

Dr. Bobby's Bariatric Bulletin

"Optimist: Someone who figured out that taking a step backward after taking a step forward isn't a disaster, it's more like a cha-cha."

Support Group

February Meeting

This month's meeting will be held Monday February 12th at 6:30 pm. We will be welcoming Dr. Suzanne Quardt, a plastic Surgeon in the Palm Desert area who will be talking about surgeries available after rapid weight loss. [Dr. Q's website](#)

Dietitian's Blog

Feature



Featured App

Our busy technology filled lives prevent us from being mindful. This causes more stress than ever. For only \$5 the Buddhify app will guide you through mindfulness. There are different meditations based on where you are. Work, school, walking, bedtime; there's a meditation for that.

[Learn More](#)

Featured Recipe

Quick Green Chicken Chili from CookingLight.com is featured this month. This recipe is great when you're short on time and have leftover chicken from a previous recipe. Most of the ingredients will already be in your kitchen, or are inexpensive to pick up.

[Get Recipe](#)

Featured Product

Bowel movements are always different after weight loss surgery. Some suffer from diarrhea and others from constipation. Probiotics are healthy bacteria that help us have more regular bathroom habits. Bariatric Advantage has a delicious grape chewable to help you out!

[Get Probiotics](#)

Reviews are how potential patients find us. Sharing your weight loss journey story might help motivate someone to call our office. Click the link below to leave a review.

[Write a review](#)

Sincerely,

Bobby Bhasker-Rao MD, FACS

Bariatric Surgeon
Lite Life Surgery