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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!

Considering Surgery after Dieting

By Dennis Driscoll

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Dennis M Driscoll

Everyone knows how hard dieting can be. Dieting to some is like AA to alcoholic.

The formation of Weight Watchers was formed on this very concept where weekly meetings are held holding its members accountable while providing a support group throughout the process.

Unfortunately for some after reaching their ideal weight the problem arises of having loose skin and relaxed muscled in their abdomen area. With today's modern medicine a procedure known as the Tummy Tuck can reduce the amount of excessive skin and fat left in the abdomen area.

The ideal patient for Tummy Tuck Surgery is a non-smoker and who is close to their ideal weight. Many patients develop a sense of well being and improved self esteem after having Tummy Tuck Surgery performed. Simultaneous tightening of the abdominal muscles resulting in a tighter, flatter abdomen after Tummy Tuck surgery has been performed is another benefit that affects many patients.

Two well know procedures for the Tummy Tuck surgery are the Tummy Tuck and the Mini Tummy Tuck the difference being the lengths of the incision and the amount of the skin removed.

Tummy Tuck Surgery:

Traditional Tummy Tuck surgery the skin is pulled downwards enough where it is necessary to reposition the belly button to keep it centrally located. Dramatic improvements in the abdominal are achieved while leaving a circular scar around the belly button. This procedure is recommended for most patients.

Mini Tummy Tuck:

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A Mini Tummy Tuck is designed to improve the area below the belly button removing subtle skin and excess fat. Unattractive scars from previous surgery such as a C-section can also be removed. Tightening of the muscles in smaller amounts below the belly button can be achieved however only a small percentage of patients qualify for this surgery and Traditional Tummy Tuck surgery is mostly performed.

As with all surgeries there are certain risks and complications. In order to remove large amounts of skin and fat, long incisions are necessary. Possibilities of bleeding, infection slow healing wounds, skin necrosis or widening of scars. Patience may experience numbness of the lower abdomen which may not improve over time due to nerve damage caused by removal of excessive fat and skin.

For More information about this surgery please visit

<http://tummy-tucks.marketingnewsworld.com>

Dennis M Driscoll Lives in Northern Mi and is the owner of "Marketing Newsworld" a website that delivers content on some of tomorrows most searched subjects.

Fourteen Reasons Why Dieting Is Bad For Your Health

By Paul Wilson

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1. The lower the calories eaten per day, the harder it is for you to get your daily requirements of proteins and vitamins.
2. Dieting makes your body believe it is starving so it starts to save fat, as this is its best way to store energy.
3. Losing weight means digesting your own body tissues instead of food and unfortunately, dieting does not tell your body what parts it needs to digest or which parts to save.
4. Severe dieting causes muscle loss and if you are unlucky the loss may be from your heart with severe consequences.
5. Dieting will make you difficult to live with and your family may want to kill you.
6. Dieting changes your body chemistry and one effect may be bad breath.

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7. If you're a smoker you may smoke even more to dull the hunger pangs.

8. Binge eating, generally with very unsuitable foods often follows dieting.

9. Dieting makes you food obsessed.

10. Breaking a diet often results in guilt, poor self esteem and despair often followed by comfort eating.

11. Dieting emphasises food as a reward or compensation – so called 'comfort eating' where food is used to cheer us up or because it's raining we are somehow entitled to eat lots of sweets or cakes.

12. Dieting lowers the base metabolic rate which means you can live on less food, so when you return to your normal food intake which was already too high, you put on weight even faster than before and will probably end up heavier

than before the diet.

13. Dieting does nothing to teach you to eat healthily. Healthy eating does not mean going hungry.

14. Dieting often causes constipation and this concentrates toxins and carcinogens within the bowels and they are present for a longer period. Fruit and vegetables have a positively beneficial effect on the smooth running of your digestive system.

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