

BMI Newsletter

Support Groups

We will be holding five groups this month.

Tracey will do a Live workout in Davis County on Wednesday, July 10 at 7:15 AM MST, Place TBA

Andrea and Tracey will do a "Back on Track Class" on Facebook Live on Monday, July 15 at 1:00 PM MST

Tracey will do a Facebook Live workout Thursday, July 18 at 7:15 AM MST.

Andrea & Tracey will be holding "Back on Track Classes" all summer. July's classes will be Thursday June 18 and 25 at 1:30 PM MST in our Main BMI Clinic. Patients have to go to the website to sign up.

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. Please join.



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Surgeons We Are Training

Dr. Cottam enjoyed proctoring Dr. Ahmed in Las Vegas last month. He proctored him on the loop duodenal switch (SADI-S). Hopefully he can now implement this life changing procedure in his practice.



Long Term Weight Loss Success!

Congratulations to our Amazing, Hard-Working Patients!



David Conroy

David Conroy is doing great four months after a lap band removal and conversion to a loop duodenal switch with Dr. Cottam. His A1-C went from a 7 to a 5. He is off his blood pressure medication and sleeps better, no longer snoring. He has so much energy. He is biking and playing basketball, something he hasn't had energy to do for a long time!



Kelly Hertel

Kelly Hertel hits it hard in the gym and is an amazing athlete as he has taken to weights and has found great success through his weight loss journey! Look at those guns!



Felicia Cassidy

Felicia Cassidy has been a stellar patient and is super compliant! She is half the size she was when she started and is loving life.



Adelia

Adelia had a Sleeve Gastrectomy in June 2018 with Dr. Medlin and has lost 100 pounds and is feeling great

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.

Keto/Low Carb Poppy Seed Muffins from kaseytrenum.com

Servings: 16

Ingredients

6 eggs
 9 tbsp melted butter
 2 tbsp cream cheese, softened
 1 tsp vanilla
 2 tbsp heavy whipping cream
 1/2 cup + 2 tbsp coconut flour
 1/2 tsp salt
 1 1/2 tsp baking powder
 2/3 cup Swerve granulated
 2 zest of 2 lemons
 1/8 cup fresh lemon juice
 1 tbsp poppy seeds

Instructions

Preheat oven to 350.

Melt butter.

Beat eggs, Swerve, cream cheese, heavy whipping cream, vanilla, salt, and baking powder until combined.

Add melted butter, and coconut flour, lemon zest, lemon juice, and poppy seeds to the mixture and beat again until combined.

Pour batter into lined muffin pans. I've been using parchment paper muffin liners that I bought on Amazon ([here](#)) and love them!

Bake for 25-30 minutes or until tops are just beginning to brown and a toothpick inserted in the center comes out clean.

Nutrition

Calories: 109kcal | Carbohydrates: 5g | Protein: 3g | Fat: 9g | Saturated Fat: 5g | Cholesterol: 81mg | Sodium: 176mg | Potassium: 97mg | Fiber: 2g | Vitamin A: 6.3% | Vitamin C: 9.7% | Calcium: 4.4% | Iron: 2.3%



Canned Tuna Yum from realthairecipes.com

Yum Canned Tuna is a very easy dish to make at home. It's ready to eat in minutes.

Instead of adding mayo next time you reach for a can of tuna fish, try this recipe instead!

Ingredients

1 can tuna in water
 1 1/2 tablespoons lime juice
 1 teaspoon fish sauce
 2-20 small Thai chilies, chopped (to taste)
 1/4 cup chopped shallots

Directions

Drain the oil or water out of the can, and smash the tuna into medium size chunks (see picture).

Add lime juice, fish sauce, chilies & shallots. Mix well.

That's it! Easy!



Weight Loss Tips



Flours made from nuts and coconuts are a great alternative to white and wheat flour, and are widely available at grocery stores and from online retailers.

100 grams of almond flour contains less than 11 grams of digestible carbs, and 100 grams of coconut flour contains 21 grams of digestible carbs whereas wheat flour contains 61 grams for the same amount.

These flours can be used to coat foods for sautéing, as well as in recipes that call for wheat flour. However, because they do not contain gluten, the texture of the finished product often won't be the same. Almond and coconut flour tend to work best in recipes for muffins, pancakes, and similar soft, baked goods.

Many recipes are available online, or be creative and experiment a little!

Highly processed foods tend to have a lot of added sugar, salt, and fat and are developed in a way to encourage you to eat as much of them as possible. A lot of food is processed in some way, so it is difficult to avoid all processed food, but try hard to cook with whole, natural food as much as possible. Defining highly processed food is difficult, but generally the shorter the list of ingredients, the less processed it is.



Milk is nutritious, but it's also fairly high in carbs because it contains a type of sugar called lactose. An 8-ounce glass of full-fat or low-fat milk contains 12–13 grams of carbs.

If you drink a lot of milk or add a lot to drinks, you will add a lot of carbs to your diet. There are several milk substitutes available. The most popular are coconut and almond milk, but there are other types.

These beverages are mainly water, and the carb content is usually very low. Most have 2 grams of digestible carbs or less per serving. However, some contain sugar, so be sure to check the ingredient list and nutrition label to make sure you're getting an unsweetened, low-carb beverage.

Tuna is a great low-calorie, high-protein food. It's low in fat and a great way to increase your protein intake while keeping your total calories low. It is also a budget friendly, protein option. Make sure to choose tuna canned in water, not oil.



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*Aspire, Learn, Teach,
Inspire*

Find us on the Web:

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SURGICAL & MEDICAL WEIGHT LOSS SOLUTIONS
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Summer of Strength Program

Join Andrea and Tracey to strengthen yourself mentally, emotionally, and physically this summer! Sign-up for any of the *Back on Track* classes or *In-Person* workouts!

Back on Track Class

- ▶ Are you struggling to keep yourself on track with your goals?
- ▶ Do you need help getting back on track?
- ▶ Sign-up for any of our Back on Track Classes!
- ▶ Topics include: **Metabolism, Meal Planning, Breaking Down Emotional Barriers with Eating, Fitting Exercise into Your Day, Meditation, and More!!**

Workouts

- ▶ Wanting to start an exercise routine, but need a workout buddy?
- ▶ Come join us for a group workout!
- ▶ Workouts will be most Thursdays throughout the summer.
- ▶ Look for locations in Salt Lake, Davis, and Utah Counties!
- ▶ Workouts include: **Metabolic Boosters, Walking Programs, Pilates, and More!**

Come get your strength on starting June 13th!

Go to www.bmiut.com to sign-up!