



KENTUCKY BARIATRIC INSTITUTE

JANUARY 2024 NEWSLETTER

Message from Dr. Smith



As we are preparing to take on this brand-new year, something that crosses my mind more often than I'd like is the possibility for adversity. While we would all hope each new year will be our best yet, I'm sure many of us have experienced that this is not always the case. I don't bring this up to be

a "downer" but to offer some realistic advice. One of the most helpful ways to overcome adversity is to be prepared, and being prepared requires acknowledging that things may not go the way we hope.

When things begin to go south, stay disciplined. It can be easy to let discouragement run rampant, and it may make simple things in your daily routine seem mindless and worthless. However, what you'll find if you maintain these simple habits, is a sense of normalcy and effortlessness. Rely on the repetitiveness of prepping your meals or going for your scheduled walk to remind you that adversity will not overcome your progress.

In the face of adversity, there is still opportunity. One opportunity that I will guarantee is available to you through any trial, is the chance to feel the sense of pride and success when you realize you are on the other side and that adversity did not defeat you.

Don't be afraid to lean on us if you find yourself facing challenges that are influencing your health. We have a wide variety of care to offer you, from routine follow up to diet education to psychiatric care. We are here to help you maintain that discipline and achieve your goals in any way we can.

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Supplement Spotlight Series

There is no question that proper nutrition and physical activity are the key components of achieving and maintaining a healthy weight. However, for many people who are working to make these lifestyle changes, any extra assistance towards their goal is welcomed. One popular form of that "extra assistance" is dietary supplements.

Read along over the coming months as we cover some popular supplements that may or may not provide health benefits but either way can stir a lot of controversy and questions. We will break down what you need to know and offer guidance on choosing your supplements.

Part 1: Turmeric

What is Turmeric?

Turmeric is a root with a brown skin and orange-yellow flesh that is often found by consumers in its root form or as a dried yellow powder in the spice aisle. It is used for its delectable scent and subtle spice in many Indian cuisines. It is known for its medicinal properties and its effectiveness has recently become a debated topic amongst weight loss professionals.

Turmeric and Weight Loss

Of all the active compounds found in turmeric, it is best known for containing curcumin. Curcumin has been hypothesized to aid in weight reduction primarily through its anti-inflammatory properties. Unfortunately, in terms of real evidence backed science, studies performed on curcumin's effectiveness for weight loss are limited, short-term, and include very small populations sizes. They also lack control of overall diet, physical activity, and other genetic and lifestyle factors.

While it is unclear whether the curcumin in turmeric truly stimulates weight loss, there is widely accepted evidence that it does reduce inflammation¹. Reducing inflammation does not instantaneously lead to weight loss but it can make a person's efforts at lifestyle change more effective and sustainable.

As a person develops obesity, they often experience an increase in adipose tissue. Adipose tissue is known to secrete hormones that control glucose metabolism and appetite. When there is too much adipose tissue in the body, and these hormones are produced in irregular amounts, it not only increases the risk of insulin resistance and dysregulates appetite, but also leads to chronic inflammation. The longer inflammation is present in the body, the greater the risk that person has of developing autoimmune and other chronic diseases. Over time, as these hormones are over or under produced, the body stops responding to them correctly. If the body is not appropriately able to metabolize glucose or is receiving an overdose of an appetite stimulating hormone, this can make weight loss even more difficult.

Supplement Spotlight Series

It is thought that by the curcumin in turmeric acting to decrease inflammation it can also prevent or counteract the hormonal changes associated with increased adipose tissues which may reduce the chances of developing insulin resistance and help a person maintain proper appetite control.

How to use turmeric

Despite having proved that turmeric reduces the presence of inflammation, what remains unknown is an exact dosage or formula that is best used to achieve these results. For now, it is suggested to include turmeric in your routine meals as a seasoning. Some ideas include adding turmeric over stir-fried veggies, in soups or sauces, or use to season meats.

We do know that absorption of curcumin is optimized in the presence of piperine (found in black pepper) as well as with heart-healthy unsaturated fats. Unsaturated fats can be identified as fats that are in a liquid state when at room temperature such as olive oil, canola oil, or avocado oil.

If you are considering taking turmeric as a concentrated supplement (greater than 1.5 grams daily), it is best to consult your health care provider. While turmeric is generally safe to include when cooking, large, concentrated doses may interact with medications including those used as blood thinners, hormones, diabetes, and cancer treatments.



