

Dr. Bobby's July Bariatric Bulletin

"While we may not be able to control all that happens to us, we can control what happens inside us." ~Ben Franklin

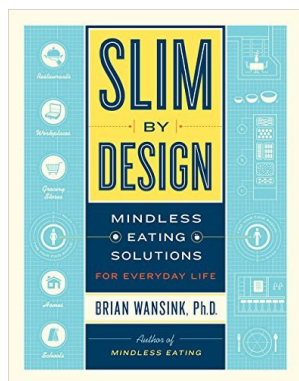
Support Group

July Support Group Meeting

For July, we are taking support group to Gelson's grocery store for a grocery store tour. Three tours will take place at 10:00 am, 2:00 pm, and 6:30 pm. Please call our office at [760-778-5220](tel:760-778-5220) to place your name on the list for one of the times above. Gelson's is located at 36101 Bob Hope Dr. Rancho Mirage, CA. 92270.



Feature



Book

Slim by Design was written by Brian Wansink Ph.D, a leading behavioral economist, and food psychologist. This book provides a scientific approach to eating, to help make better choices when it comes to food. Small changes can be made in the home to promote better choices naturally.

[Find the Book on Amazon](#)

Recipe

Try a creamsicle Jell-o Pudding Pop for a high protein, low sugar way to beat the heat this summer. Each pop contains 80 calories, 10 grams of protein, 0 grams of fat, and 5 grams of sugar. Ingredients include vanilla protein powder, skim milk, sugar free vanilla pudding mix, and orange extract. The only negative, waiting 4 hours for them to freeze!

[Get the Recipe](#)

Website/App

The free calm app and website helps to promote calm and clarity in our everyday lives by promoting mindfulness. This helps reduce stress and anxiety, while improving health and sleep. Mindfulness helps us pay attention, be more present, and recognize and respond better to unhealthy situations.

[Less Stress is Just a Click Away](#)

Drinking water in this summer heat is important, but plain water gets boring. Check out the recipes below to add variety and flavor to your water this summer. Recipes from foodnetwork.com

Lemon Infused: Thinly slice 2 lemons into 2 quarts of water, refrigerate for 4 hours. Strain water and serve over ice.

Cucumber Infused: Thinly slice 1 English cucumber into 2 quarts of water, refrigerate for 4 hours. Strain water and serve over ice.

Grapefruit Infused: Thinly slice 1 grapefruit into 2 quarts of water, refrigerate for 3 hours. Strain water and serve over ice.

Apple-Cinnamon Infused: Thinly slice 2 apples into 2 quarts of water, add 4 cinnamon sticks. Refrigerate 2-4 hours. Strain water and serve over ice.

Watermelon Mint Infused: Add 4 cups of 1/2 inch cubed watermelon and 6 springs of mint to 2 quarts of water. Refrigerate 2-4 hours. Strain water and serve over ice.

Tomato-Celery-Bell Pepper Infused: Dice 1 ripe beefsteak tomato, 2 celery sticks, and 1 small red bell pepper (seeds removed). Add to 2 quarts of water. Refrigerate 2-4 hours. Strain water and serve over ice.