

## Dr. Bobby's January Bariatric Bulletin

What the mind conceives, the body can achieve with commitment and dedication.

### Support Group

#### January Meeting

Our next support group will meet Monday January 11th, 6:30 pm at Eisenhower Medical Center in the Annenburg Classroom. Our topic this month will be low glycemic eating. We will discuss which foods are included in this type of diet and how to follow a diet low in blood sugar raising foods.

[Dietitian's January Blog Post on Low Glycemic Eating](#)



### Feature



#### SparkPeople App

This app was developed to help users become motivated to get healthier, lose weight, and stay fit. Users can enter food eaten, track calories, and set goals. The app provides helpful recipes from Registered Dietitians and exercise tips from personal trainers. Use this site on your desktop or smart phone today

[Sign Up Here](#)



#### Featured Recipe

Turkey meatloaf muffins are a great, high protein and low carb, meal after bariatric surgery. They come in the perfect portion small portion size so you aren't tempted to over-do it. Make them ahead of time and pop them in the microwave when you are ready to eat. Or, make a huge batch and store in the freezer.

[Get the Recipe](#)



#### Featured Products

Bariatric Fusion creates products specifically for bariatric patients. They have their own line of delicious vitamins, protein shakes, and protein bars. They base their products on guidelines set by the American Society for Metabolic and Bariatric Surgery, so you are sure to get exactly what you body needs.

[Order Products](#)

Life gets stressful for all of us. Follow some of these daily stress reducing tips to help you refocus, and gain the strength you need to take on the day and the new year.

#### Daily Stress Reducers:

- Deep Breathing- Sit with back straight. Roll your shoulders back so they are relaxed but not slouched. Place a hand on your stomach so you can feel it move as you breathe. Inhale slowly and deeply through your nose, expanding your stomach, until you are completely filled with air. Hold for three seconds and exhale slowly through your mouth until all the air is gone. Keep your hand on your stomach to feel the exhale. Repeat this three times.
- Clear your mind- Find a quiet private place. Sit in a comfortable position in a chair or on the floor. Close your eyes. Do one cycle of deep breathing described above. Concentrate on anything that makes you happy, ignore everything else. Allow your thoughts to flow and your imagination to run wild. Open your eyes, sit quietly for another minute. Bring this feeling to your next daily activity.

Happy New Year,

Bobby Bhasker-Rao MD, FACS  
Bariatric Surgeon  
Lite Life Surgery