

## Dr. Bobby's February Bariatric Bulletin

Infuse your life with action, Don't wait for it to happen. Make it happen. Make your own future, Make your own hope. Make your own love. And whatever your beliefs, honor your creator, not by passively waiting for grace to come down from upon high, but by doing what you can to make grace happen...yourself, right now, right down here on Earth. - Bradley Whitford

### Support Group

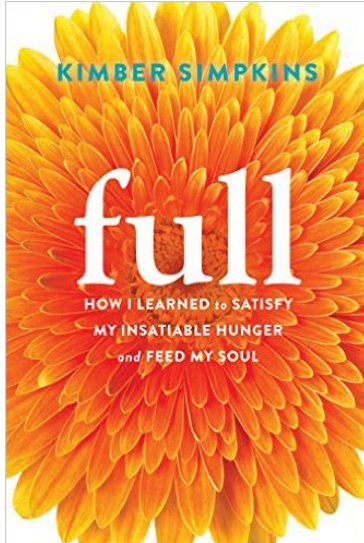
#### February Support Group Meeting

This month's support group will be held Monday February 8th, 6:30 pm in the Annenberg classroom at Eisenhower Medical Center in Rancho Mirage CA 92270. This month we will be welcoming Ken Fee, a representative from Celebrate Vitamins to discuss products that are made specifically for those who have had bariatric surgery. Support group welcomes all pre-op, post-op patients, and their support person. For more information call [760-778-5220](tel:760-778-5220).

[Dietitian's February Blog Post on Nutrients from Foods](#)



### Feature



#### Featured Book

Full, How I Learned to Satisfy My Insatiable Hunger and Feed My Soul by Kimber Simpkins. Kimber talks about her unhappy relationship with her body and how it related to an eating disorder. She overcame these obstacles and learned to recognize physical hunger.

[Read Reviews](#)



#### Featured Recipe

Looking for a way to increase your vegetable intake? Try these microwavable sweet potato and parsnip chips. Make an individual serving in only 10 minutes. Ingredients include garlic, olive oil, sea salt, and Herbes de Provence (buy at World Market)



#### Featured Product

Looking for a quick healthy meal replacement? Premier protein drinks contain 30 grams of protein, 1 gram of sugar, and 3 grams of fat. They come as a drink, so don't waste time mixing powder with water. These beverages come in 3 delicious flavors: chocolate, vanilla, and strawberries and cream.