

BMI Newsletter

Support Groups

Dr. Cottam will do an Online Support Group on Monday, Nov. 9 @ 7:00 PM MST.

Tracey will do Facebook Live workout on Wednesday, Nov. 4 @ 7:00 AM MST and one on Wednesday, Nov. 18 @ 7:00 AM MST. She will also do a support group on Wednesday, Nov. 11 at 12:30 PM MST

Andrea will do a Facebook Live Support Group on Wednesday, Nov. 24 @ 4:00 PM MST. She will show you how to make a few quick dinners.

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 YouTube Channel

We have a very informative YouTube Channel that we are adding to each month. If you haven't visited, check it out:

https://www.youtube.com/channel/UCPdyI738BKAn-H7pYSdDxJA?view_as=subscriber

Some of our latest videos include

Gastric Bypass Failure

https://youtu.be/Wh10udAps_k

Gastric Bypass Conversion

<https://youtu.be/bMhku03oDi4>

Dr. Medlin's Heart Attack

https://youtu.be/koTc7kr_F9U

Bariatric Robotic Workstation

<https://youtu.be/IJJ0i9INn0>

Our elective surgery is now resumed. 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.



Let Us Celebrate You!



Since we are seeing less patients in person during the pandemic, we have less patients to photograph and feature. 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!



Shauna Johnson had a Loop Duodenal Switch on April 9th 2018 with Dr. Richards and has lost 260 pounds! She says, "I'm so glad I chose to have this surgery. I get to enjoy life to the fullest. I go to Lagoon with my children and instead of sitting on the sidelines, I can now ride the rides. I can buy clothes in any store I want right off the rack. I love this, but the husband not so much cause I have now taken over part of his side of the closet too, ha ha ha. I still track and weigh my food and use all the tools I was given from BMI. I have found a new love for running as well and do it every day if I can because it's my 'me time.' I'm so thankful for everybody at BMI for helping me through this process and setting me up with the tools to keep it going and keep the weight off." All of us at BMI Utah are incredibly proud of her success. You're an inspiration, Shauna!

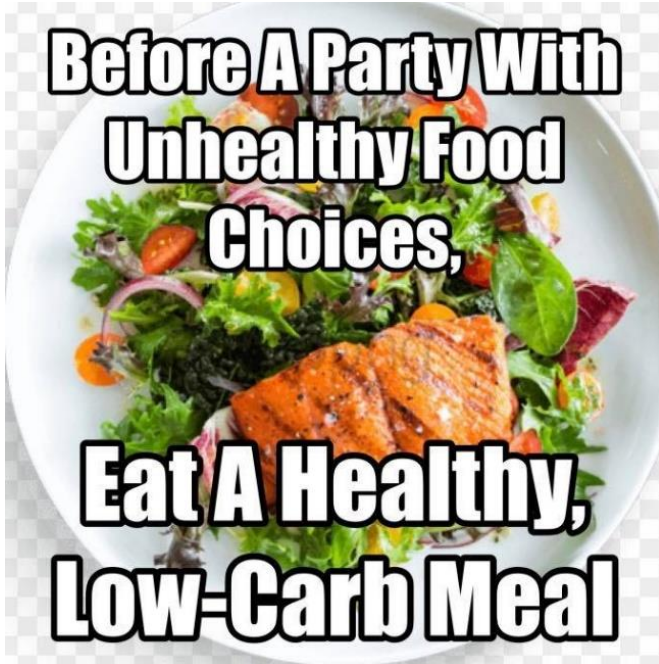
Debi Haaga had a Loop Duodenal Switch June 7, 2019 with Dr. Medlin and has lost a total of 135 pounds! She says she now has "SO much more energy!" She just turned 62 on Sept. 9th and is enjoying life with her family and grandkids. She wants people to know it is never too late to change. Debi has been hiking this summer, which she hasn't been able to do for probably 20 years. She has more self-confidence and loves shopping for clothes now, too. She says, "My only regret, is not to have done it years ago!! Thank you, Dr. Medlin for my new life!" Way to go, Debi! All of us at BMI Utah are so happy for your success!



