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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Approaches to the treatment of obesity and A Free Weight Loss Formula**

**By sd sharma**

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The general approach for treatment of obesity is to suggest a low calorie diet and increased physical activity. There are many weight loss programmes in the market. Some over-the-counter wellness products are also very popular these days as they claim to produce the results fast. But many of these products are not researched properly and medical community has expressed doubts about their effectiveness in long term.

Many weight loss programmes are based on low carbohydrate diet although its long term effect is not very much different than that of low calorie carbohydrate rich diet, according to a recent research. Low carbohydrate diet produces ketosis which causes low cholesterol levels and reduced body weight. However, there are differences of opinion in medical community as to whether the low carb diet is safe in long run.

Other systems of medicine like Ayurveda and Homeopathy also have their own approach for treatment of obesity. According to Ayurveda, obesity is recognized as a disease called "Medoroga". Meda means fat and it is one of the seven Dhatu's that are sequentially produced from food in the human body. Obesity is considered as a nutritional disorder mainly produced due to sedentary life style. Ayurveda puts more emphasis on prevention of the disease and adopting a healthy life style. The medicines for the treatment of obesity contain the substance known as Guggulu which is responsible for reducing weight. Ayurveda uses natural products in the preparation of medicines and these medicines are generally safer than chemical based medicines and drugs. Also, the Ayurvedic medicines have a long history of use and hence, are more reliable.

Homeopathy has its own approach. It treats the patient, not the disease. It takes into account the constitution of a person for treatment of diseases. The constitution is the physical, emotional and intellectual make up of the person. Hence there are no ready made prescriptions for obesity which can produce uniform results. The patient should have enough patience to take Homeopathic medication otherwise no significant results can be produced.

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Another approach that can help in curing obesity is that of Yoga. Yoga advocates a healthy life style with its specific techniques to clean the body from toxins and improve emotional and intellectual balance. It covers a broad spectrum of life. Besides physical aspects, it also covers emotional, intellectual and spiritual aspects of life which are mostly ignored by modern science when treating a patient. Certain types of pranayama (breathing techniques) greatly help in the cure of obesity. Meditation can reduce mental stress which is also a cause for tendency of over-eating.

A person should be kept motivated and focused on the goals in order to implement a particular weight loss programme. Hence behavioral therapy is also popular these days which suggests to set specific goals and have a reward other than food for achieving those goals. Regular recording of weight and activities is also important to track the progress.

An integrated approach is required which can address the issue more appropriately. A good weight

loss plan should be based on a synthesis of different approaches for treatment of obesity. A weight loss formula is available at <http://www.free-weight-loss-formula.com> that incorporates the following steps:

Step1 – A Meditation technique to eliminate mental causes of obesity

Step2 – A simple but powerful fat burning exercise

Step3 – Pranayam (breathing techniques)

step4 – Balanced diet

It provides a step by step method which anyone can follow to reduce weight and get a perfect body shape. It incorporates the traditional wisdom about healthy life style. It is based on an integrated approach which addresses multiple causes of obesity. You are not required to purchase any expensive wellness product to implement it. In this way, you save money which you would otherwise have to spend on the treatment of obesity related problems.

This article can be reprinted freely provided it is published in its entirety.

For more information, visit author's website at <http://www.free-weight-loss-formula.com>

### **Gastric Bypass – Solution To Weight Loss?**

**By Alfred J.James**

The most common surgery for obesity is gastric bypass. The gastric bypass results in an effective resolution of major illnesses that accompany obesity. Most gastric bypass surgery candidates have already tried more conventional diet and exercise plans with little success. With few options, doctors and patients are increasingly turning to gastric bypass surgery as a lifesaver and often as a last resort.

Laparoscopic gastric bypass surgery is a treatment for obesity. Obesity risks add to complications of gastric bypass. Today, gastric bypass surgery is being marketed and promoted to obese patients as a

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panacea for obesity. According to the report, "Gastric bypass is now established as an effective and safe therapy for morbid obesity and its associated health problems.

Research investigators followed 20 women who underwent gastric bypass for treatment of morbid obesity to compare the safety and effectiveness of RNY and MGB in the treatment of morbid obesity. It was found that Laparoscopic gastric bypass is simple, effective and safe.

Patients who have a BMI over 50 tend to lose about 50 percent of their excess weight with a gastric bypass. With the gastric bypass, patients with a BMI under 50 seem to lose 70 percent of their excess weight or more.

Undergoing a gastric bypass requires patients to commit to a new lifestyle. The amount of calories and nutrients absorbed by the body are significantly decreased after gastric bypass surgery.

People who have gastric bypass operations usually lose two-thirds of their excess weight within two years after the operation. It is no miracle that patients of the gastric bypass lose weight rapidly.

However, weight reduction surgery known as gastric bypass is merely the first step. After a gastric bypass, it is recommended that you follow a certain diet in order to maintain proper weight balance and nutrient intake. The gastric bypass diet helps you maintain good nutrition while losing weight. People who regain weight after gastric bypass surgery usually are consuming too many high-calorie foods and beverages and do not exercise enough. About 1 in 20 people who have gastric bypasses fail to lose sufficient weight or regain weight and the operation has to be repeated.

Kyle Potts is a general surgeon who specialize in performing Roux-en-Y gastric bypass surgery for people with severe obesity. He performs laparoscopic obesity surgery since 1994 and is experienced in gastric banding, gastric bypass, intragastric stimulation and intragastric balloon procedures. He specializes in laparoscopic redo surgery where he converts failed previous obesity surgery to gastric bypass laparoscopically.

Before you consider going for such a surgery, it is always wise to read up everything on this subject, and subsequently meet your doctor to discuss the possibilities of the surgery.

The most common surgery for obesity is Gastric Bypass. Find out more about Gastric Bypass at



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