



Bariatric Newsletter

Spotlight on Success

Arnold Gonzalez

As far as I can remember, obesity has affected my life. As a child I was bullied in school. Most kids would call me names as they would see me in the hallway. I was also bullied by my family. People would look at me like I was no one, or at least that's how I felt. When they would call me names I would laugh with them, but I was dying inside. I decided to stay away from people and food became my best friend. I would just eat and cry. At 340 pounds, I was ready to give up on every-thing. I tried many diets, but nothing worked. I would lose, then gain my weight back. Obesity was killing me so I decided to make a change in my life.

On October 27, 2014 my weight loss journey started. I had a sleeve gastrectomy. Once I started losing weight I felt so much better. Now, I weigh 177 pounds and I feel that I came back to life. I can now do things I couldn't do before surgery. I feel like a new person and I love my new life!

www.rgvweightloss.com



Arnold Gonzalez
Actual Patient
Lost over 146 pounds.



UPCOMING EVENTS

Walk with a Doc

*First Thursday of the month
at 5:30 pm*

Resistance Training

Tuesday & Thursday at 5:30 pm

EmpowerMent Now

October 3rd at 6:00 pm

N.E.W. M.E. Support Group

October 10th at 6:00 pm

FREE Informational Seminars

Held monthly and online.

For more information, call (956) 362-5673 or visit us at www.rgvweightloss.com for all of our current events.

COOKING CORNER

Spicy Grilled Shrimp Kebobs

Ingredients

- | | | |
|-----------------------|------------------------|---------------------------|
| 20 Raw, Peeled Shrimp | 3 Cloves Minced Garlic | 1 tsp Smoked Paprika |
| 4 tbsp Olive Oil | 1 tbsp Ground Cumin | 1 tsp Cayenne Pepper |
| 1 tbsp Lemon Juice | 1 tsp Ground Ginger | 1 pinch Red Pepper Flakes |

Instructions

1. If shrimp are frozen, thaw under refrigeration before using.
2. Place shrimp in a large sealable bag or baking dish.
3. Combine olive oil, lemon juice, and spices in a bowl and mix until well blended.
4. Pour mixture over shrimp and allow to marinate for at least 30 minutes.
5. After marinating, thread shrimp onto skewers and allow grill to get hot.
6. Once hot, place shrimp skewers on grill for about 2 minutes on each side (until shrimp turn pink).
7. Remove from heat and serve.