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Dr. Bobby's Bariatric Bulletin

When one tugs at a single thing in nature, he finds it attached to the rest of the world.

- John Muir

Support Group

April Meeting

This month's Weight Loss Surgery Support group meeting is Monday April 9th at 6:30 pm. Support group meets in the Annenberg Center for Health Sciences at Eisenhower Health in Rancho Mirage. Our guest speaker for April will be Jason from Bariatric Advantage. He will be talking about different vitamins required after weight loss surgery and providing samples of products his company carries. Don't miss out on the chance for free SWAG!



Feature



Featured Book

Meatless: Transform the Way You Eat and Live—One Meal at a Time by Kristie Middleton is for those people trying to reduce their intake of meat and animal products. Less intake of animal product saves money, improves the environment, and improves health outcomes.

[Check out on Amazon](#)



Featured Recipe

'Tis the time of year for shamrock shakes, Yum! Don't waste the 800 calories and millions of grams of sugars. Make this one instead. Packed with protein and low sugar. Can use unflavored, vanilla, or chocolate protein powder. All you need is a little peppermint extract or mint leaves!!

[Get Recipe](#)



Featured Product

Antioxidants help reduce inflammation, maintain healthy cholesterol levels, maintain joint flexibility, and promote cardiovascular health. Nutrametrix OPC-3 provides antioxidants in a liquid form, that tastes like berries. Add it right into your Nutrametrix Multivitamin.

[Order Product](#)

Earth Day is in April. We can make everyday Earth day by turning off lights and unplugging our electronics while not in use. We can also conserve energy by choosing more vegetarian meals. Try practicing Meatless Mondays as a way to save money and make your carbon footprint smaller. Check out the link below for bariatric friendly vegetarian recipes.

[Vegetarian Recipes](#)