



Gratitude, Growth & Getting Ready for a Healthy Holiday Season

Your Journey Matters: Holiday Support From the OSBC Team

Dear OSBC Family,

As we step into November, our hearts at Oxford Surgical & Bariatric Clinic are full. This season reminds us of the importance of gratitude- and we are truly grateful for every patient who trusts us with their health, hope, and healing. Whether you're preparing for surgery, navigating your post-op journey, or maintaining long-term success, you are part of a community that cares about you deeply.

The holiday months can bring excitement....and challenges. That's why our team is here with compassionate guidance, practical tools and encouragement to keep you moving towards your goals- without feeling deprived or discouraged.



Inside this Month's Newsletter:

Holiday Eating Guide- Simple, bariatric friendly tips to enjoy the season mindfully

Start with Protein First- Protein keeps you full longer and helps prevent grazing. At holiday meals, begin with turkey, chicken, seafood, eggs or a protein-based appetizer before trying anything else.

Use the "Two Tablespoon Rule" for Sides- Enjoy holiday favorites without overdoing it. Choose 2-3 sides and keep portions to about two tablespoons each. This lets you taste everything without discomfort or regret.

Sip Smart- AVOID Drinking with Meals- Remember the bariatric guideline: NO drinking 30 minutes before or after meals. This helps prevent stretching the pouch and keeps you from feeling overly full or nauseated.

Bring a Bariatric Friendly Dish- If you're attending a gathering, bring a dish you know works for you- such as high-protein chili, greek yogurt dips, deviled eggs, or soft protein casseroles. It ensures there is always a safe option.

Slow Down & Savor Your Bites- Holiday meals are about connection, not speed. Take small bites, chew thoroughly, and pause between each one. Slowing down helps prevent overeating and lets you enjoy the moment.

For More Support This Holiday Season



At OSBC, our mission is more than surgery- it's lifelong support. This season is the perfect reminder of what makes our clinic unique: compassion, accountability, personalized care and a belief that long-term success comes from helping our patients thrive long after the procedure.

This holiday season, many families across the nation are facing real challenges. Rising food costs, supply shortages, and economic stress have made access to healthy, nourishing foods more difficult than ever. OSBC recognizes that these struggles can feel especially overwhelming for individuals trying to follow bariatric guidelines or maintain a healthy eating routine.

We want our patients to know: **YOU ARE NOT ALONE**, and there are resources in our community to help.

If you or someone you know is facing food insecurity this season, there are trusted, local resources that provide free or low-cost groceries, hot meals and support:

Local Food Pantries & Churches
Community Meal Programs
SNAP & WIC Assistance
School & Youth Meal Programs
County or City Resource Centers

If you need help locating resources, our team can guide you confidentially and without judgement. Supporting your health goes beyond surgery- it includes access to the nourishment you need.