

## Dr. Bobby's October Bariatric Bulletin

No goal was ever met without a little sweat!

Try to sweat and get our of breath for a full 30 minutes, at least four days a week.

### Support Group

#### October Meeting

Support group will meet Monday October 9th at 6:30 in the Annenberg Center for Health Sciences at Eisenhower Medical Center in Rancho Mirage, CA. This month's topic will be "Passing a Plateau"



### Feature



#### Fitness Website

Free, Free Free. Enough said. Free workout videos online. Chose workouts based on your fitness level and interest. They will also provide meal plans and workout programs for an additional charge.

[Go to Site](#)

#### Recipe

Soup from the store naturally doesn't have the high protein needed after weight loss surgery. Follow this recipe to get the soup you normally love, but with higher protein. All you need is unflavored protein powder.

[Get the Recipe](#)

#### Product

Getting, 64 oz of fluid and vitamins can be difficult after surgery. Bariatric Fusion sells vitamins in a powder to be added in water. Pink Lemonade is our favorite flavor. Two packets a day plus one iron chew is all you need.

[Buy Vitamins](#)

Our business depends on reviews from our patients. Please follow the link below to write a review on Vitals.com for our office. Let others know your experience with out office so they may make more informed decisions.

[Write a Review](#)

Sincerely,

Bobby Bhasker-Rao MD, FACS  
Bariatric Surgeon  
Lite Life Surgery