Weight Loss Tips

**Before A Party With
Unhealthy Food
Choices,**

**Eat A Healthy,
Low-Carb Meal**

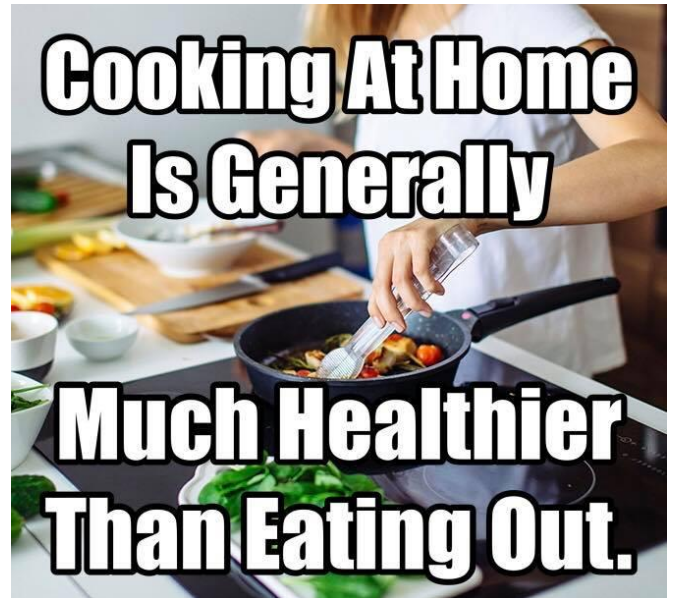


When we do our own cooking rather than eating out, we tend to eat healthier. Research has shown that people who eat more home-cooked meals have a lower risk of obesity and a slightly lower risk of developing type two diabetes. Not only is restaurant food often higher in sugar and calories than what we would prepare at home, but the proportions are often much bigger. Granted it is more work, but cooking more at home is important to the success of your weight-loss journey.

Before any event or party that will cause you temptation to eat unhealthy food, eat a meal that will keep you full. A good meal would include plenty of fiber, protein, some fat, and very few carbohydrates. Protein, fat, and fiber keep you full because they don't digest quickly. When you're full, you are better prepared to make wise food choices.

**Cooking At Home
Is Generally**

**Much Healthier
Than Eating Out.**



**Look For Lower
Carb Alternatives**

**For Your Favorite
Comfort Foods!**



Giving up all of your favorite pasta, rice, bread, and chip recipes is difficult; however, most of these choices can no longer be part of your healthy lifestyle. Luckily many alternatives are available as substitutes for these high carb favorites. With the popularity of Keto and other low carb diets, numerous low carb alternatives are available for purchase. Also, many natural alternatives can be made from zucchini, cauliflower, peppers, almond flour, and other ingredients. Be creative and look for these alternatives, and you can still enjoy new versions of your old favorites.

CHEESY BELL PEPPER NACHOS (KETO/LOW CARB)

from kaseytrenum.com

These Cheesy Bell Pepper Keto Nachos are a delicious low carb snack or meal that you'll completely devour! This recipe uses colorful bell peppers in place of the tortilla chips, making them the ultimate low carb nacho recipe that takes less than 30 minutes to prepare!

Ingredients

1 large green bell pepper

1 large red bell pepper

1 large yellow bell pepper

1 large orange bell pepper

1 lb. ground beef

3 TB homemade taco seasoning

⅔ cup beef broth

6 oz shredded yellow cheddar cheese

4 oz shredded white cheddar cheese

freshly chopped cilantro, lettuce, tomatoes, red onions, and sour cream *Optional

Toppings

Instructions

Preheat oven to 375°F.

Wash and dry your bell peppers, then cut into small triangles.

Place the cut peppers on a baking sheet in the oven and bake for 10 minutes. Set aside.

While the peppers are in the oven, brown the ground beef in a skillet on the stove over medium heat. Drain any excess liquids.

Next, add taco seasoning and beef broth and bring to a boil. Simmer over medium heat for 5 minutes with the lid off so that the seasoning can infuse with the ground beef.

Remove the lid and continue simmering until the taco meat reduces and becomes thick. You don't want it liquidy. It should be nice and thick.

Spoon the ground beef mixture onto each bell pepper covering from end to end as much as possible.

Sprinkle the yellow cheddar cheese on top of the ground beef mixture then top with the white cheddar cheese.

Place the baking sheet in the oven on the top shelf and bake for 5 minutes, then turn the oven to broil and broil for 1-2 minutes until the cheese melts and gets nice and bubbly.

(Watch carefully as it can burn quickly!)

Remove from the oven and top with chopped cilantro, lettuce, sour cream, red onion, jalapenos, and tomatoes.



Nutrition

Calories: 419kcal | Carbohydrates: 7g | Protein: 34g | Fat: 28g | Saturated Fat: 16g | Cholesterol: 119mg | Sodium: 655mg | Potassium: 557mg | Fiber: 2g | Sugar: 3g | Vitamin A: 2335IU | Vitamin C: 124mg | Calcium: 425mg | Iron: 3mg