

Dr. Bobby's Bariatric Bulletin

"If you're tired of starting over, stop giving up"

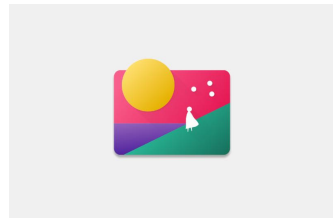
Support Group

May Support Group Meeting

Support group will be meeting Monday May 14th at 6:30 pm in the Annenberg Center for Health Sciences at Eisenhower Medical Center. This month we will be talking about shopping after surgery and doing a clothing exchange. If you have clothes that no longer fit, please wash them and bring them in. Others will be able to find something that may fit them, extra clothes will be donated.

Dietitian's Blog

Feature



App

The app "Fabulous: Motivate me!" is designed to help users develop healthy habits. Users can focus on areas such as healthy eating, exercise, and meditation. Set reminders to help yourself develop healthy long term habits.

[Check Out theApp](#)



Recipe

Want something different than a protein shake? Try protein fluff. This recipe includes red velvet cake mix, sugar free cool whip, sugar free pudding, and vanilla protein powder. Mix it up and eat it with a spoon. Yum!

[Get Recipe](#)



Product

People have been getting great results with Nutrametrix new product, Trim Tea. This is a great product to try if you've hit a weight stall. Some even noticed improved labs such as lowered cholesterol and better Hgb A1C levels.

[Check Out the Product](#)

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Sincerely,

Bobby Bhasker-Rao MD, FACS

Bariatric Surgeon

Lite Life Surgery