

In my last article I discussed how weight loss surgery works. Now I would like to discuss some of the side effects of the surgery.

Of course there are the obvious ones, such as surgical errors and infections which continue to haunt the medical profession. There is another problem that I never hear talked about, but will likely affect the majority of individuals who have had bariatric surgery.

As I discussed last week, weight loss is achieved, because the surgery significantly reduces the size of the stomach. The fundamental rule of weight loss is eat less and exercise more and this surgery forces you to eat less. There in lies an insidious problem that I predict will plague many if not most individuals who have had this surgery.

The reason we eat is to provide nutrients necessary to run the various functions of life. Many believe that we eat to get energy and that is true. The body derives energy by burning sugar which it can get from sugar itself, or by converting starches or fat into sugar. Energy is only one nutrient that the body needs and there is no short supply of these substances in the average American diet.

Our bodies also need vitamins, minerals, protein, essential fatty acids, antioxidants, etc. All of these need to be in our diet to remain healthy. Most Americans don't eat enough of these nutrients even when they consume a large volume of food. If food consumption is forcibly reduced, as it is following bariatric surgery, and that food has the same nutrient quality, then deficiencies will result and health will suffer.

It is becoming increasingly understood that the majority of illnesses that plague Americans are influenced or caused by poor nutrition. If you or someone you know has had or will have this type of surgical procedure, it is essential that the diet consist of nutrient dense foods. Nutrient dense foods are highly concentrated with nutrients. They include many fruits and vegetables, but variety is important. There are supplements available that can also provide the essential nutrients. If you would like additional information about these supplements, feel free to call me at my office at 706-695-7790.