

BMI Newsletter

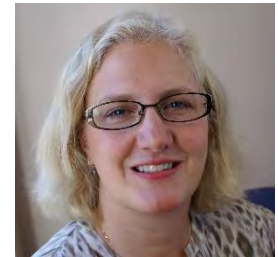
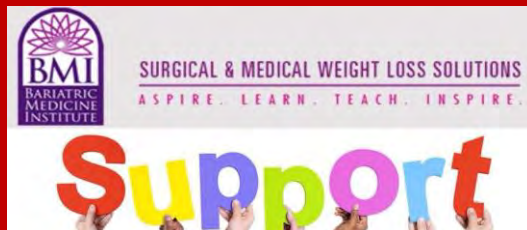
Support Groups

Dr. Medlin will do an Online Support Group on Wednesday, July 15 @ 8:00 PM MST. He will discuss how to talk to others about having surgery, especially seniors. He will also take your general questions.

Tracey will do Facebook Live workouts each Tuesday & Thursday. Times will vary and will be posted on Sunday night. She will also do occasional pop up groups which she will post on the group page.

Andrea will do a Facebook Live Support Group Thursday, July 30 @ at 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.



Our elective surgery is now resuming. We are working hard to have cases approved and catch up on the backlog. The office is still open from 9-4 M-F, and we can see patients in person or online for both follow-ups and consultations. You can still call 801-746-2885 to schedule these appointments or ask questions.

Do You Want to be Featured?

If you would like your success featured in our newsletter and/or on our social media, please contact us. We would love to share your success story and before and after photos. Contact Amy at amycottam@yahoo.com if you are interested.

Weight Loss Tips



For many years we were told that fat was bad and to avoid it to lose weight. In reality, good fats are essential for weight loss. Eating fat can actually help burn fat. Eating fat helps keep your blood sugar steady which allows you to stay full longer. If you are exercising regularly, it can also help you build muscle. So, don't avoid healthy fats—rather find ways to include more of them in your diet. Some great sources of healthy fats are nuts, avocados, cheese, olive and coconut oils, fatty fish, and cream.

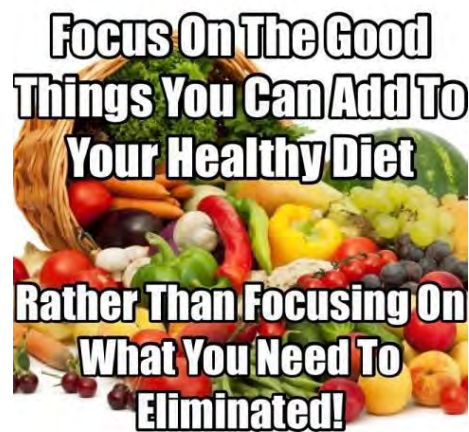
Always take the vitamins your doctor recommends. This doesn't mean the brand, but make sure whatever you take has all the recommended ingredients. This is a lifelong need after weight loss surgery. Following Bariatric surgery, your body may not absorb enough of certain vitamins and minerals — such as iron, vitamin B12, calcium, and vitamin D. Long-term health impacts, such as anemia, can develop due to a deficiency of iron or B12; neurological complications, such as memory loss or irritability from a lack of B12; and bone and kidney disease because of changes in the way your body absorbs calcium and vitamin D.

It is important that you consistently take the recommended vitamins and supplements on a daily basis after weight loss surgery to prevent nutrient deficiencies.

**Always Take
The Vitamins**



**That Your Doctor
Recommends!**



As you plan your new healthy diet, focus on what you can add to your diet rather than on what you have to subtract. Add vegetables and fruits you didn't eat before or prepare them in new ways. Make new meat dishes. Maybe add in low carb nuts like macadamia nuts and pecans that you weren't eating before. Granted there is likely a lot you need to eliminate, but focusing on additions rather than subtractions will keep you positive and feeling less deprived.

SLOW DOWN! Taste and savor each bite that enters your mouth and chew slowly. Don't swallow until your food is fully chewed. It takes a while for our body to tell us we are full, so slowing down and eating deliberately will help you stop eating more than you need. It will also allow you to enjoy your food more.



Keto Low Carb Pancakes from wholesomelyum.com

INGREDIENTS

- 1 cup Blanched almond flour (blanched & finely ground recommended)
- 1/4 cup Coconut flour
- 2-3 tbsp Erythritol (or any sweetener of choice)
- 1 tsp Gluten-free baking powder
- 5 large Egg
- 1/3 cup Unsweetened almond milk (or any milk of choice; may need more - see instructions)
- 1/4 cup Avocado oil (or any neutral tasting oil that is liquid at room temperature)
- 1 1/2 tsp Vanilla extract (optional, but recommended)
- 1/4 tsp Sea salt (optional, but recommended)

INSTRUCTIONS

1. Whisk all ingredients together in a bowl until smooth. (Batter should be the consistency of typical pancake batter. If it's too thick, add a little more milk. Don't add too much, or the pancakes will be too "wet".)
2. Preheat an oiled pan* on the stove over medium-low to medium heat. Drop the batter onto the hot pan and form into circles. Cover and cook about 1.5-2 minutes, until bubbles start to form. Flip and cook another 1.5-2 minutes, until browned on the other side. Repeat with the rest of the batter.

Serving size 2 3-inch pancakes

Calories 268

Fat 23g

Protein 9g

Total Carbs 6g

Net Carbs 3g

Fiber 3g

Sugar 1g



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