



Weight Loss Institute of Arizona

6 convenient locations to serve you:
4860 E. Baseline Rd —Mesa/Gilbert
1855 E Southern Ave—Tempe
8575 E Princess Drive #215—Scottsdale
9305 W Thomas Rd #480—Phoenix
16222 N. 59th Ave #D180—Glendale

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

Office Hours:
Monday—Friday 8:30 am—5 :00 pm

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!

March and April meeting(s) to be announced, we will be having support groups on different days/times/ locations to accommodate more people. Check our Facebook page or call the office to inquire about the exact date and time.

We look forward to seeing you at a meeting!

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



Join our private Facebook page to stay up to date on our support group meetings, nutrition news, monthly challenges and to be in contact with our other patients!

On Facebook search: mike@wliaz or katy@wliaz.com,

Our Brand New Protein Powders are in! 30 servings per container for \$36.00. Flavors are Cookies and Cream and Dutch Chocolate. Both flavors are receiving thumbs up from patients who have tried them for taste and consistency. We have formulated the Whey Isolate ourselves with added fiber, b12, and Probiotics. This is a formulation you will not find anywhere else.



WLIA BARI-TIMES

A newsletter from the Weight Loss Institute of Arizona

March/April 2016

Rawhide Event is over and we raised over \$10,000 For Kid Zone, our Childhood Obesity Prevention Charity, thanks to our Great WLIA Patients!

On Friday and Saturday, Feb 12th and 13th, we had 100 patients walk 1 mile each and raise \$ 100.00 per mile, totaling 100 miles and \$10,000 for charity at Rawhide Western Town in Chandler. We had activities during the 24 hour straight relay including Lyndsey Fry, a Silver Medalist in the Sochi Olympics, healthy cooking classes, Scott Keppel speaking on exercise motivation, and much more. All of these talks are posted on our YouTube page (search Mike Murphy dietitian) for viewing. We gave away over \$2500.00 in prizes to many of those who came out to walk and participate.

We truly want to thank those who came and donated for helping us make this such a great event, our first time doing anything like this. If you couldn't make it or are new to WLIA, stay tuned for next year as we hope to do it again!



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Facts about Protein

Research has consistently recognized the power of protein as a key tool in the weight loss toolbox. First, protein is a pretty complex structure compared to carbs, so it can take your body a little more time to break it down. The result is that you feel fuller for longer which of course creates a perfect environment for reducing overall calorie intake without the hangry snack attacks. It also is smart to consume some protein with your faster digesting carbohydrate foods because it can help slow down the unpleasant energy spike and eventual carb crash. If you've ever tried any kind of weight loss diet, you can probably identify with the importance of satiety, so this point is key with any bariatric surgery.

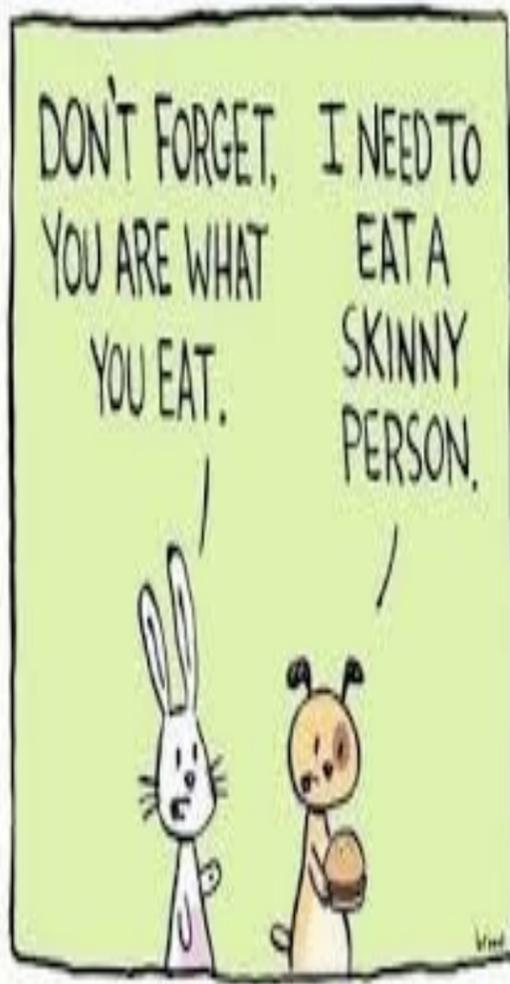
Second, protein may have an important role in metabolism, both thanks to thermogenesis and muscle support. Thermogenesis or the thermic effect of food is the amount of energy (aka. calories) required to digest, absorb, transport, metabolize and store the nutrients in food. There's actually [convincing evidence](#) that protein requires more energy to break down than other macronutrients like carbs and fat. In other words, you may actually burn some calories from eating!

The other key to the metabolism puzzle is protein's role in supporting muscle growth. Your muscles are made of protein, and muscle is more metabolically active than fat, meaning you'll burn more calories at rest simply by having more muscle mass. But before you start downing the protein shakes thinking it will help you reclaim the metabolism of your youth, keep in mind that you still need to do the work. Building metabolism-boosting muscles come from hours in the gym, supported by adequate protein. Sitting on the couch eating jerky isn't going to get you the goods.

Whether you're a recreational "weekend warrior", are training hard for a marathon or competition, or participate regularly in a sport, it's important to make sure you're getting enough protein and calories to meet your body's needs.

Regardless of your age or gender, fueling your activity with adequate protein and calories is the key to getting the most out of your workout. Having a protein rich snack or meal within 30 minutes of your activity will help your body take full advantage of your workout by preventing muscle breakdown and promoting muscle growth.

In closing, aim for 10-15 grams of protein each time you eat. And eat most of those grams **FIRST!** Do not "fill up" on the carbs or fats on your plate. Protein first, then see if you have room for any more food. Chew well and wait one minute after swallowing a bite to take the next bite.



GeniusQuotes.net

WLIA Patient Spotlight! Michelle S.



Michelle had Sleeve surgery in June of 2015 and lost 70 pounds so far! Her goal is to lose about 20 more. She states she is able to exercise much better and be more active and loves taking spinning classes. Congrats to Michelle, another successful WLIA patient!

Directions

Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.

Break the cauliflower into florets and pulse in a food processor until fine. Steam in a steamer basket and drain well. (I like to put it on a towel to get all the moisture out.) Let cool.

In a bowl, combine the cauliflower with the mozzarella, Parmesan, oregano, salt, garlic powder and eggs. Transfer to the center of the baking sheet and spread into a circle, resembling a pizza crust. Bake for 20 minutes.

Add desired toppings and bake an additional 10 minutes.

Ingredients:

1 head cauliflower, stalk removed
 1/2 cup shredded mozzarella
 1/4 cup grated parmesan
 1/2 teaspoon dried oregano
 1/2 teaspoon kosher salt
 1/4 teaspoon garlic powder
 2 eggs, lightly beaten

Cauliflower Crust Pizza!



Recipe Courtesy of [foodnetwork.com](#)