

Dr. Bobby's November Bariatric Bulletin

"Don't watch the clock; do what it does. Keep going." -
Sam Levenson

Support Group

November Meeting

Support Group will meet Monday November 13th at 6:30 pm in the Anneberg Center for Health Sciences at Eisenhower Medical Center in Rancho Mirage, CA. Support group is open to all of those who've had weight loss surgery, are working towards surgery, and their support persons. This month's topic will be "Fat and Sugar, How Much is in Your Foods?" We will also be offering a way to link into support group from your computer. If you live out of town, please check out Private Facebook page for the link to connect.



Feature



Resources

The first week of November is Obesity Care Week, sponsored by the Obesity Action Coalition. This organization works to give a voice to those affected by the obesity disease. They work to educate, advocate, and support. You can join, donate, and help make a difference.
[Check it Out](#)

Recipe

Its pumpkin pie season! Just because you're on a weight loss journey doesn't mean you have to miss out. Check out this pumpkin pie protein shake recipes from Bariatric Advantage. Provides 30 grams of protein and only 5 grams of sugar. YUM!
[Get Recipe](#)

Product

Probiotics have been shown to help with weight loss after weight loss surgery. They help keep bowel movements regular, and promote a healthy immune system. Nutrametrix products contain a variety of bacteria strains to promote health of the GI tract.
[Order Online](#)

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Sincerely,