

Dr. Bobby's October Bariatric Bulletin

Perfection is not attainable, but if we chase perfection we can catch excellence.
- Vince Lombardi

Support Group

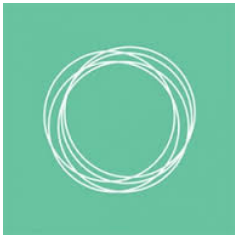
October Support Group Meeting

Weight Loss Surgery Support Group will be meeting Monday October 10th at 6:30 pm. Support group meets in the Annenberg Center for Health and Sciences at Eisenhower Medical Center in Rancho Mirage. This month we will be welcoming Psychotherapist Kimberley Yang, Ph.D. She will be discussing how self-compassion will keep the weight off.

[Dietitian's Blog](#)



Feature



Featured App

The free app Handpick Recipes & Ingredients helps find recipes based on ingredients at home. A feature allows subscribers to receive three recipes a week containing a simple ingredient list and only one trip to the grocery store.

[Apple Users](#)
[Android Users](#)



Feature Recipe

This fall spice latte from Unjury.com will help get you into the fall spirit. This recipe includes only five ingredients and provides 25 grams of protein and 9 grams of sugar. The latte is a great breakfast or snack option for those that aren't hungry first thing in the morning.

[Get the Recipe](#)



Featured Product

Nutrametrix NutriClean Advanced Fiber Powder helps to relieve occasional constipation and balances activity of bowels. This product includes probiotics as well to help maintain a healthy gut bacteria which can improve nutrient absorption.

[Check it Out](#)

Reviews from our patients can be helpful for others thinking about weight loss surgery. You can leave a review on [vitals.com](https://www.vitals.com) by clicking the link below. Let others know about your experience with our office. Hopefully, we can motivate others to take the first step to lose the weight and keep it off.