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# Slimming Down Shortcut: Getting A Gastric Bypass

It's been quite noticeable in some celebrities: the sudden weight loss and return to a svelte figure is often touted to the result of liposuction or a lot of dedication in the gym. But there are some celebrities that have gone that extra mile and had a gastric bypass. That may sound like some sort of heavy surgical procedure but it's actually one of the more easy to handle weight-loss surgeries.

Getting a gastric bypass is a pretty simple process – you just have to go to your local hospital and consult with a surgeon. They obviously won't just let you have one willy-nilly, of course, there are several guidelines that limit the administering of a gastric bypass procedure to someone. The main things that restrict any prospective recipient of the procedure are the following: the patient must have been obese for more than five years, the patient must also not have a history of alcoholism and psychological disorders.

Finally, the person should not be younger than eighteen years old and no older than sixty-five years old. If you fit all of these categories, you'll also be judged if you have exhausted all other weight-loss measures for yourself. This is because it may be one of the safer surgeries that can be done, a gastric bypass is still a major operation and cannot be taken lightly.

If you find yourself confused by what you've read to this point, don't despair. Everything should be crystal clear by the time you finish.

If you do pass all of these tests, then you'll be up for the procedure. Here's a simple explanation of it: it is essentially, having your stomach capacity lessened and making your digestive tract skip a part of your small intestine. To go into the nitty-gritty of it, the procedure creates a small pouch in the upper part of your stomach, usually via surgical staples or a plastic band. This stomach pouch is usually small – it can get to the size a walnut for some procedures. After this pouch is created, the middle of your small intestine, the jejunum, is connected to it. This means your food will skip the main part of your stomach and your duodenum, the upper portion of your small intestine. The result is lower stomach capacity and a lower calorie intake. You will be able to satisfy your appetite more quickly and have less calories inside your system, creating a consistent and quick weight loss for you until your body has adapted to it.

It may sound easy but still it's a long road after a gastric bypass. After the four-hour operation you will be under observation for the next few days, while being limited to liquids only so that your stomach can heal. After five days you can be released from the hospital but your ordeal won't end there. For the next twelve weeks, you will be following a diet that will slowly progress you from liquids to solids, getting you new stomach used to the strain.

Even then, you will have to deal with some of the side-effects your whole life – lower energy intake can be detrimental to your health, while over-eating can cause you to vomit or feel great pain, so a gastric bypass should be a last resort for anyone who's suffering from obesity.

It never hurts to be well-informed with the latest on Gastric Bypass. Compare what you've learned here to future articles so that you can stay alert to changes in the area of Gastric Bypass.

#### About the Author

Monica Flower likes to take courses about floral arrangements. Discover the secrets of flower arrangements by visiting [www.flower-arranging-courses.net](http://www.flower-arranging-courses.net), a blog about top [flower arranging courses](#) and best flower arranging classes.

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