

Dr. Bobby's Bariatric Bulletin

“The food you eat can either be the safest and most powerful form of medicine, or the slowest form of poison.” - **Ann Wigmore**

Support Group

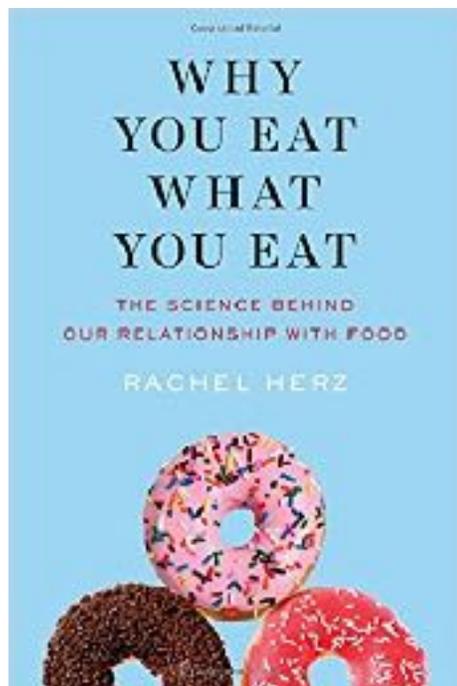
March Meeting

March Weight Loss Surgery Support group will be Monday March 12th at 6:30 pm. Support group is held in the Annenberg Center for Health Sciences at Eisenhower Medical Center in Rancho Mirage, CA.

Support group is open to all those who have had surgery or are thinking about weight loss surgery and their support persons.

This month's topic will be: Feeling Discouraged? Is the Weight Creeping Up?.

Feature



Featured Reading

Why You Eat What You Eat: The Science Behind Our Relationship with Food, by Rachel Herz, PhD discusses the surprising factors that influence our eating habits. She provides helpful tools for improving our eating experience and how to help curb cravings.

[On Amazon](#)



Featured Recipe

These oatmeal Banana bars from Unjury.com include Vanilla protein powder, bananas, peanut butter, oats, and water. They only take 25 minutes to bake. Each bar provides 110 calories, 9 grams of protein and 6 grams of sugar. These are great as a snack for the whole family.

[Get Recipe](#)



Featured Product

I don't sell this product, but it works so well for me I had to share! A delicious chewable treat you take 30-60 minutes before bed for improved sleep. Been using it 1 month and find I no longer wake up tired. If a miss a dose, I am tired and grumpy the next day. You need this!

[Check it Out](#)

March is National Nutrition Month and this year's focus is "Go Further With Food" to help encourage everyone to prepare meals in advance. You can prepare several meals on your day off so you have more time during the week. Simply reheat and enjoy the benefits of your planning. Develop a menu each week based off ingredients you already have at home. Then, create a grocery list and stick to it at the store. Follow the link below throughout the month for healthy articles, recipes, videos, and education on nutrition.

[Click Here](#)

Happy Eating,

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