

BMI Newsletter

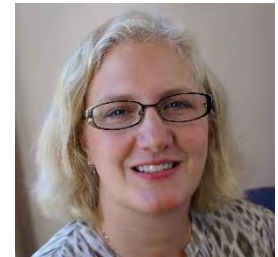
Support Groups

Dr. Richards will do an Online Q & A Support Group on Wednesday, June 10 @ 6:00 PM MST

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, June 25 @ at 1:00 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.



Dear Friends and Patients of the Bariatric Medicine Institute,

As many of you know, I am a passionate advocate for patient rights. Part of that is letting people use cannabis (marijuana) for medical purposes. I helped get the bill passed in Utah.

Recently I became a qualified medical provider for the medical cannabis program here in Utah. If you or a friend or loved one have any one of the following conditions, I would be happy to consult with you and write you a letter for medical cannabis. Currently we are charging 200 dollars for a consult and letter so that you can qualify for the state program.

You can call 801-746-2885 to schedule an appointment. We are now set up to do telemedicine visits as well as in person consultations.

Sincerely,

Dr. Daniel Cottam

These are the qualifying medical conditions:

- | | |
|---|--------------------------------------|
| 1. HIV/AIDS | 2. Alzheimer's Disease |
| 3. Amyotrophic Lateral Sclerosis (ALS) | 4. Cancer |
| 5. Cachexia | 6. Persistent Nausea |
| 7. Crohn's Disease or Ulcerative Colitis | 8. Epilepsy or Debilitating Seizures |
| 9. Multiple Sclerosis (MS) or Persistent and Debilitating Muscle Spasms | |
| 10. Post-Traumatic Stress Disorder (PTSD) | 11. Autism |
| 12. Terminal Illness | 13. Hospice Care |
| 14. A Rare Condition or Disease | 15. Pain |

Much of 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.

Congratulations!



April had a Sleeve Gastrectomy one year ago with Dr. Cottam and is down 90 pounds! All of us at BMI Utah are proud of her hard work!

If you would like to be featured in our next newsletter, message us on Facebook or email amycottam@yahoo.com.

5 SIGNS YOU AREN'T DRINKING ENOUGH WATER

Makes you think twice about forgetting your water bottle! Here's 5 easy ways to tell whether you're drinking enough water:

1 ARE YOU HUNGRY?

It's surprisingly hard to differentiate between hunger and thirst. In fact, studies show drinking eight ounces of water stops hunger pangs 100% of the time and can make a big difference in weight loss! The next time you have a snack attack or feel your energy crashing, reach for the water faucet first. Chances are you just need to drink more.

2 FEELING TIRED OR CRANKY?

If you're dragging and it's nowhere near mealtimes, think about how much water you've had today. Multiple studies show that even mild dehydration causes moodiness, fatigue, trouble with memory, and headaches. Ouch! If you can't focus or find yourself snapping at people, your first step should be a glass of H₂O.

3 CHECK YOUR SKIN.

Skin cells that aren't hydrated look rough and dry. If your hands feel dry minutes after applying lotion, that's a big warning sign that you're not drinking enough. Staying hydrated is crucial to flushing toxins from your skin, so you're also more likely to experience breakouts when you don't keep your water handy.

4 CHECK THE CLOCK.

When's the last time you answered the call of nature? A healthy adult should empty their bladder 6-7 times per day. If you're going many hours between visits to the bathroom, then you're not hydrated. If your urine is dark or smells strongly, that's a warning sign that you're in the dehydration danger zone.

5 DO THE MATH.

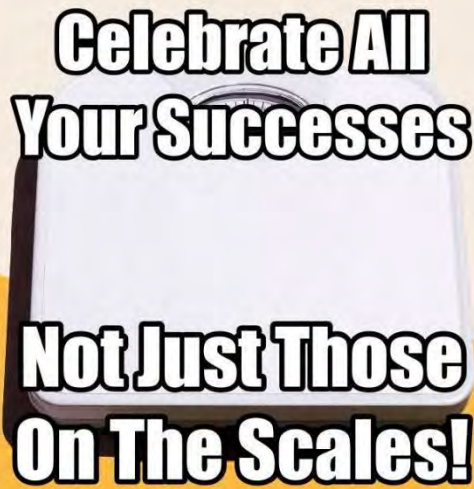
When in doubt, us the handy water widget below! Just enter your weight, and it will calculate how many ounces of water you need to drink each day. Keep in mind that while other drinks count toward your daily fluid intake, caffeine actually causes your body to dehydrate faster, so caffeinated coffee and tea don't help.

