

BMI UTAH NEWSLETTER

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Support Groups

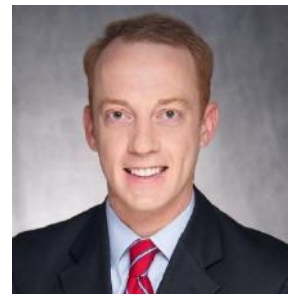
Tracey will do a Facebook Live Workout on **Wednesday, April 2 @ 8:30 AM MST.**

Andrea will do a Facebook Live Support Group on **Monday, April 7 @ 11:30 AM MST.**

Tracey will do a Facebook Live Support Group on **Thursday, April 17 @ 11:30 AM MST.**

Dr. Cottam will do a Facebook Live Support Group on **Wednesday, April 23 @ 7:00 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, 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!

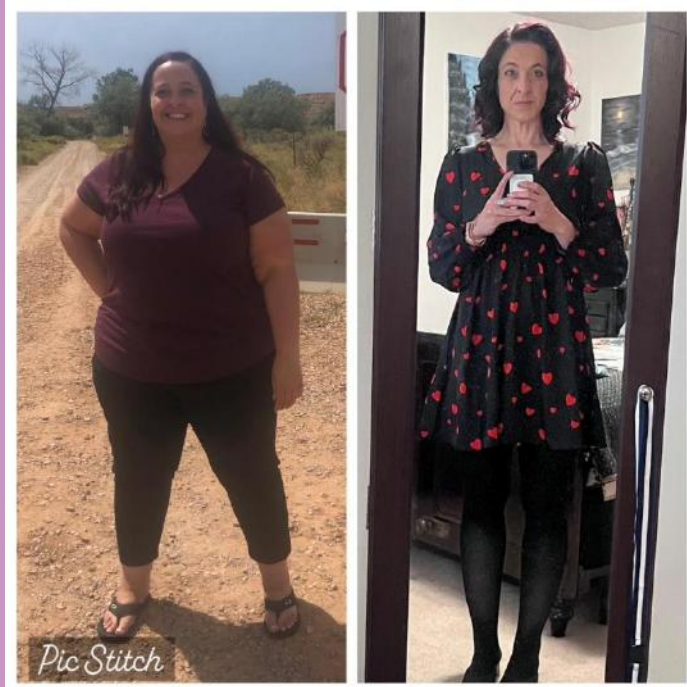
Congratulations!

Congratulations to Sarah Jolley. She had the loop duodenal switch about 4 1/2 years ago and is doing amazing. Here is her remarkable story in her own words—hopefully you can learn from her advice as she has learned how to use surgery as a tool:

"I had the duodenal switch on September 28, 2021, and it completely changed my life. It was life-saving in ways I never expected, I didn't realize how much saving I truly needed until I stood on the other side, rediscovering myself piece by piece. I started at 350 lbs, weathered personal storms, and slowly rebuilt myself, inside and out. On the journey I was able to once again travel to Europe—climbing 350 steps at Mont Saint-Michel, sitting comfortably on a long flight, carrying my parents' luggage without thinking twice. Something my past self could only dream of doing.

I keep things simple and consistent. Every Sunday, I prep either homemade overnight oats or Greek yogurt bowls for breakfast, plus high-protein lunches like cottage cheese sushi-style tuna bowls or taco bowls with ground turkey. I weigh and track everything I eat before I eat it, aiming for protein and fiber-rich meals that keep me full. I avoid most processed foods, drink only water, and use a to-go box when dining out. Combined with daily weightlifting and walking, this routine helped me lose over 190 lbs and build a sustainable, strong lifestyle.

One of my favorite small victories? Running up flights of stairs at the Hoover Dam effortlessly and just for fun while completing 75 hard. Another victory: I now weigh 155 pounds and am focused on building muscle, something I never thought possible. But the biggest win of all? I fell in love with who I am. Not just the person I've become but the woman I was before surgery—the one who climbed out of the darkness to build this life she's proud to live."



Weight Loss Tips



Set a healthy goal with a friend. It is easier to keep goals if you have someone to support you and someone to be accountable to. You could set a goal to walk a certain number of miles a day or a goal not to eat added sugar for a month. Whatever the goal, it is easier to accomplish with someone on your side.

Cook your own food! In order to avoid processed food and know exactly what is in your food, it is best to cook it yourself. When you cook your own food, you can use whole ingredients and avoid adding excess sugar and carbs. Having time to cook your own food can be difficult, but if you plan in advance and use devices like a crockpot, it can be very simple.



Avoid processed food. These foods are designed to have the perfect taste and texture to make you want to eat more. Consequently, you tend to add a lot of unnecessary sugar and fat to your diet when you eat processed foods. Processed foods also tend to include more chemicals and less nutrients than food you make on your own. Recent research by the NIH shows that eating processed food leads to weight gain and the inability to lose weight.

Think about what you can add to your diet, rather than what you can eliminate. When we focus on things we can't have, we actually tend to eat more of those things because of obsessive thoughts. Instead, think about foods you can add to your diet that would add greater nutrition. Adding more vegetables, fruits, protein, or healthy fats, like nuts or avocado are all great ideas.



Healthy Crock Pot Beef and Broccoli from

thecleaneatingcouple.com

Ingredients

2 lbs. steak tips You can use: steak tips, thinly sliced skirt steak, flank steak, or sirloin cut in small 1-inch cubes

12 oz broccoli

3 cups cauliflower rice

For the Marinade:

1/2 cup coconut aminos

1/2 cup beef broth

2 tablespoons rice vinegar

1/3 cup honey* *Sub 100% apple juice if doing a Whole30

1 tablespoon fresh garlic minced

1/2 tablespoon fresh ginger grated (or 1 tsp ground ginger)

1 teaspoon pepper

1 tablespoon sesame seeds optional



Instructions

In a bowl mix together marinade. Pour marinade in slow cooker. Stir in beef until coated. Cook on low for 6 hours.

Once cooked, remove the liquid from the slow cooker and pour into a large pan over the stove. Bring the sauce to a boil. Boil on high for 15 minutes. The sauce should be at a rolling boil bubbling the entire time. Whisk occasionally to prevent sauce from burning. While sauce is boiling, cook broccoli. Place in a microwave safe dish with ¼ cup water and microwave on high for 3-4 minutes.

While broccoli is cooking, lightly sauté cauliflower rice in a pan with 1 teaspoon olive oil.

Once sauce has thickened add in cooked meat to the pan, stir to coat with sauce. You can break up the steak by pressing them gently as you stir if you'd like more shredded beef. It should easily fall apart.

Assemble bowls with cauliflower rice, broccoli + beef.

Notes

Substitutions for this recipe:

Cauliflower Rice – You can definitely serve this over regular rice or quinoa if you prefer

Steak Tips: You can use steak tips, thinly sliced skirt steak, flank steak, or sirloin cut in small 1 inch cubes

Honey -You can sub maple syrup for honey. Do not add honey or maple syrup to this if you are doing a whole30. Make sure to sub in apple juice per the recipe card.

Nutrition Facts

Serving: 1cup | Calories: 523kcal | Carbohydrates: 41g | Protein: 54g | Fat: 17g | Saturated Fat: 6g |

Polyunsaturated Fat: 1g | Monounsaturated Fat: 7g | Trans Fat: 1g | Cholesterol: 143mg | Sodium: 870mg |

Potassium: 1305mg | Fiber: 5g | Sugar: 27g | Vitamin A: 548IU | Vitamin C: 134mg | Calcium: 82mg | Iron:

5mg