

Dr. Bobby's April Bariatric Bulletin

I can't change the direction of the wind, but I can adjust my sails to always reach my destination.

-Jimmy Dean

Support Group

Not Meeting at Eisenhower in April!

For April, support group will be meeting at Pavilion's Grocery Store located at 36-101 Bob Hope Dr. Rancho Mirage, CA 92270 at 6:30 pm for a grocery store tour. The group will meet in the produce section near the fruits and vegetables. We will tour the store, learn to read labels, and get your shopping done all at once. Thank you for everyone that attended support group in March. We lost a total of 604 pounds! Congratulations on all of your hard work! [Dietitian's Blog](#)



Feature



Healthy Eating App

It's not just about calories in, calories out. This app allows you to scan the bar code of food items and receive a letter grade based on ingredients and nutrition.

[Download App](#)

Recipes

This Cilantro Lime Chicken is high in protein and low in carbohydrates. No cooking time needed. Toss it in the crock pot and come home to a delicious meal.

[View the Recipe](#)

Nutrametrix liquid Vitamin

Get all the vitamins you need after surgery in just two 4 oz drinks a day. Easy to make and tastes like tang! Buy a three month supply for only \$110 in our office.

[Have it Shipped](#)

We are updating our website and we want to share your story! Send us before and after pictures with a testimonial to post for potential patients.

If you would like to share your story in person with prospective patients, our educational seminars for April will be held Saturday the 11th at 10:00 am and Wednesday the 18th at 5:30 pm. Please respond to this email for more details about how to share your weight loss story with others.

Sincerely,

Dr. Bobby Bhasker-Rao MD FACS
Bariatric Surgeon
Lite Life Surgery