Image from: Turmeric: 6 Benefits, Nutrition and Safety Info - eMediHealth

Resources:

1. Cpt, E. S. M. R. (2022, March 11). Does turmeric help with weight loss? Verywell Fit. <https://www.verywellfit.com/does-turmeric-help-with-weight-loss-5190506>
2. TURMERIC: Overview, uses, side effects, precautions, interactions, dosing and reviews. (n.d.). <https://www.webmd.com/vitamins/ai/ingredientmono-662/turmeric/>
3. Krebs-Holm, L. (2022, May 2). Turmeric: nutrition and benefits. eMediHealth. <https://www.emedihealth.com/nutrition/turmeric-health-benefits>

Turmeric Recipes

Easy Turmeric Tea

From: downshiftology.com/recipes/turmeric-tea/

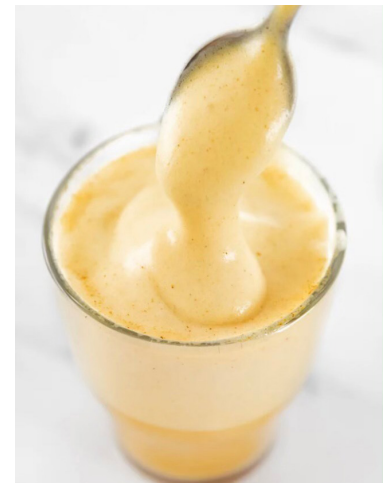
Blend together: 2 cups water, 2 tbsp lemon juice, ½ tsp ground turmeric, pinch of black pepper, and 2 tsp honey



Turmeric Latte

From: [Turmeric Latte - Simple Vegan Blog](#)

Blend together: 2 cups unsweetened plant-based milk (soy, almond, etc), 1 tsp turmeric powder, ½ tsp ground cinnamon, 2 tbsp agave syrup



Turmeric Paste

From: [How To Make Turmeric Paste - Foolproof Living](#)

Combine ½ cup ground turmeric, 1 tbsp ground cinnamon, 1 tsp fresh ginger, 1 tsp black pepper, ¼ cup coconut oil, 1 cup water, 1 tbsp honey into a small cause pan over medium heat and whisk until well combined. Paste should form when coconut oil is fully melted. Store in jar with sealed lid.



Recipe

Stuffed Mini Sweet Peppers

Adapted from: Italian Sausage Stuffed Mini Peppers - My Sequined Life

Makes: 8 servings

Ingredients:

For the peppers:

- 8 ounces mini sweet peppers
- Olive oil for drizzling
- Salt and pepper for seasoning peppers

For the filling:

- 8 ounces Italian sausage
- 1 Tablespoon olive oil
- Half of an onion, diced small
- 5 cloves garlic minced or pressed
- 4 ounces cream cheese low-fat
- 2 ounces shredded cheese (about 2/3 cup)
- 1 Tablespoon finely chopped fresh parsley
- 5 fresh basil leaves finely chopped
- ¼ teaspoon crushed red pepper or to taste



Nutrition:

Calories: 175kcal | Carbs: 11.3g | Protein: 8g
| Fat: 11.2g | Saturated Fat: 4g | Cholesterol:
29mg | Sodium: 267mg | Potassium: 234mg
| Fiber 1.8g | Sugar: 7.7g | Calcium: 54mg |
Iron: 1mg

Instructions:

1. Heat the oven to 400°F. Slice each mini sweet pepper in half lengthwise, scoop out the pith and seeds and discard. Place each pepper half on a sheet pan with the cut-side up.
2. Once all of the peppers are on the pan, lightly drizzle them with olive oil and season with salt and pepper. Bake for 7 minutes to slightly soften them up, then set aside. Lower the oven temperature to 350°F.
3. Add Italian sausage to a pan set over medium heat, breaking it into small crumbles as it cooks. Once fully cooked (no longer pink), transfer sausage crumbles to a paper-towel lined plate to cool.
4. Add 1 Tablespoon of olive oil to the pan and set it over medium/low heat. Once heated add diced onion and cook for 5-6 minutes, then add garlic. Cook, stirring occasionally, until the onions are golden and tender. Remove the pan from the heat.
5. In a medium mixing bowl, add cooked and crumbled sausage, sauteed onion and garlic mixture, cream cheese, 1 ounce (about 1/3 cup) of the shredded cheese, parsley, basil, and crushed red pepper. Stir well to break up the cream cheese until all ingredients in the filling mixture are evenly combined.
6. If you find excess liquid has pooled in the peppers as they've cooled, you may wish to blot it before stuffing them so the filling doesn't slide around. Stuff each pepper half with the filling, pressing it into the peppers well. Top evenly with the remaining shredded cheese.
7. Bake at 350°F for 8-10 minutes, or until the cheese has melted and the stuffed mini peppers are heated well throughout. Serve warm.

Support Group Reminder



January Support Group

Featuring

Sarah Hayek, MD

Expectations and Goals for Ourselves

6-7 PM TUESDAY, JANUARY 23TH

**JOIN US AS OUR NEW SURGEON, SARAH HAYEK, MD TALKS
ABOUT BEING REALISTIC WITH EXPECTATIONS OF
OURSELVES AND DISCUSS GOAL SETTING!**

in person at

1002 LEXINGTON RD. STE. 25B
GEORGETOWN, KY 40324

or

watch and ask questions

VIA Zoom at <https://zoom.us/j/8825410775>

RSVP TO

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