

BMI UTAH NEWSLETTER

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Support Groups

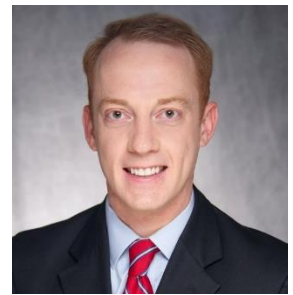
Tracey will do a Facebook Live Workout on **Thursday, Feb. 6 @ 11:00 AM MST.**

Andrea will do a Facebook Live Support Group on **Monday, Feb. 10 @ 11:30 AM MST.**

Dr. Mooers will do a Facebook Live Support Group on **Monday Feb. 10 @ 4:00 PM MST.**

Tracey will do a Facebook Live Support Group on **Thursday, Feb. 20 @ 11:30 AM 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 Randie Tingey! She is on Mounjaro and has lost 25 pounds. She has an insane amount of energy and is loving it. She can now hop up on a stool and climb the stairs at her friend's house with no issues. All of us at BMI Utah are excited to help people like Randie change their lives with medical weight loss. Way to go, Randie

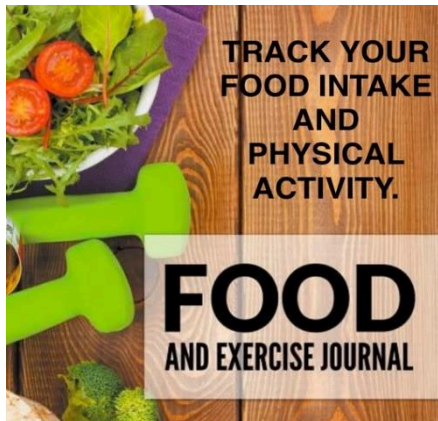


Training Surgeons

Last month Dr. Cottam had surgeons visit from Nampa Valley, California; Long Island, New York; and Provo, Utah. They came to learn about and watch the Loop Duodenal Switch. We love sharing our expertise on this life changing surgery! Hopefully they can use what they learned in their practices.



Weight Loss Tips



Keeping track of what you eat and your physical activity will help you better manage your weight. Keeping track increases your awareness of how much you eat and how much you exercise. This tracking can be done in a small notebook or on numerous helpful apps.

Avoid extreme diets because they are almost always ineffective. Yo-yo dieting usually results in a slower metabolism. It is better to eat in a way that you can sustain. Your diet should include plenty of protein and lots of fruits and vegetables. Avoid empty calories. Think about achieving balance not about deprivation.



Celebrate all your successes during your weight-loss journey, not just those that show on the scale. Success might be cloths that fit better, not having to get a seatbelt extender, playing with your kids without being winded, or being able to take a hike that you couldn't before. Even when you might be on a plateau on the scale, you can still celebrate better health and opportunities. Focus on all the successes and keep making healthy choices!

The grocery store is full of temptations. The best way to avoid this temptation is to have a list of the healthy food you are going to buy and stick to it. Make sure that list has plenty of fresh vegetables and protein on it, and generally avoid the aisles and focus on the perimeter where more of the whole foods are. Ordering online is also a good idea if the temptation is too much.



Jamaican Steamed Cabbage

from thatgirlcookshealthy.com

Ingredients

2 tablespoons of coconut oil (28g)
1 small onion sliced
3 garlic cloves chopped
3-4 sprigs of thyme tied together
½ a head of a VERY large white cabbage sliced
1 medium carrot julienned
1 red pepper sliced finely
1 yellow pepper sliced finely
½ scotch bonnet minced (or use ¼ teaspoon of chilli powder)
¼ cup water (60ml)
1 teaspoon all purpose seasoning (2g) see post for recipe
1 tablespoon dairy free butter (14g)
1 teaspoon black pepper (2g)
pink salt to taste



Instructions

1. Melt the coconut oil on medium heat then proceed to sauté the onion, garlic along with the sprigs of thyme until soft and tender.
2. Add the cabbage, carrot, bell peppers and scotch bonnet, fold and stir. The pan may seem overcrowded but the cabbage will reduce as it heats through.
3. Continue to stir and fold until the cabbage reduces in volume, this should take up to 5 minutes.
4. Once reduced, lower the heat and add the water, ready for steaming.
5. Cover the skillet with a lid and steam for 15 minutes (10 minutes or less if you want crunchy cabbage).
6. Remove the lid and season with the all-purpose seasoning, black pepper, butter and salt to taste and stir.
7. Serve accordingly and sprinkle the cabbage with additional loose thyme (optional).

Notes

Add additional water if required, if ¼ cup of water isn't enough.

Volatility of cooked cabbage. Cabbage can turn bitter and rancid quite quickly, be sure to store in the refrigerator and consume by THE NEXT DAY.

Scotch bonnet isn't a crucial ingredient so if you don't want any heat then skip it or alternatively use chilli powder instead.

You can add dried/loose thyme instead of using sprigs of thyme or even use both.

Allow the cabbage to truly steam, don't rush it! 15 minutes is well worth the wait

DO NOT use leafy cabbage i.e savoy, bok choy. This type of cabbage will wilt and become soggy/mushy as it cooks. Jamaican steamed cabbage is firm in texture.