

Dr. Bobby's Bariatric Bulletin

This Month's Choices are Next Month's Body!

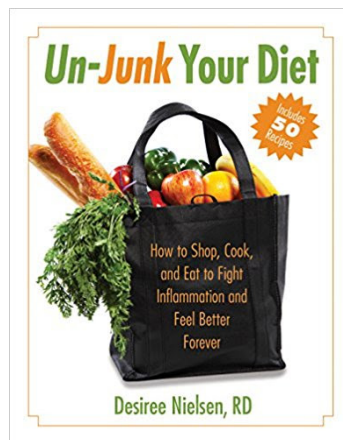
Support Group

August Meeting

This month's meeting will be held on August 14th at 6:30. We meet in the Annenberg Center to Health Sciences at Eisenhower Medical Center in Rancho Mirage, CA. We will be welcoming Ophelia Woo from Bariatric Fusion Vitamins. She will be discussing the importance of choosing a quality supplement after weight loss surgery. Call our office with any questions.



Feature



Good Read

"Un-Junk your diet: How to Shop, Cooks, and Eat to Fight Inflammation and Feel Better Forever" was written by Dietitian Desiree Nielsen. She provides four different eating plans, since diets work different for everyone.

[On Amazon](#)



Recipe

Need something salty and crispy? Don't reach for the potato chips or crackers, try this recipe for cheese crisps. Satisfy your crunchy craving and get great protein at the same time. All you need is cheese, and oven, and 12 minutes.

[Get the Recipe](#)



Product

Do you have digestive pain? Do you have constipation, or diarrhea? An aloe drink can help. Aloe supports a healthy digestive tract, normalizing bowel movements. It also promotes healing and digestive comfort.

[Learn More](#)

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Sincerely,

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