

## Dr. Bobby's November Bariatric Bulletin

The trouble is, you think you have time. - Buddha

### Support Group

#### November Meeting

This month's Weight Loss Surgery Support Group will be Monday November 14th at 6:30 pm. Support group meets in Annenberg Center for Health Sciences at Eisenhower Medical Center in Rancho Mirage. We will be welcoming guest speaker Sharla Jensen, a certified personal trainer and wellness coach. She will be discussing exercise after weight loss surgery.



### Feature



#### Featured App- Buddhify

The app Buddhify is an essential purchase for anyone suffering from anxiety. This app is designed for mindfulness and meditation on the go. Users can track their mindfulness and improved concentration for up to a year. Available for Apple and Android users

[Check out the App](#)

#### Holiday Egg Nog Recipe

Don't miss out on the holiday fun with this altered recipe for holiday egg nog. It has less fat and sugar than traditional egg nog, with 110 calories plus 8 grams of protein. The recipe calls for almond milk instead of dairy milk, which can be easier to digest after weight loss surgery.

[Get the Recipe](#)

#### Featured Product

Nutrametrix Digestive Enzymes and Probiotics are great for weight loss surgery patients that have trouble digesting certain foods. This product contains enzymes that help breakdown food. Plus it helps maintain healthy gut bacteria, which promotes healthy bowel movements.

[Get the Product](#)

New patients depend on reviews when deciding who to choose for their weight loss surgeon. Please follow the link below to write a review about your experience with weight loss in our office on Google Reviews.