

Dr. Bobby's June Bariatric Bulletin

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time. - Thomas A. Edison

Support Group

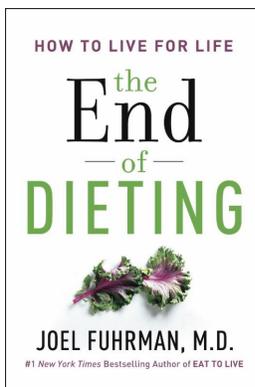
June Meeting

Weight Loss Surgery support group meeting will be held Monday June 13th at 6:30 pm in the Annenburg Building at the Eisenhower Medical Center in Rancho Mirage, CA. This month we will be talking about planning meals and healthy eating when dining out.



[Read the Dietitian's Blog](#)

Feature



Feature Book

The End of Dieting: How to Live for Life was written by Joel Fuhrman M.D. who specializes in preventing and reversing disease through nutritional and natural methods. This book claims to provide simple strategies to achieve and maintain optimal weight without being "on a diet" for the rest of your life.

[Check out the Book](#)



Feature Recipe

Unjury Chocolate Peanut Butter Balls are perfect high protein snacks for when you're on the go. This recipe only contains two ingredients! The recipe calls for Unjury protein, but feel free to use any chocolate protein powder you like. One ball contains 110 calories, 10 grams of protein and only 2 grams of sugar.

[Get the Recipe](#)



Feature App

Going out to eat after weight loss surgery is difficult. Patients are required to keep fats and sugars low, and count protein intake. Make this task easier with the Calorie King App. Search over 260 fast food chains and restaurant menus for nutrition information. See all nutrition information as a Nutrition Facts Label.

[Check out the App](#)

Our success depends on your reviews. Follow this link to write a review about your experience with our office on Facebook. [Write a Review](#)

Stress Reductions and Daily Affirmations are a necessary part of weight loss and maintenance. Write down an affirmation that relates best to you on a note card. Keep it somewhere you will see it everyday, such as the bathroom mirror or your car's window visor.

Suggested Daily Affirmations

"Today I will seize the opportunity to make the right choices when regarding my health and well-being"