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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!

Truths about Diet, Obesity, and \$75 Billion

By Dr. Donald A. Miller

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Sensible diet prevents obesity!
Healthy living prevents most diseases!
(Unfortunately, old age is not a disease.)

These truths should be self evident.

Yet recent shock headlines tell us that "medical problems caused by obesity are costing U.S. tax payers \$75 billion per year".

The human body is a biological machine. We all know that overloading a mechanical machine can cause it to break down, yet we allow ourselves to overload our hearts, joints, and more. Moderate exercise helps "tune up" the machines we live in.

Think about it. Many injuries are a direct consequence of being over weight and under exercised!

The U.S. Centers for Disease Control and Prevention tells us, "Seven of 10 deaths, or more than 1.7 million each year, are caused by chronic diseases."

and
that the major risk factors for chronic diseases are
"tobacco use, poor nutrition, and lack of physical activity"
with

"Obesity is a major contributor to heart disease, diabetes, arthritis, and some types of cancer. Recent estimates suggest that obesity is associated with 300,000 deaths

annually, second only to tobacco related deaths."

"Type 2 diabetes, a major consequence of obesity, has also reached epidemic proportions over the last 10 years." In fact, "adult onset diabetes" is increasing among teens and pre adolescents.

Apparently the CDC thinks the commercial food industry does a better job on shaping public opinion than do family discussions. Therefore, they are sponsoring public school initiatives to help children, and their parents, become better educated.

If you have access to the internet, you don't have to wait for the CDC education programs. Do your own news watch and research.

"Greedy drug companies" have been blamed for our rising health care cost. Perhaps we should look to ourselves for part of the cause.

Want some help on getting started?
Read "Easy Health Diet" by Dr. Donald A. Miller.
This includes tips for on-line research, as well as much diet and health information, with sources.

** Diet with FACTS, not MYTHS. **

Dr. Donald A. Miller is author of "Easy Health Diet" <http://easyhealthdiet.com/diet.htm>, "Easy Exercise All Ages" <http://easyhealthdiet.com/eeaa.htm>, and numerous free articles on health <http://easyhealthdiet.com/articles/>. Seven of ten deaths are caused by preventable diseases.

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.

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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