

Support Groups

Tracey will do Facebook Live workout on Monday, May 9 @ noon MST.

Tracey will do a Facebook Live Support Group on Monday, May 16 @ noon MST.

Dr. Cottam will do a Support Group on Wednesday, May 18 @ 7:00 PM MST. He will discuss the mechanisms of weight loss between different surgeries and will take questions.

Andrea will do a Facebook Live Support Group on Monday, May 23 @ 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.



Let Us Celebrate You!



Since we are seeing less patients in person during the pandemic, we have less patients to photograph and feature. **We need your inspiration!** If you would like to be featured in our next newsletter, message us on Facebook or email amycottam@yahoo.com. We love celebrating your successes!

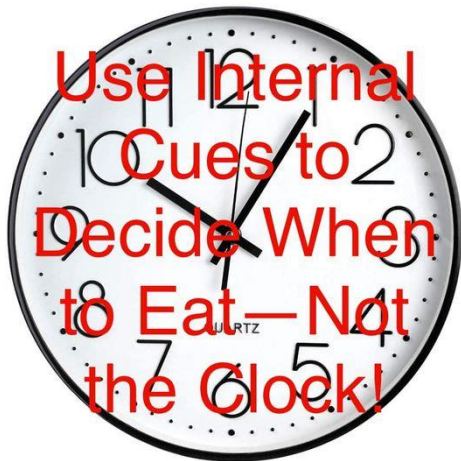
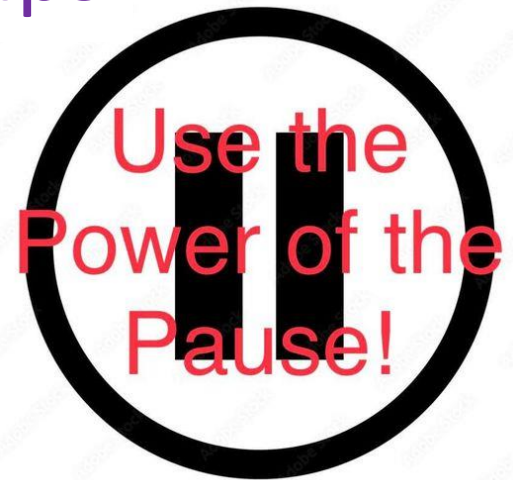
Training Surgeons Across the Country

Dr. Cottam enjoyed hosting a team from Kansas City, Missouri. They all came to learn about performing bariatric surgery in a surgical center. All of our surgery center staff enjoyed showing them how to safely and efficiently perform same day procedures.



Weight Loss Tips

If you have trouble giving into temptation, you can practice pausing. If you want to eat a snack or treat that you know you shouldn't, take a 15-minute pause where you contemplate whether you really want it. If after 15 minutes you still want it, you might indulge, but at least you give yourself time to think about whether it is really worth it. This will push you to eat mindfully and give you time to listen to your body's real needs.



People often rely on the clock to decide when to eat. However, relying on internal hunger cues to decide when to eat leads to eating less. Learning to decide when you are actually hungry is a process. If you are craving something specific, this is likely not real hunger. Or if you ask yourself if you would eat an apple and the answer is "No," you probably aren't really hungry. Real hunger doesn't discriminate between foods.

Drinking your calories is one of the top reasons that patients do not succeed after surgery. Drinking high calorie and high sugar sodas, juices, coffees, alcohol, etc. is extremely detrimental to weight loss success. These drinks add calories to your diet but don't fill you up. Focusing on just drinking water can be very helpful for your weight loss success.



After weight loss surgery your body does not absorb all of your needed nutrients as well, so it's important to remember to take the vitamins and supplements recommended by your doctor. Even if you have not had weight loss surgery, a daily multivitamin can help keep your body healthy, which is important for weight loss. Vitamin B, vitamin D, iron, and magnesium are some of the most important when it comes to weight-loss. Having your levels checked and making sure you are in the recommended range is important for your health.

Crunchy Keto Popcorn Chicken with Spicy Chipotle Aioli

from eatthis.com

Ingredients

For the popcorn chicken:

1 lb. boneless skinless chicken breasts, cut into 1 1/2-inch cubes

1 tsp chili powder

1 1/2 cups buttermilk

4 cups Arrowhead Mills Organic Spelt Flakes cereal

1/2 cup Bob's Red Mill Almond Flour

1/2 cup almond slivers

Chosen Foods olive oil spray

Freshly ground black pepper

Salt

For the chipotle aioli:

1/2 cup mayonnaise

Juice of 1/2 lemon

1 tsp tomato paste

1/8 tsp salt

1/8 tsp garlic powder

1/4 tsp chipotle powder



Directions

1. Preheat oven to 425°F. Place a wire cooling rack over a baking sheet.
2. Season the chicken with chili powder and place in a large bowl. Pour the buttermilk over the chicken, cover the bowl, and marinate in the fridge for 2 hours.
3. To prepare the breading, combine the spelt cereal, almond flour, and almonds in a food processor. Pulse until you get a coarse meal with some larger flakes of cereal. Place in a bowl.
4. Remove the chicken from the marinade, and press each piece into the breading on all sides. Place on the rack and spray with oil.
5. Bake for 15 minutes, until the chicken is golden brown and reaches an internal temperature of 165°F. Remove from the oven and season the chicken with salt and pepper while it's still hot.
6. To make the aioli, in a medium bowl, combine mayonnaise, lemon juice, tomato paste, salt, garlic powder, and paprika. Stir to combine.