

## Dr. Bobby's June Bariatric Bulletin

Sometimes you have to forget what's gone, appreciate what still remains, and look forward to what's coming next. - Anonymous

## Support Group

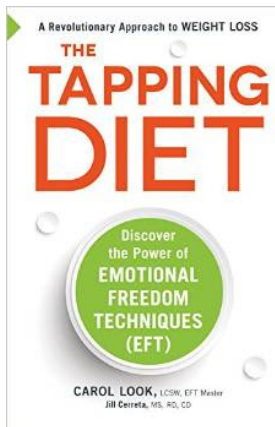
### July Support Group Meeting

Last month, support group participants had combined loss of 668 pounds! Keep up the great work! For July's meeting, we will be welcoming guest speaker Kimberly Yang PhD, MFTI. Support group is a great way to meet others who have had bariatric surgery and get the support and encouragement you need for your weight loss journey.

[Dietitian's Blog](#)

July

## Feature



### A Good Read

This book, by Look and Cerreta, uses tapping scripts and daily exercises to help move past mental roadblocks, increase confidence, and take control of the cravings that prevent weight loss.

[Buy Book on Amazon](#)



### Recipe

These festive desserts are the perfect portion size. They come in under 30 calories per cupcake, with 3 grams of protein each. Only sugar from fruit and a couple chocolate chips can be found here!

[Recipe Here](#)



### Ultimate Aloe

This is a unique beverage that aids in normal digestion. It helps reduce symptoms associated with constipation, diarrhea, heartburn, acid reflux, and many other digestive problems.

[Product Information](#)

We have moved! Please take note that our new location is 35900 Bob Hope Dr. #205 Rancho Mirage, CA. 92270. We are located at the corner of Bob Hope and Gerald Ford. We are excited to see you in our new office.

Sincerely,

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