

Dr. Bobby's Bariatric Bulletin

Let food be thy medicine and medicine be thy food. - Hippocrates

Support Group

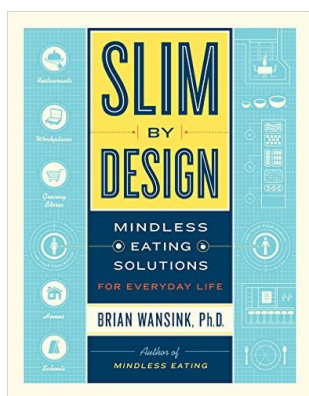
Weight Loss Surgery Support Group

This month's meeting will be held on Monday July 10th at 6:30 pm. Support Group is located on the Eisenhower Medical Center Campus in the Annenberg Center for Health Sciences. Support groups is open to all pre and post operative weight loss surgery patients and their support persons. This month we will be welcoming guest speaker Basia Hoffman CHt. She will be discussing self hypnosis and deep relaxation techniques for Stress reduction. deep relaxation, mind body balance and how this related to weight loss.



[Dietitian's Blog](#)

Feature



Good Read

The book "Slim by Design" was written by Brian Wansick, a behavioral economist and food psychologist. The book discusses how we often overeat even though we think we're in control. It also provides suggestions on designing your life in a way that reduces your food intake.

[Check it out on Amazon](#)



Recipe

Beat the heat this summer with protein filled berry popsicles. Unflavored protein powder, sugar free raspberry gelatin, boiling water, and V8 fusion Acai Mixed Berry Juice are mixed together and frozen for a delicious summer treat.

[Get the Recipe](#)



Product

Protein shakes are normally sweetened with artificial sweeteners and are made from milk products. If you're interested in a vegan supplement that uses Stevia as the sweetener, Unjury Planted Protein is your best option. Flavor options are chocolate and unflavored.

[Learn More](#)

These newsletter are for you! If there is any information you would like to see features in your monthly newsletter, simply reply to this email and let us know how we can better help you.

Sincerely,

Bobby Bhasker-Rao MD, FACS
Bariatric Surgeon