

Dr. Bobby's January Bariatric Bulletin

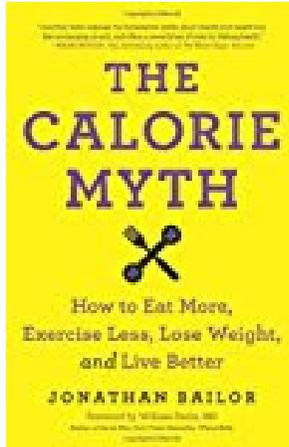
Successful people do those things which unsuccessful people are not willing to do. - Colleen M. Cook

Support Group

January Support Group Meeting

January support group will meet on Monday January 9th at 6:30 pm. This month's meeting topic will be "Negative Talk vs. Positive Talk." Support group is open to all pre-op, post-op bariatric patients and their support persons. This meeting is held in the Annenberg Center for Health and Sciences at Eisenhower Medical Center in Rancho Mirage, CA.

Feature



Featured Book

Author Jonathan Bailor focuses on food and exercise quality rather than quantity to lose weight. His research has found that making healthy food choices helps repair tissue, boosts brain power, and fuels metabolism. He also discusses less exercise, but, at a higher intensity.

[Get Book](#)



Featured Recipe

Recipes for chicken are endless. There is no excuse for getting tired of chicken. This Hungarian chicken dish has only 5 ingredients and takes 30 minutes to make. Serve with wilted greens or whole wheat pasta if you are cooking for the whole family. They are sure to love it!

[Get the Recipe](#)



Featured Product

Ostrim Jerky products are ready to eat snacks that require no refrigeration. These snacks are almost zero carbohydrates, have no sugar, and contain less than half the sodium of most Jerky on the shelves at your local grocery store. They are made from naturally raised ostrich meat and lean beef with no fillers. [Visit Website](#)

We are excited to share that our program can now be accessed through the app Baritastic. If you download the app, simply enter the code 85220 in order to connect with us. With this app, you will be able to see your steps from initial visit with Dr. Bobby to Surgery. You will also have access to recipes, a timer, reminders for vitamins, fluid intake, and a food logging tool. The Dietitian in our office is able to see access food logging and provide suggestions. Logging food has been show to be the best way to maintain weight long term.

[Download the App](#)

Sincerely,

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