

BMI Newsletter

Support Groups

Tracey will do Facebook Live workout on Monday, Oct. 4 @ 11:45 AM MST.

Our PA, Michelle will do a Support Group on Friday, Oct. 8 @ 6:00 PM MST. She will do this group on Zoom. The link is <https://us04web.zoom.us/j/6381555077?pwd=Zi9lWlJrbnk1VGJBUVpoV1M3bFc4Zz09> and the Meeting ID is 638 155 5077 and the passcode is bmi124.

Tracey will do a Support Group on Wednesday, Oct. 13 at 11:00 AM MST.

Andrea will do a Facebook Live Support Group on Thursday, Oct. 28 @ 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.

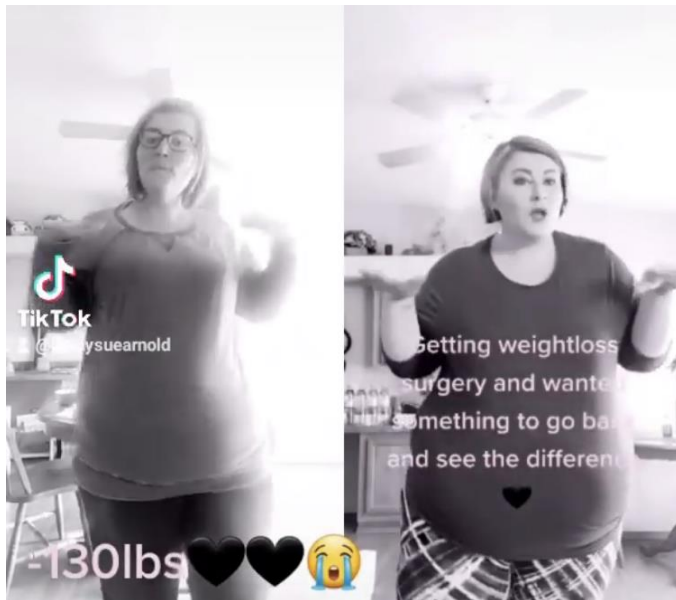


Let Us Celebrate You!



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!

Congratulations!



Ginny Sue Arnold made a video to celebrate being down 130 pounds 5 1/2 months after her surgery. She says she is now more active with her kids. She's physically able to hunt, and can cross her legs for the first time since middle school. She says her entire mindset has changed. Every morning she wakes up excited to live her life. Before her surgery the thought of the next day saddened her because she knew her body was shutting down. The weight loss surgery changed not only her life, but she is now able to be the wife and mommy she always wanted to be. You can see her video at the following link:

<https://www.facebook.com/BMIUT/videos/445405296798315>

Sharing Our Expertise



Dr. Cottam enjoyed having surgeons visit from Tampa, Florida. They came to observe and learn about the Loop Duodenal Switch. We enjoyed sharing information about this life saving procedure and hope they can implement it in their practice.

Weight Loss Tips

We tend to eat what we see first when we are hungry. If you have a fruit bowl filled with ready-to-eat fruit, you're more likely to grab it rather than a less healthy item. You can also keep prepared vegetables like cucumbers, peppers, snap peas, and carrots right in the front of the fridge where you can't look past them. Keeping healthy foods like apples, pears, oranges, or even nuts on the counter where everyone can see them will help you snack healthier.



Making a list before you shop can actually help you lose weight and eat healthier. A study of 1300 people found that shoppers who regularly wrote grocery lists also purchased healthier foods and had lower BMI's than those who didn't make a written list before heading to the store. This helps you stay organized and avoid unhealthy, impulse buys. Before going to the store, take stock of what you have and what you need. Organizing your list by areas in the store can stop you from wandering and buying unneeded and unhealthy items.

As you set goals, avoid goals that are purely outcome goals and focus on goals that are more process oriented. For instance, the typical outcome goal would be a target weight whereas a process goal would focus on eating vegetables with every meal, exercising four times a week, or only having one soda a week. Focusing only on outcome goals can hurt your motivation. These goals often are so distant that they leave you feeling overwhelmed. Studies have shown that those who focus more on the process and less on the final outcome tend to lose more weight.



In the short term, stress can increase hormones such as adrenaline and cortisol which decrease appetite, but when people are under constant stress, the cortisol can actually increase appetite. Cortisol tells your body to store nutrition from its preferred source of fuel, which is carbohydrates. Consequently, when you're under stress, your body will crave carbohydrates which will lead to higher insulin levels and your body storing excess fat. Stress management has been shown to help reduce BMI in numerous studies. Ideas for managing stress are varied but you might try yoga, meditation, breathing and relaxation techniques, or time outdoors walking or gardening. Stressors will never go away, but learning to deal with them can help you eat better and lose weight.

Peruvian Chicken from theinstantpottable.com

Ingredients

1 poblano pepper; de-seeded and diced
1 white onion; diced
2 tablespoons minced garlic
1 serrano; diced
4 cups chicken stock
1 whole rotisserie chicken; skin removed
10 mini yellow potatoes; quartered
2 cups frozen peas and carrots
1 bundle fresh cilantro leaves
1 lime; juiced
2 teaspoons salt
2 teaspoons pepper
Water



Directions

1. Place diced onion, poblano pepper, serrano pepper, and garlic into the blender. Add two cups chicken broth and puree.
2. Pour mixture into the instant pot. Shred chicken from rotisserie removing skin and place chicken into the instant pot.
3. Pour in the remaining chicken broth and water. Quarter potatoes and add to the instant pot. Place lid on instant pot and set pressure valve to close.
4. Set to high pressure for 8 minutes. Once the instant pot stops counting quick release pressure.
5. Turn instant pot to "sauté" and add in peas and carrots. Cook for about 3 minutes until carrots are tender.
6. To the blender add a 1/3 cup water, lime juice, and cilantro bundle. Blend well. Pour this while stirring into the soup. Add salt and pepper.
7. Stir well and turn off "sauté" mode. Your soup is now ready to serve.