

NEW YEAR'S RESOLUTIONS..AGAIN

THE UNIVERSITY BARIATRICS PROGRAM NEWSLETTER



Welcome to our Winter 2024 newsletter. The main motif for this issue is how to handle the post-holidays period. You will also find some healthy recipe suggestions from our allied bariatric nutritionists. Finally, there are links for our free bariatric support meetings & other topics of interest. We hope you'll share this newsletter with others whom are either embarking on a surgical weight loss journey or are on the fence about it. Your feedback is always welcome.

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New Year, New You! Right?

Daniel Flaming MD, ABOM

<https://www.dignityhealth.org/ourdoctors/1649255498-daniel-flaming>

It's January, the month for resolutions! Weight loss is one of the top resolutions many people make for good reason: we feel better when we lose weight.

All the ads make it look so easy:

- Follow this diet
- Eat this new superfood
- Buy this supplement
- Do this weird trick...and the pounds will melt away, never to return.

Deep down we know it's too good to be true, but we desperately want it to be true. So, we try the new diet, superfood, supplement or weird trick, but we don't see the promised results. Discouragement sets in and we ask, "What's wrong with me, why can't I do this?"

It is not your fault! The truth is that weight loss is hard. For most of us, our bodies resist our efforts to lose weight. The more we lose, the harder our body works against us. Our appetite increases, our metabolism slows down and the pounds often come back. Keeping the weight off is even harder than losing it. That's the bad news.

The **good news** is that while weight loss is difficult, it is not impossible. With the right tools, you **can** have success losing weight. When you understand nutrition, the role of physical activity and have addressed your barriers to weight loss, you can lose weight and keep it off. Weight loss medications and bariatric surgery are another set of tools that can make a huge difference.

In the last couple of years, we have seen the introduction of medications like Ozempic, Wegovy, Mounjaro and now Zepbound which have greater weight loss than older weight loss medications. The older medications are still useful and can be used in combination with the newer ones. Additionally, medications and surgery can be combined for those that need them.

The number of tools available for treating obesity and our understanding of how to use them is growing rapidly! **If weight loss is on your list of New Year's Resolutions, contact us to discuss your options.** <https://www.universitybariatrics.com/service/nonsurgical-weight-loss>.

FRESH & FUN POST-HOLIDAY RECIPES FROM OUR BARIATRIC DIETITIANS

Slow Cooker Chicken and Kale Soup

Happy New Year to All! Wishing everyone a very healthy, happy and prosperous year. Along with the new year comes winter and what a better way to enjoy the cold weather than with a nice bowl of chicken soup. Please enjoy this hearty and healthy recipe made in the slow cooker with added turmeric for some anti-inflammatory benefits.

Yasmin Firouzman, RD (www.Nutritionook.com)

Ingredients:

- ½ can cannellini beans or use ½ pound dried cannellini beans. (Please soak overnight, rinse and drain before using)
- 6 cups unsalted chicken broth
- 1 large chopped yellow onion
- 1 cup sliced carrots
- 1 teaspoon finely chopped fresh rosemary
- 1/2 cup grated Parmesan
- 2 bone-in chicken breasts (Total of 2 pounds)
- 4 cups chopped kale, remove the stems.
- 1 tablespoon lemon juice
- 1 teaspoon kosher salt
- 1 teaspoon ground pepper
- 1 teaspoon turmeric
- ¼ cup flat-leaf parsley leaves

Directions:

1. In a 6-quart slow cooker add your beans, broth, onions, carrots, rosemary, raw chicken and seasonings. Cook on low for about 6-8 hours or until chicken and all vegetables are cooked.
2. 60 minutes before you are ready to eat remove the chicken from slow cooker. Shred and remove all bones. Then add chicken back to slow cooker and add your kale. Cover and cook for another 60 minutes.
3. Final touch: Add your lemon juice before serving and sprinkle your bowl with some Parmesan and parsley. Enjoy this high protein, anti inflammatory soup.

Minestrone Soup High Protein!

Alona Geller, MS RD (www.nutrition-heals.com)

Ingredients

- 1 medium onion, chopped
- 4 stalks celery, chopped
- 2 carrots, chopped
- 2-4 zucchini chopped
- 3 cloves garlic, chopped (or 1 tsp garlic powder)
- 1 cup green beans, diced or frozen
- 3 cups tomato sauce (no sugar added)
- 5 cups water
- 16 oz kidney bean, 1 can
- 1 cup high protein Banza pasta macaroni
- fresh basil, for serving

Instant Pot Instructions:

- Place everything in the Instant pot. Stir to combine all the ingredients.
- Add the lid and set the valve to the sealing position on the lid.
- Cook on high pressure for 1 minute.
- When it is finished allow it to naturally release for 10 minutes. Then move the valve on the lid from the sealing position to the venting position to finish releasing all the pressure from the Instant Pot.
- Remove the lid, stir and let cool.
- Add fresh basil when serving

Stove top Instructions:

- In a heavy bottom pot, water saute (using ~¼ cup of water to start) the onion, celery and carrots over low heat. Cook until carrots soften and onions become translucent. Add water if needed.
- Add the garlic and cook for an additional 2 minutes (or just add 1 tsp garlic powder instead)
- Add the green beans, sauce, and water, and bring to a boil
- Add the beans and macaroni and cook for about 9-10 minutes until the macaroni is al dente.
- Serve warm with basil and consider adding Nutritional Yeast for added protein and fiber as well as a cheesy flavor.

Annual bariatric patients' survey results: : [Here is the link to the survey: https://youtu.be/dTXPPKx4ow](https://youtu.be/dTXPPKx4ow)

Your feedback is always appreciated: <https://www.healthgrades.com/review/XLCJK?CID=18psiMMP0001>

Interested in attending bariatric support meetings? <https://www.surveymonkey.com/r/BARIATRICSUPPORTMEETING>

Know someone who is suffering from their LAPBAND or REALIZE Band? Revisional surgery after bands is 100%. Share this link with them so they'd know their options before complications happen:: <https://youtu.be/XkNZzgZ1As>