

Gastric Bypass - The Nightmare for Food Lovers

While the gastric bypass may seem like the perfect solution to those who are obese, I'd like to explain just how the surgery affects the lifestyle of those who've had gastric bypass surgery. If the lovers of food really know the drastic lifestyle change involved in the months and years after gastric bypass surgery then, unless they're considering the operations for alleviating an immediate health concern, certainly wouldn't go through with the gastric bypass procedure. Why's that, you ask? Meal times, snack times, gorgeous roast chicken, beans, carrots, potatoes, naughty cakes and treats are all banished after surgery. Yes you can have your roast chicken and all the normal food you enjoy now (except sweet and salty food), but how does half a cup sound, and that's it! Your full meal could be half a cup of chicken and that's it – no more food for that sitting. As your stomach is 'stapled' during surgery it can only hold a certain amount – it's no miracle that patients of the gastric bypass lose weight rapidly. It's because they're unable to eat more than that half a cup without feeling sick and full. It's hard as most patients will tell you. With no immediate health concerns, those that are obese could simply cut down the food they eat – we aren't talking half a cup like those who've had gastric bypass surgery must endure, just a nice healthy balanced diet. The weight will come off I assure you, and you won't need to go 'under the knife'.

About the Author

Interactive food category search tool finds foods with specific caloric ratios, fullness.

Source: <http://www.productsherbal.com>