



Weight Loss Institute of Arizona

5 convenient locations to serve you:
1855 E Southern Ave--Tempe
4860 E. Baseline Rd --Mesa
9305 W Thomas Rd #480--Phoenix
6261 N La Cholla Blvd # 201--Tucson
16222 N. 59th Ave --Glendale

Phone: 480-829-6100
Fax: 480-446-9475

Office Hours:
Monday--Friday 8:30 am--5:00 pm
Saturday By Appointment Only
wliaz.com

Upcoming Support Group Meetings\*:

Support group meetings are a vital part of your weight loss journey--we do hope you can join us at one or more meeting!

Saturday, June 2nd - 12:30 pm
Tempe--1855 E Southern Ave
(also live online at facebook live)

We look forward to seeing you at a meeting!

\*Dates are subject to change. Please call the office to verify.

WLIA has a www.Pinterest.com page along with our Private Facebook Group

Pinterest is a social media website consisting of "pins" of interest that users post. Our patients are "pinning" their favorite recipes, workouts, health tips, etc there. Join the fun and start pinning things you love. To join us, email Mike Murphy at Mike@wliaz.com and ask to be added to the Private (no public allowed) page.

Coromega Fish Oil

Don't forget to pick up your fish oil while at WLIA! Comes in Tropical Orange and Coconut Flavors. No pills, and no "fish burp"!

Only \$20.00 each for a 1 month supply!. Available at every WLIA office! Free samples upon request



WLIA Bari-Times

A newsletter from the Weight Loss Institute of Arizona

May/June 2018

The Benefits of Probiotics After Weight Loss Surgery

By Michael Murphy, RD. Probiotics are a type of live microorganism that prevails in the digestive tract of humans. Probiotics are referred to as the "good bacteria" because they help keep illness causing bacteria under control, while aiding digestion. Studies are now suggesting that probiotics are beneficial to weight loss after bariatric surgery as well. (Stanford U. School of Medicine, 2009)

According to a study conducted by Stanford University School of Medicine, patients who consumed 2.4 billion lactobacilli probiotics daily following weight loss surgery or bariatric surgery lost more weight than those who didn't. The probiotics group lost 70 percent of their extra weight, improving their quality of life. On the other hand, the placebo group lost only 66 percent. Addition-

probiotics saw lower bad cholesterol numbers and higher good cholesterol levels. Improved fasting insulin levels were also noted.

Probiotics can be taken as a supplement or they can be found in a variety of foods, such as yogurt, some soy products, and miso. To receive the beneficial effects of probiotics foods, look for the term "live cultures" or "active cultures". Additionally, at least two billion bacteria colonies must be consumed each day to obtain an effective result.

Research also acknowledges that probiotics may help to prevent and treat a host of other conditions, such as diarrhea, irritable bowel syndrome, vaginal yeast infections, and eczema. Probiotics may also reduce the severity of both colds and the flu.

Have you ever wanted to be on Television?????

Once you have reached your goal weight (or gotten close to it) like Brianna in the picture who lost 155 pounds after having gastric sleeve surgery in January of 2017, we would love to have you join one of our surgeons or dietitians on Sonoran Living (Channel 15) or (Channel 3) to do a 4-5 minute segment where you get to brag about your success. If you are interested in appearing and you meet the criteria, let us know. You will be compensated for your time!



155 pounds after having gastric sleeve surgery in January of 2017, we would love to have you join one of our surgeons or dietitians on Sonoran Living (Channel 15) or (Channel 3) to do a 4-5 minute segment where you get to brag about your success and interested in appearing and you meet the criteria, let us know. You will be compensated for your time!

5 THINGS TO QUIT RIGHT NOW.

- 1. Trying to please everyone.
2. Fearing change.
3. Living in the past.
4. Putting yourself down.
5. Overthinking

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**Have you hit a slump in your weight loss journey? Try some of these tips to get you back in gear:**

1. Be brutally realistic about your present circumstances (e.g. eating out too often, not exercise at all). List out your current roles (e.g., mother, wife, coach, manager, etc). List out your current assets that may contribute to your weight loss goals (supportive family, financial stability, access to exercise equipment). The goal of this is to paint the clearest, most honest picture of where you are right now. Then start a plan to use your assets and roles in a better way to overcome some of your less than stellar habits.
2. Identify a “mirror friend”. Someone who will reflect the truth of your experience back to you. This is a friend who will listen and then help you see the situation you’re in for what it really is. Perhaps you can find one on our facebook page.
3. Buy a journal. You’ll keep walking in circles unless you document your experience.
4. Write “some beats none” on a Post-it note and place it on your everyday used items (computer, etc). When fear tells you that if you don’t have time to walk 2 miles today, then you shouldn’t bother walking 1 miles, remind it that “some beats none”.
5. Standing on the shoulders of a giant is one of the ways you can accelerate your journey down the road to awesome. Who in your life right now may be a giant? Someone who has already traveled down the same path you’re on and could share some advice with you?
6. Find an “anti-mentor”. Someone you never want to end up like. Write down what it is about their life that you fear will become true of yours. With that answer, what are some obvious steps you can take to ensure that doesn’t happen?
7. Sacrifice is an accelerant. Create a list of things you are willing to sacrifice in the pursuit of your weight loss goals. Later, when you didn’t get to go somewhere or do something b/c you were focused on the long-term goal, review this list. And remember why.

**Breakfast Green Drink**

Serves 1

- 1 cup unsweetened almond milk
- 1 scoop WLIA protein powder
- 1/2 cucumber
- 1 cup spinach

- 1/2 banana
  - 5-10 ice cubes
- Put everything into a blender and blend. Enjoy each morning if you like. It’s a great start to your day and easy to make.

Remember, DO NOT skip breakfast!!!!



**Patient Spotlight – Kirsten B.**

*Kirsten talks about how her decision to have surgery and how it has affected her life. (She’s a fan of Wonder Women as well)*



**Before: 290 lbs**

**Now: 210 lbs**

“My sleeve surgery changed my life in many ways. I have so much energy which in turn helps my drive to increase my health and meet my goal of life-long wellness.”

*“If you’re just starting your journey my best advice is to put in place the strategies that you’ll use to succeed!”*

*“Meal planning and prep are two things I rely on daily to ensure my success. Also Killin it at the gym!”*

*Congratulations Kirsten! With your focus and hard work, we know you’ll achieve your goal!*

**Asian Chicken Meatballs!**

**For Meatballs**

- 1 lb ground chicken
- 4 green onions, chopped
- ¼ cup chopped cilantro
- 1 tbsp fish sauce
- 1 tbsp red curry paste
- 1 cup breadcrumbs
- 1 egg
- salt and pepper to taste

**For Peanut Sauce**

- 1 tbsp sesame oil
- 1 can (398 ml) coconut milk
- 1 tbsp red curry paste
- 2 tbsp peanut butter
- salt and pepper to taste
- 1 tbsp brown sugar
- pinch of chili flakes

1. Preheat oven to 375 F degrees. Place parchment paper over a baking sheet.
2. In a medium bowl mix all the ingredients for the meatballs together well. Form the meatballs into small 1 inch balls. Place meatballs on prepared baking sheet and bake for about 30 minutes or until done.
3. In the mean time you can make the sauce. Heat the oil in a medium sauce pan or skillet. Add the red curry paste and cook for a couple minutes. Add the remaining ingredients, stir and cook for about 5 minutes.
4. Add meatballs to sauce and toss so that the meatballs are fully coated. Garnish with parsley or cilantro.

