helping them with their weight loss needs.

The Bariatric Medicine Institute has Satellite Clinics!

BMI of Utah holds clinics in Elko, Draper, Layton, and Rock Springs. You can follow up with dietary consultations, personal training and wellness coaching! Take advantage of what your program offers! If these locations are more convenient for you, here is the current schedule:
 Elko, NV – 1st and 3rd Thursday of each month
 Draper, UT – 1st and 3rd Tuesday afternoon of each month
 Layton, UT – 1st, 2nd, 3rd, 4th Wednesday afternoons of each month
 Rock Springs, WY – 3rd Friday of each month
 Give us a call if you need to schedule an appointment 801-746-2885



We publish a weight loss tip on Facebook and Instagram every Tuesday. We then follow this up with more information throughout the week. Follow us and receive some great advice on ways to boost your weight loss.



Oily fish like salmon is incredibly healthy. It is also very satisfying, keeping you full for many hours with relatively few calories. Salmon is loaded with high quality protein, healthy fats and also contains all sorts of important nutrients. Fish, and seafood in general, supplies a significant amount of iodine. This nutrient is necessary for proper function of the thyroid, which is important to keep the metabolism running optimally. Studies show that a huge number of people in the world aren't getting all the iodine they need. Salmon is also loaded with Omega-3 fatty acids, which have been shown to help reduce inflammation, which is known to play a major role in obesity and metabolic disease. Mackerel, trout, sardines, herring and other types of oily fish are also excellent.



Eating packaged food generally is not good for your diet, but if you do eat these foods, don't eat them right out of the bag or box! When you eat right out of the container, you tend to mindlessly eat too much. Researchers from Cornell University found that people ate 50% more chips when they were given no visual cues as to how large a portion should be. So, if you buy a bag of pretzels or tin of nuts that contains 10 servings, divide the contents of the container into 10 smaller baggies ahead of time.



People take more food when they eat on larger bowls or plates and they even dish up more when they use a large serving spoon. Dish up your own food with a small utensil onto a small bowl or plate, and chances are you'll eat less. However, the same is not true for fork size. Eating with small forks actually leads to eating more.



Sometimes outside cues lead us to overeat. Research shows a strong link between cluttered environments and over eating. Maybe just organizing your home can help you with your desire to eat better, and even if it doesn't work for you, your house will be cleaner. If your life is super cluttered, getting started might be overwhelming, but start small.

Follow us on Facebook, Pinterest, and Instagram for recipe ideas, the latest news about obesity and obesity surgery, patient updates, weight loss tips, BMI's research updates, and all the latest news from BMI.

If you are a BMI patient, please join our Facebook online support group. Look for "BMI Online Support Group" in Facebook groups and ask to join. If you have trouble finding this, message us on Facebook with your email, and we will send you an invitation.



Book Review: Salt, Sugar, Fat: How the Food Giants Hooked Us by Michael Moss

For the next few months we will be discussing Salt, Sugar, Fat: How the Food Giants Hooked Us by Michael Moss. This is a fascinating book about how Food Producers use these three ingredients and a lot of science to make us want to eat more of their often-unhealthy products. It is fascinating to read and see how food producers often manipulate our cravings and even our satiety. A few intriguing ideas from the first three chapters include:

1. In experiments on rats, researchers found that when given all the sugar they wanted, rats lost their ability to stop eating when they were full. They would even risk danger to obtain more sugar.

2. "Scientists are now finding taste receptors that light up for sugar all the way down our esophagus to our stomach and pancreas, and they appear to be intricately tied to our appetites."

3. Sugar is so ingrained in how companies manufacture and preserve food that all types of food producers have been able to keep it from being as regulated as other harmful ingredients.

4. Scientists have discovered a phenomenon called "sensory-specific satiety." "In lay terms, this is the tendency for big distinct flavors to overwhelm the brain, which responds by making you feel full, or satiated, really fast." The processed food industry uses this idea to avoid flavors that will overwhelm us and thus we will always want to eat more.

5. Starting in the early 50's with the invention of Jell-O, sugary cereal, pop tarts, etc., processed, convenience food became king. The only real people fighting against this trend towards convenience rather than health were the 25,000 home economics teachers trying to teach healthy, fresh cooking. To combat these teachers, the industry invented Betty Crocker. They also started sponsoring candidates for the Home Economics organization's top leadership posts, candidates who would bring a decidedly pro-industrial view to home economics.

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*Aspire, Learn, Teach,
Inspire*

Find us on the Web: bmiut.com



SURGICAL & MEDICAL WEIGHT LOSS SOLUTIONS
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Salmon with Peppers goodhousekeeping.com

Ingredients

- 1 c. quick-cooking brown rice
- 1½ tsp. canola oil
- 4 skinless center-cut salmon fillets
- 2 limes
- 3 small peppers (red, orange, and yellow)
- 1 medium onion
- ½ c. packed fresh basil leaves
- 6 oz. baby spinach



Directions

1. Prepare rice as label directs.
2. In 12-inch nonstick skillet, heat 1/2 teaspoon oil on medium 1 minute. Sprinkle 1/4 teaspoon salt and 1/8 teaspoon pepper on salmon. Add to skillet; cook 8 to 10 minutes or until opaque throughout, turning once. Transfer to serving plates. Grate peel of whole lime over fish.
3. While salmon cooks, slice peppers very thinly. Finely chop onion.
4. Drain fat from skillet. Heat 1 teaspoon oil in skillet on medium 1 minute. Add peppers, onion, 3 tablespoons water, and 1/8 teaspoon salt. Cover; cook 5 minutes. Uncover; cook 3 to 5 minutes longer or until tender, stirring occasionally. Stir in basil and cook until wilted. From lime, squeeze 1 tablespoon juice into mixture.
5. Meanwhile, in large bowl, combine spinach and pinch salt. Cover with vented plastic wrap; microwave on High 3 minutes or until wilted. Spoon next to salmon, along with rice and pepper mixture. Serve with lime wedges.