

# BMI UTAH NEWSLETTER

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## Support Groups

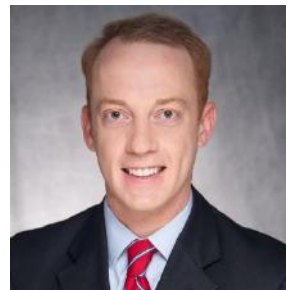
Tracey will do a Facebook Live Workout on **Monday, July 1 at noon MST.**

Dr. Cottam will do a Facebook Live Presentation on hormones and weight loss on **Wednesday, July 10 @ 7:00 PM MST.**

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

Andrea will do a Facebook Live Support Group on **Monday, July 22 @ 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](mailto:amycottam@yahoo.com). We love celebrating your successes!

# Presenting our Research

Dr. Cottam presented two research posters and two presentations at the ASMBS conference in San Diego last month. He presented research on video trends with patient communication, data on short term safety when the SADI-S was performed in a surgical center, GERD and SADI-S, and the use of thyroid to increase weight loss in some Patient patients. It was fun to interact with other professionals and share BMI Utah's original research with surgeons from around the world!



# Weight Loss Tips

Keep it simple. When you have a large number of choices of what to eat, you tend to eat more. This is obvious when you go to a buffet, but maybe less obvious in other situations. Research shows that even offering cream with brownies makes people eat more brownies or offering ketchup and mayonnaise with French fries makes people eat more French fries. As you plan your meals, you will more likely lose weight and maintain a healthy weight if you keep it simple and just eat one or two foods at each meal.



If you are not a lover of going to the gym, many alternatives are cheaper and less crowded. Taking a walk or a hike in the cooler, beautiful mountains is a great option. You can take online classes or do lunges, crunches, and sit-ups in your living room. Tracy at BMI Utah offers a short at-home workout each month on our Facebook Support Group as well. No matter what you do, try to add some exercise to each day.

Follow the half plate rule, which means half of your plate should be filled with vegetables. Vegetables are high in fiber, low in calories, and filled with nutrients. Making half your plate vegetables will lower your calorie intake and keep you full longer.



Track your steps! Tracking your steps will help you not only know how far you've moved, but will encourage you to push yourself to reach your step goal. Studies have shown that tracking your movement results in greater movement and overall better health.



# Keto Coleslaw

from [wholesomeyum.com](http://wholesomeyum.com)

## INGREDIENTS

4 cups Shredded coleslaw mix  
(primarily cabbage with small  
amount of carrots)  
1/4 cup Mayonnaise  
2 tbsp Apple cider vinegar  
1 tbsp Besti Powdered Monk  
Fruit Allulose Blend (or more to taste)  
1 tsp Celery seed  
Sea salt (to taste)  
Black pepper (to taste)



## INSTRUCTIONS

1. Tap on the times in the instructions to start a kitchen timer.
2. Place the shredded coleslaw mix into a large bowl. Set aside. In a small bowl, whisk together the mayonnaise, apple cider vinegar, powdered Besti, and celery seed. Season with sea salt and black pepper to taste.
3. Stir the dressing into the shredded coleslaw mix and toss to coat. If you have time, refrigerate the coleslaw for at least an hour (or overnight) to let the flavors develop. Stir again before serving. Serve chilled.

THIS IS ONE OF DR. COTTAM'S FAVORITES. HE USUALLY ADDS MORE CARROTS AND JUST USES ANY MONK FRUIT SWEETENER.