

## Dr. Bobby's Bariatric Bulletin

"You are responsible for what you eat, when you eat, and how much you eat."  
-Colleen M. Cook

### Support Group

#### June 2017 Support Group

Weight Loss surgery support group will meet Monday June 12th at 6:30 pm in the Annenberg Center for Health Sciences at Eisenhower Medical Center in Rancho Mirage CA. This month we will be discussing mindfulness. Support group is open to all pre and post-operative bariatric patients and their support persons.

[Dietitian's Blog](#)



### Feature



#### Featured App

Lack of sleep can lead to weight gain. Try this app to help you sleep better. This app featured soothing music to lull you into your optimal sleep cycle. It also provides a revive alarm that wake you gently from your dreams. Other features are Power naps and relaxation exercises.

[Check out the app](#)



#### Featured Recipe

Hummus is high in fiber and contains healthy fats. It can be used instead of mayonnaise on sandwiches, and as dip for vegetables. While hummus does contain some protein, it still could be increased. Ever thought of adding Unflavored Protein Powder to your hummus?

[Get the Recipe](#)



#### Featured Product

Bariatric Advantage's calcium chews are a delicious way to get your calcium. Did you know they come in many flavors? Stop by and ask for a sample of all the flavors available: Chocolate, Chocolate Peanut Butter, Strawberry, Lemon, Coconut, Orange, and Caramel.

[Purchase Products](#)

Our business depends greatly on reviews from consumers like you! Please follow the link below to write a review of your experience with us.