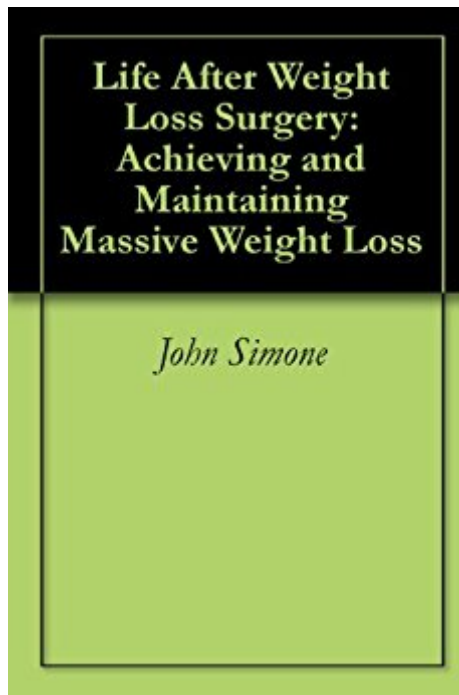


The book was found

Life After Weight Loss Surgery: Achieving And Maintaining Massive Weight Loss



Synopsis

Life After Weight Loss Surgery describes what life is really like after bariatric surgery. An overview provides information, benefits and disadvantages about different surgical procedures. Other topics include diet, lifestyle and relationship changes, exercise and support groups, plastic surgery, short and long term complications and surgical risks, food addictions, co-morbid conditions, nutritional deficiencies, selecting supplements, and pregnancy and sex after bariatric surgery. This book will enable a weight loss surgery patient to adjust to a new lifestyle and to thrive.

Book Information

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Weight Loss

Customer Reviews

After trying every diet and weight-loss plan on the market, you are now considering weight loss surgery. This book looks at the things you need to know ahead of time.If you need to lose only a few pounds, forget weight loss (bariatric) surgery. It is only for those who are morbidly obese. Find a doctor who specializes in bariatric surgery, not your regular family doctor. The book looks at the

different types of bariatric operations; most are not reversible. A common misconception is that, after surgery, you will be able to eat as much as you want of whatever you want, and still lose weight, and that you will eventually look like you did in high school, or before having your first child. The size of your stomach has just been greatly reduced, so the quantity of food you can eat at any one time is also greatly reduced. You may be able to reach your high school or pre-child weight, but Mother Nature has ways of letting you know that those days are gone forever. You may become intolerant to food that you enjoyed pre-surgery. Digestion problems, along with sudden eating disorders, are very possible, so regular check-ups with your bariatric doctor are essential. With the greatly reduced amount of food you are eating, you may not be getting enough vitamins and minerals each day. Your bariatric doctor will then prescribe nutrition supplements to be taken daily for the rest of your life. It's stupid to go through weight loss surgery, and then end up back in the hospital with, for instance, a vitamin deficiency, because you didn't feel like taking your supplements. Exercise is also required after surgery. Some people can join a health club, while others would rather exercise with a personal trainer. Make sure they know about your surgery.

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