

BMI Newsletter

Support Groups

We will be holding four online groups this month.

Tracey will do a Facebook Live workout Thursday, May 9 at 7:15 AM MST. She will demonstrate a metabolic booster workout.

Dr. Richards will do an Online Support Group on Wednesday, May 15 at 6:00 PM MST.

“You did surgery and now you’ve gained weight. What are your options?”

Tracey & Andrea will do live grocery store visit on Thursday, May 16 at 2:00 PM MST. They will discuss quick dinner ideas.

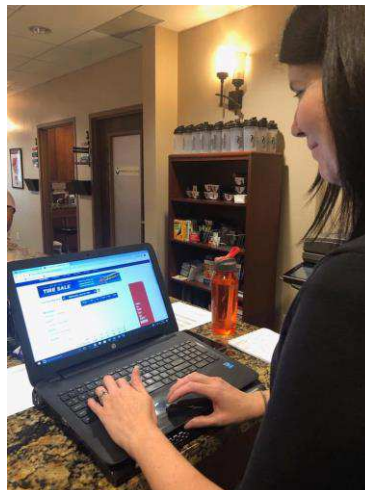
Tracey will do a Facebook Live workout Tuesday, May 28 at 7:15 AM MST. She will focus on Pilates.

If you are a BMI patient, please join our Facebook online support group to participate in these 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. The other patients are very helpful, so please join.



My Fitness Pal

Don't forget to link up with Andrea on my fitness pal! Email her to find out how! andrea@bmiut.com. Whether you are doing a log electronically or handwritten, keeping yourself accountable is the key to success!



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Long Term Weight Loss Success!

Congratulations to our Amazing, Hard-Working Patients!



David is about two months out from his Lap Band removal to Loop Duodenal Switch with Dr. Cottam. So far, he is down over 60 pounds!

Paul is 6 months out from a Sleeve Gastrectomy with Dr. Medlin and is down over 100 pounds in just 6 months. He is looking amazing!

Missy Knopf is one year out from Sleeve Gastrectomy with Dr. Richards and is doing amazing!



Kerrianna is just 6 months out from a Sleeve Gastrectomy with Dr. Medlin and is down 50 pounds already! She used to get migraines every day and since having this surgery, she has only had one! She has so much more energy now and is able to play with her grandkids! She is so diligent about coming in every month to meet with the Dietician, Exercise Trainer, and the PA's.



Brenda Khan is four years out from her Loop Duodenal Switch with Dr. Cottam and is doing amazing!

Alex is one year out from a Sleeve Gastrectomy with Dr. Cottam. He is down 119 pounds since surgery and is doing great!



Bonita Cross is 15 months out from a Sleeve Gastrectomy with Dr. Richards and has lost over 100 lbs. She felt her weight was beyond her control. Despite being afraid to talk to her family about a surgical procedure, her husband and children were all supportive. She now looks and feels like a new person and is grateful for the comprehensive care provided by the BMI clinic.



Karen Rasmussen is only 4 months out from a Loop Duodenal Switch with Dr. Cottam, and she is doing amazing!

Ryan Hansen is 6 months out from a Sleeve Gastrectomy with Dr. Medlin and is down 70 lbs. He is off of his blood pressure and cholesterol medications!

Baked Cucumber Chips from lowcarbyum.com

INGREDIENTS

- 2 medium cucumbers or 3 small ones
- 1 tablespoon olive oil or avocado oil
- 2 teaspoons apple cider vinegar or vinegar of choice (omit for regular chips)
- 1/2 teaspoon sea salt or more if needed



INSTRUCTIONS

- Slice cucumber very thin. Use a mandoline slicer for best results.
- Remove excess moisture from slices using a paper towel.
- Put cucumber slices in a large bowl and toss with oil, vinegar, and salt.
- For dehydrator: Place slices on trays and dry at 125-135°F for 10-12 hours or until crispy.
- For oven: Place slices on parchment lined baking tray. Dry at 175°F for 3-4 hours or until crispy.
- Allow slices to cool before serving.

NOTES

- If using foil lined pans, don't cut the cucumbers too thin and be sure to flip half-way so they can be removed easier.

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

Parmesan Roasted Broccoli from dinneratthezoo.com

INGREDIENTS

- 4 cups broccoli florets
- 3 tablespoons olive oil
- 1/2 teaspoon Italian seasoning or equal parts garlic powder, dried oregano and dried basil
- salt and pepper to taste
- 3 tablespoons finely grated parmesan cheese
- 1 tablespoon chopped fresh parsley
- 1 tablespoon lemon juice
- cooking spray
- lemon wedges optional garnish



INSTRUCTIONS

- Preheat the oven to 450 degrees. Coat a sheet pan with cooking spray.
- Place the broccoli florets in a gallon sized freezer bag. Add the olive oil, Italian seasoning and salt and pepper to taste.
- Seal the bag and shake to coat evenly.
- Pour the broccoli onto the sheet pan in a single layer.
- Bake for 20 minutes, stirring halfway through.
- Remove the pan from the oven. Sprinkle the parmesan and parsley over the broccoli and drizzle with lemon juice, then serve, garnished with lemon wedges if desired.

Weight Loss Tips

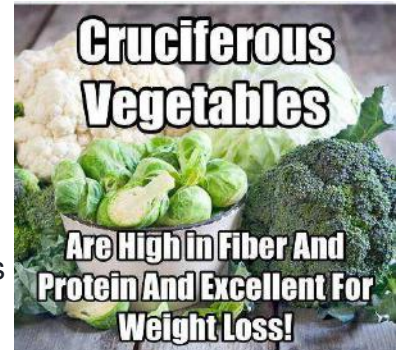
We publish a weight loss tip on Facebook and Instagram every Tuesday. We then follow this up with more information throughout the week. Follow us and receive some great advice on ways to boost your weight loss.



So many social activities revolve around food. We need to change the culture! Look for food free ways to socialize. You can still have fun with friends without having it be all about the food. Try taking a walk or hike with friends or maybe go to a fun class. Be creative and let's help each other change the culture.

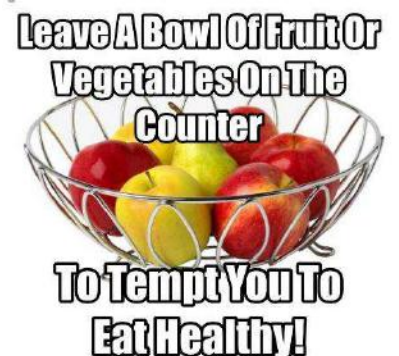
Cruciferous vegetables include broccoli, cauliflower, cabbage, and Brussels sprouts. Like other vegetables, they're high in fiber and tend to be incredibly filling.

What's more, these types of veggies generally contain decent amounts of protein. A combination of protein, fiber, and low energy density makes cruciferous vegetables the perfect foods to include in your meals if you need to lose weight.



To avoid hunger and decrease your appetite, make sure you are getting enough sleep. Missing sleep increases your stress level and makes you hungrier. With a lack of sleep (less than seven hours a night) your ghrelin level gets off which stimulates your appetite more and your leptin level (responsible for suppressing your appetite) goes down. If you want to lose more fat, get more sleep! Your body will be able to operate at its best!

Studies show that the food that is handy and visible gets eaten more often. Instead of relying on willpower, set yourself up to eat healthy. Leave a bowl of healthy snacks such as fruit, vegetables, or nuts out in the open and hide the unhealthy items or even better—never bring them into the house.



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*Aspire, Learn, Teach,
Inspire*

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