

Dr. Bobby's August Bariatric Bulletin

"If opportunity doesn't knock, build a door" - Milton Berle

Support Group

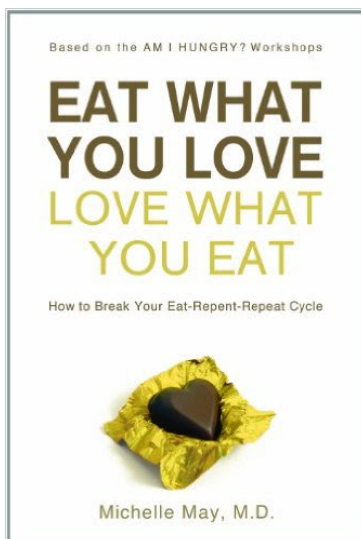
August Meeting

Support group for this month will be held Monday August 10th at 6:30 pm. Meetings are held in the Annenburg building at Eisenhower Medical Center in Rancho Mirage, CA. This month we will be discussing Mindful Eating Habits.

[Dietitian's Blog](#)



Feature



Eat What You Love, Love What You Eat

This book by Dr. Michelle May teaches mindful eating techniques that teaches healthy habits that lead to successful weight loss

[Buy the Book](#)



Creamy Shrimp Bisque

At 22 grams of Protein and 11 grams of Carbohydrates per serving, this soup is sure to be a hit. Toss it in the blender and it qualifies as a purred meal.

[Get the Recipe](#)



Sleep Genius App

This app is designed to promote healthy sleep habits. The Relaxation program reduce stress before bed. Use the revive alarm to wake gradually each morning.

[Read App Reviews](#)

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www.vitals.com

www.yelp.com

www.healthgrades.com

Sincerely,
Dr. Bobby Bhasker-Rao MD FACS
Bariatric Surgeon

