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Weight Loss Fitness and Mentality by Lisa Beverley

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I was watching the news yesterday and saw a story about a woman who underwent gastric bypass surgery. Some of the statistics are quite remarkable. After two years, the average weight loss of 34%, surgery is now performed laparoscopically, and like all surgeries, the mortality rate depends largely on the surgeon, but ranging from 0-3 %.

All these statistics suggest that maybe it's something people should look. If someone has had surgery, a friend of mine, I always wish the best of luck. If you have not had the surgery, however, I always suggest to avoid it. I've told some people that did not have surgery to get fat, why surgery for weight loss. (Note that thin, I said no.)

Now, anyone who has looked at the website knows that I am not skinny Minny. I exercise several times a week with bodyweight exercises. I'm not trying to be a body builder, but I'm trying to get a good workout in. I use to think that you need all kinds of equipment to train, but it is not. Just a jump rope and you and you can get a good workout.

I guess what I'm trying to say is that the enormous growth in the number of gastric bypass surgery, I think it is a symptom of a greater evil. The reason we are fat is the same reason we are getting surgery to lose weight, they are lazy!

Do not get surgery, get active. Controlling what you eat. Of course I have a little work, and yes, you have to train your mind and see yourself as thin, but you will be healthier in the end.

There's a reason why fat people are fat. It is a symptom of a larger problem and that problem can not be fixed by surgery. Your mind must be fixed, then surgery is not needed, the weight will fall until it is healthy. Some people think of me as fat, for example, but any evidence (ie, blood pressure, endurance, cardio.) I'm in good shape. I mean I'm not an Olympic runner, but I do not want to be.

I've told many people who are thinking, thinking, or thinking about getting this type of surgery. Put it off for a year, my book "The Barbarian Guide of success." Use it for a year and if you still want the surgery that will give you your money back. Do not let a doctor cut it to try to lose weight, instead of restoring health.

To answer the question that inevitably will come up, not my book is a guide to being healthy. It is, however, a guide to help you get what you want. Some people want more money, some want a better marriage / relationship, and others want to be thinner.

I really think the surgery, unless 100% necessary, should be avoided. I mean, yes, I am an ordinary person when it comes to this, but I think that our bodies are inside and must remain there. Some surgeries are emergencies are life and death. That is a different story. This surgery is often just a way to avoid work related to being healthy, or so it seems to me.

I mean I'm not a doctor, nor am I qualified to give any medical advice. I'm just a guy who has been able to create an amazing amount of health in your life without the "experts" tell me what to do. I have not been sick in years. All my "vital signs" are good and I have a decent health, despite some extra kilos.

So what sounds more reasonable to you, a healthy lifestyle and no risk of death or permanent harm to let a doctor cut open and reorganize the stomach and intestine?

With that I say:

Get the barbaric mind set and maintained. Stay tru to you and your family, the rest will take care of itself.

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Lisa Beverley writes highly informative and researched articles for end consumers about a variety of a weight loss including remedies, a health and fitness and a nutrition, slimming, weight loss products, bodybuilding supplements and diet tips.

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