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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

What to Eat After Gastric Bypass Surgery

By Beverley Brooke

What to Eat After Gastric Bypass Surgery

Many people are under the impression that gastric bypass surgery is the easy way out of obesity. However, those that believe this unfortunately misunderstand the operation and its lifestyle and mind altering effects.

After speaking to people who have had the gastric bypass you soon realise that real work and focus is needed to actually keep the weight off after the first year of rapid weight loss. Right after surgery your stomach won't be able to cope with much food, perhaps only a quarter of a cup of solid food. This will increase over time, but eating too much could make you vomit you must stop eating as soon as you feel hungry.

Most nutrition's agree that 3 solid food meals a day is sufficient for those who've had gastric bypass surgery, making sure you drink enough water in-between so you don't dehydrate but don't eat and drink together =96 you're small stomach simply can't handle it and you may be sick!

With any healthy balanced diet, eating nutritious meals will serve your body well reduce fatty and sugary meals and focus on protein rich foods such as fish and chicken. Google is your friend and there are many websites out there giving example diets specifically for those who've recently had gastric bypass surgery.

Article by Beverley Brooke, visit the section on >

gastric bypass

< at her website

<http://www.healthandfinesse.com/gastric-bypass.html> IMPORTANT NOTICE: You must link the words 'gastric bypass' in the resource box to the following URL:

<http://www.healthandfinesse.com/gastric-bypass.html>

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

<http://GastricBypass.eabout.info>



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