

Dr. Bobby's April Bariatric Bulletin

I don't want to get to the end of my life and find that I just lived the length of it. I want to have lived the width of it as well. - Diane Ackerman

Support Group

April Support Group Meeting

This month weight loss surgery support group meeting will be held on Monday April 11th at 6:30 pm. We will be discussing the 12 Stages of Transformation After Bariatric Surgery. This will be great for anyone no matter where they are at in their weight loss journey to discuss how they felt in the different stages.



[Check out the Dietitian's Blog](#)

Feature



App

The app, bariatric timer is helpful for those who need help managing their eating and drinking intervals after weight loss surgery. The app will time thirty minutes after your meal and remind you to start sipping fluids again.

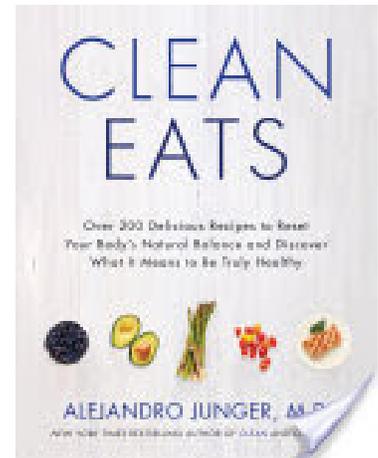
[For iPhone users](#)
[For Android users](#)



Recipe

Cream cheese after weight loss surgery? Yes please! This recipe has 30 grams of protein and would be great for dipping vegetables. All you need are a couple tablespoons of Reduced Fat Cream Cheese and 1 scoop of the chicken noodle soup flavored protein powder.

[Get the Recipe](#)
[Check out the Protein Flavors](#)



Book

The book *Clean Eats* by Alejandro Junger is a great cookbook with over 200 easy recipes focusing on restoring the body's natural ability to heal itself. NYC cardiologist Dr. Junger promote clean eating in order to rid our bodies of the toxins we find in our chemical laden environments.

[Preview the Book Here](#)

Life can be stressful, but there are things we can do to reduce the stress we feel each day. Here are some helpful hints.

1. Positive affirmations keep us motivated and focused on a specific goal. Write down an affirmation and look at it multiple times a day. We suggest this one; "It is okay for me to put myself first." or, "Because of the positive healthy choices I have made, I am a winner"

2. Back Stretch. Many of us hold stress in our backs and necks. Let go of some of that stress by sitting comfortably; let your arms hang loosely by your side. Stretch all the way forward trying to touch the front

of your shoulders to the top of your knees. Let your head drop forward and downward toward the floor. Stay in this position for about 10 seconds; then, slowly sit up by pushing your hands against your thighs.

3. Take a walk. Find the prettiest place in a park near your house. Leisurely walk around the park while listening to calming music or sounds of nature. Take note of what you see, what you smell and hear, and how those things make you feel.

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Sincerely,

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