Transform

The Transformer

Weightloss Edition

Its Our First Newsletter of 2022!

Tips For Living Your Best & Healthiest Life



Peter Billing, MD, FACS

Dr. Peter Billing is the founder of Transform Weight Loss, LLC. He finished his surgical training at the Mayo Clinic, Rochester, MN in 2000. In 2008 in Edmonds, WA, Dr. Billing performed the first worldwide sleeve gastrectomy in their ambulatory surgery center (ASC). Since then, he has done thousands of ASC bariatric procedures. He has authored several peer-reviewed clinical studies on the safety of same day case sleeve gastrectomy. He is a national and international speaker and most recently spoke in Oxford, England at the Bariatric Obesity & Metabolic Surgery Society meeting, July 2021. He is also a consultant for Medtronic and Ethicon regarding ambulatory bariatric surgery. He has been an innovator in bariatric surgery and has several firsts to his credit in bariatric surgery. Transform Weight Loss, LLC was founded by Dr. Peter Billing in 2018 to offer clients tools, along with a friendly, experienced team to help people lose weight and live their transformed life.

Factors That Influence Weight Management:

- Consistent Meals
- Adequate Nutrients
- Healthy Relationship Towards Food
- Manage Stress Effectively
- Incorporate Movement Daily



Teriyaki Salmon with Marinated Cucumbers and Cauliflower Rice

This recipe was recently shared at our January support group. It is a great option that is loaded with veggies!

1. Combine cucumbers, soy sauce, rice vinegar, sesame oil, monk fruit sugar, garlic, and crushed chili flakes. Let sit for at least 10 minutes to marinate.
2. Combine all ingredients for teriyaki sauce. Whisk until mixture is homogenous. Bring to a boil and continue to whisk until thickened. Remove from heat.
3. Pat dry the salmon and season with salt and pepper. Heat oil in a pan and sear on both sides until salmon is crispy on both sides. Alternatively, preheat oven to 350°F and cook about 7-10 minutes. Remove salmon from pan and add cauliflower rice to the same pan. Cook until warmed.

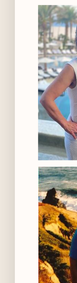
4 ounces salmon
1 tablespoon avocado oil or high heat oil
1 teaspoon black or white sesame seeds
1 cup cauliflower rice

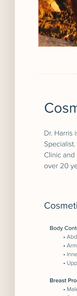
Cucumber Salad
Makes 1 serving
3 Persian cucumbers, thinly sliced
1 tablespoon low-sodium soy sauce
2 tablespoons rice vinegar
1 teaspoon sesame oil
1 teaspoon of Lakanto® monk fruit sugar
1 clove garlic, minced
1 teaspoon crushed chili flakes

Teriyaki Sauce
Makes 4 servings
1 cup low-sodium soy sauce
1 cup Lakanto® monk fruit sugar
2 cloves garlic, grated
1 teaspoon ginger, grated
1 cup water

Benefits of Chocolate

- Chocolate is made by extracting the bean from the cocoa pod. The bean is fermented, dried and roasted. Then the shell is removed from the nibs, which are ground into a liquid, where it is finally made into chocolate.
- Dark chocolate is a source of iron, copper, magnesium, zinc, phosphorus and flavanols.
- Dark chocolate is high in flavanols, which are compounds that lower blood pressure and increase insulin sensitivity.





Patient Spotlight: Lisa Billing

Year of Surgery: *February 2009*

Why did you decide to have surgery?

I was stuck with no options left or hope of ever getting rid of my extra 60 lbs.

What are your some of your daily habits since having surgery?

Gratitude for my health. I am never without my water bottle. I also have numerous small healthy snacks with me at all times.

What has been the biggest surprise since having surgery?

