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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!

The Role of Obesity

By The Icon Diet Reader

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You would have to be a hermit not to know about the dramatic rise of obesity levels in North America. Health issues have been plastered around the media non stop for the better part of the last five years. The problem is that for the most part the message has been falling short of its mark. There are more obese people in 2004 then there were in 2003. The number of diet related health complications is growing and children are ballooning at a rate comparable to their adult counterparts. On the flip side, the health industry has been showing strong signs of growth, with one in four women and one in five men on a diet at any given time. While times have been tight financially, people have been opening up their wallets in record numbers to by fitness products and gym memberships.

So the bottom line is that while people are actively aware of health and fitness concerns, and are spending more then ever before on products and services to battle poor fitness, North America as a whole is getting fatter. It seems like a contradiction but it is the truth none the less. For one thing, the most people try to fix their health and then give up because it is too challenging. Often they lack the support from friends and family or even the proper skill set to be successful.

However, that being said, North America is in a bad way when it comes to health. We are a society that allows itself to binge to a point where obesity is considered an epidemic. Historically epidemics are things that rage outside of the ready control of human kind. When we typically think about epidemics we think about cholera, typhus or even 'the plague' - bubonic fever. In North America we have allowed our own poor habits to become an epidemic. It is really a shameful situation. We are simply eating ourselves to death. It is so serious that we have declared a war on fat. A war, on fat. Somehow by drawing on images of fighting, of military might, of violence, we will be able to battle obesity.

Are we that soft (no pun intended)? Can we not take responsibility for our own actions, including what we put into our bodies? Recently there have been lawsuits filed against fast food establishments that charge them with knowingly selling harmful goods. The lawsuit does not surprise me, after all it's the American way, it does surprise me that we are willing to acknowledge that we cannot feed ourselves

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safely. That is, by assuming the position of a victim we allow someone else to be responsible.

In North America, the sad truth of the matter is that we have managed to take the normal daily necessity of eating and pervert it into a national killer of epidemic proportions. We are, as a society,

beginning to ask why this has happened. Fingers are being pointed at corporations who used processed foods to enlarge their bottom lines at the expense of health, at the creation of 'big box' food companies who saturate the media with their products inciting us to eat, at the government for being so passive and allowing obesity to become such an issue, at budget cuts that see physical education programs taken out of schools. Everywhere you look you can find a guilty party.

While all this seems to make sense – after all you can start healing after you find the culprit– this mode of reasoning deprives us of our individuality and our integrity. If we allow others to be responsible over such base matters as our eating, then what we are really doing is labeling ourselves as incapable.

Yes, obesity is an epidemic. Yes, drastic measures should be taken to stem the growth of our waist lines. However, the only one to really blame for this is ourselves. Except in a very few cases, nobody forces you to eat anything. What you eat is predicated on choice alone. Make a choice and choose to be healthy. Take responsibility for what goes into your body. Be capable of guiding your own health and well being.

The Icon Diet offers a step by step weight loss program to help people

quickly, naturally

and effectively. Visit the site by going to...<http://www.zizzoo.com/guides/loseweight/index.php>

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 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.

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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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