THANKS SO MUCH FOR READING!

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Weight Loss Tips



**Celebrate All
Your Successes
Not Just Those
On The Scales!**

Celebrate all your successes during your weight loss journey— Not just those that show on the scale. Success might be clothes that fit better, not having to get a seat belt extender, playing with your kids without being winded, or being able to take a hike that you couldn't before. Even when you might be on a plateau on the scales, you can still celebrate better health and opportunities. Focus on all the successes, and keep making healthy choices!

If you find you are slipping back into old habits and eating too much, focus on making half of your plate vegetables and eat them first. Making the other half protein will add to how long you stay full. Focusing on vegetables first will fill you up without overloading on calories and simple carbs.



**Stay
Hydrated!**

If your routine has changed with all the changes happening in the world, your drinking routine might have changed too. Make sure that you drink plenty of water every day. Your water intake can affect your stress level, your mood, your hunger, and often your desire to exercise. Being hydrated has even been linked to a healthier metabolism. Even if you're stuck at home and not out and about, keep your water bottle with you to remind you to drink. Adding a little lime, lemon, or mint leaves to your water might encourage you to drink even more.

During this pandemic, many are working from home and going out is difficult. Consequently, baking and making treats has become a new pastime, leading to weight gain. Instead of falling back into old patterns, use this time to learn some new healthy recipes! You can still cook and experiment, but do it with low carb recipes that you haven't tried before. This could be a time to develop new, healthy favorites that will help you stay on track even when all of this craziness has passed.



Grilled Vegetable Salad from afarmgirlsdabbles.com

INGREDIENTS

- 4 medium ears sweet corn, husk and silk removed
- 4 small to medium yellow squash, ends trimmed, quartered lengthwise
- 2 medium zucchinis, ends trimmed, quartered lengthwise
- 2 large red bell peppers, stems, seeds and any large ribs removed, and cut into 3 to 4 pieces
- 1 large red onion, ends and skin removed, sliced into 3 to 4 large intact-rings
- 1 lb. asparagus, tough ends snapped off
- olive oil, kosher salt, freshly ground black pepper
- 1 lb. cherry or grape tomatoes, sliced in half
- herby lemon vinaigrette - can be made a day or two prior!
- 4 oz. your favorite blue cheese, crumbled - if you don't like blue cheese, use large, wide shavings of Parmesan!



INSTRUCTIONS

Preheat grill to 400° F. Make sure grates are scrubbed clean and then oiled. (To oil the grates, add some vegetable oil to a small bowl. Then fold a heavy paper towel a few times to make a smaller square. With a tongs, grasp the folded paper towel and dip it into the oil until the paper towel is drenched. Then run the paper towel over the grates, repeating until all grill grates are thoroughly oiled.)

Place prepared/cut corn, yellow squash, zucchini, bell pepper, onion, and asparagus on a large rimmed pan. The pan will be very full. Here's my favorite large cutting board and my favorite knife for recipes that involve a lot of cutting and chopping. Drizzle olive oil over all vegetables. Keep sliced rings of red onion intact, brushing the olive oil evenly over the cut surfaces. With your hands, gently fold the rest of the vegetables until they are all nicely coated with the olive oil. Sprinkle vegetables fairly generously with kosher salt and freshly ground black pepper, and fold again using your hands. Sprinkle one more time with kosher salt and freshly ground black pepper, and you're ready to grill.

Depending on the size of your grill, you may need to grill in batches. Cooking times will vary with each of the vegetables, so it's just a matter of checking on them regularly and removing them when they're done to your liking - you'll want a good set of tongs for flipping the vegetables. I like the onion to get nicely softened, so that always takes the longest. I prefer the ears of corn to have some char, but to not be completely cooked - so we set the ears on the hottest part of the grill to get some quick char, and then remove them. The asparagus always cooks the fastest. Once the vegetables have charred and are cooked/softened to your liking, remove them back to the rimmed pan.

Once the vegetables have cooled enough to handle, cut the kernels from the corn and chop the rest of the vegetables into bite-size pieces, about an inch or so in size. Place everything into a large-ish serving vessel - I like to use a low, wide bowl. Add the tomatoes and fold everything together. Drizzle with a bit of the herby lemon vinaigrette, and then fold. Add more vinaigrette if needed. Sprinkle with blue cheese. Serve just slightly warm or at room temperature.

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Aspire, Learn, Teach, Inspire

Find us on the Web: www.bmiut.com

