

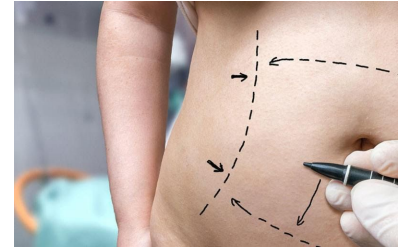
## Dr. Bobby's Bariatric Bulletin

"A Year From Now, You Will Wish You had Started Today" Karen Lamb

### Support Group

#### January Meeting

This month's support group meeting will be on Monday January 8th at 6:30 pm. All support group meetings are held in the Annenberg Center for Health Sciences on the Eisenhower Medical Center Campus. This month we will be welcoming Dr. [Suzanne Quardt](#), a Plastic Surgeon who will be discussing options for plastic surgery after significant weight loss.



### Feature



#### Featured App

Meditation, mindfulness, religion are all important for mental health. If you don't set aside time each day for peaceful thought, you may not lose weight as well as you could. This app has guided meditation, music to put your mind at ease, and discussion groups, all free.

[Get the App](#)

#### Featured Recipe

Protein and Vegetables is the key to long term weight loss and maintenance. This 30 minute meal contains shrimp as the protein and is packed with cauliflower, ginger, and bell peppers. This is a dish the whole family can get behind whether they eat low carb, paleo, or even pescatarian.

[Get Recipe](#)

#### Featured Product

Nutrametrix has a new product out called TrimTea. TrimTea can be consumed once daily and helps reduce hunger, promotes weight loss, and helps maintain normal blood sugars and cholesterol levels. Studies showed weight loss in those who drank TrimTea over a 10 week period.

[Get Product](#)

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Sincerely,

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