I no longer crave or even want sweet treats and it is not about willpower and just saying no. I now have the ability to hear my body tell me what it needs for nutrition. Over the years my taste buds have changed. I now choose protein for snacks (nuts and cheese), lots of veggies, and just water to drink. I do have an occasional sweet and still like to bake, but a small bite will satisfy. There is no desire to indulge as I know sugar will make me feel sick.

What would you tell someone considering weight loss surgery?

I would ask you to consider what you think your life will look like in 10 years. You cannot change getting older, but you do have the opportunity to feel younger when you take care of your health. I am happier and healthier at 55 then I was at 40.

Cosmetic Surgery at Transform

Dr. Harris is a Bariatric, Cosmetic and Reconstructive Surgery Specialist. After completing his surgical residency at the Mayo Clinic and beginning his practice in the Southwest, he's spent over 20 years here in the Pacific Northwest.



Cosmetic Services Offered:

Body Contouring (Liposuction)
- Abdomen & waist
- Arms
- Inner/outer thigh
- Upper and lower back

Breast Procedures
- Male Chest Reduction
- Breast Procedures
- Breast Lift
- Breast Augmentation

Fat Transfer
- Buttocks with low back/waist liposuction (Brazilian Butt Lift)
- Face

Excess Skin Removal
- Tummy Tuck
- Panniculectomy
- Brachioplasty
- Thighplasty
- Fleur de lis abdominoplasty

Cosmetic Injectables
- Botox
- Dermal Fillers

In Office Biopsies of Skin Abnormalities

Community

Community Group Meetings



Every other month, Transform is offering meetings for all patients to attend virtually. The meetings will feature a specific wellness topic and discussion led by the providers. In November 2021, we launched our first meeting "10 Tips for Success During the Holidays". In January 2022, the topic was "A Layered Approach to Weight Loss" and featured a discussion by Dr. Billing on metabolic syndrome. The meetings also include a cooking demonstration led by Kelly, one of our dietitians. Past demonstrations have included an Autumnal Salad and Teriyaki Salmon. The community groups are a great way to gain knowledge and support wherever you are in your weight loss journey. The next community group will be held on March 8th, 2022, at 6:30 PM. We will be discussing the importance of follow-up appointments at this meeting. A zoom link will be sent out once we get closer to the date.

Community Activities

Every other month when there isn't a community group meeting, there will be a community activity. The activity will feature in-person outings within the Seattle area. The event will be educational and focus on overall wellness. Outings this year will include botanical gardens, picnics, fall walks and even a ropes course. The next community activity will be at the Theo Chocolate Factory. Details below.

Theo Factory Experience

WHEN: Saturday February 19th @ 11am – 12pm

WHAT: During this hour-long interactive experience, you'll discover the origins of cacao, see how Theo crafts our chocolate from scratch in Seattle, and learn about the close partnerships we've cultivated with the farmers we source from. Plus, you'll get an inside view of our factory to see where the magic happens. What chocolate experience would be complete without tasting? During your visit, you'll try a wide range of treats, from their nationwide bestsellers to hand-crafted confections.

WHERE: Theo Chocolate Factory 3400 Phinney Ave N Seattle WA 98103

WHO: 12 Available spots for Transform patients (First come, first serve)

COST: $15 per individual

RSVP: Call our office @ 425-305-5182 with payment to RSVP BY FRIDAY FEBRUARY 18th

Ask how to join the private Facebook Transform Community Group.

COVID VACCINE CARD OR NEGATIVE COVID TEST DATED NO MORE THAN 48 HOURS PRIOR TO TOUR IS REQUIRED UPON ENTRY

NO CHILDREN UNDER THE AGE OF 5

The Transform office will be participating in the Seattle Cherry Blossom Run, 5K

Saturday, March 26th, 2022

We would love to have other Transform members join us for this exciting day. You may join in-person or virtually. Once you sign up, look for our group:

Group Name: The Transformers | Password: TWL2022

More info can be found at Seattle Cherry Blossom Run (racetheBloom.com)

Transform weight loss

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