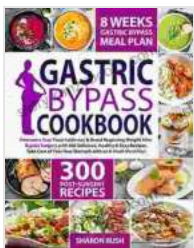


Overcome Your Food Addiction: Avoid Regaining Weight After Bypass Surgery

Bariatric surgery, also known as bypass surgery, is a major surgery that can help people with severe obesity lose weight. However, surgery is only the first step in the journey to long-term weight loss success. After surgery, it is important to make significant lifestyle changes to avoid regaining weight. One of the most important changes is to overcome food addiction.

Food addiction is a real and serious condition that can make it difficult to lose weight and keep it off. People with food addiction may feel powerless over their eating, and they may binge on food even when they're not hungry. They may also experience cravings, mood swings, and other symptoms when they try to cut back on eating.

If you've had bypass surgery, it's important to be aware of the risks of food addiction. Food addiction can lead to weight regain, and it can also increase your risk of developing other health problems, such as heart disease, diabetes, and cancer.



Gastric Bypass Cookbook: Overcome Your Food Addiction & Avoid Regaining Weight After Bypass Surgery with 300 Delicious, Healthy & Easy Recipes. Take Care of Your New Stomach with an 8-Week Meal Plan by Sharon Rush

★★★★☆ 4.3 out of 5

Language : English
File size : 8223 KB
Text-to-Speech : Enabled
Screen Reader : Supported

Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 134 pages
Lending : Enabled



The signs and symptoms of food addiction can vary from person to person, but some common signs include:

- Feeling powerless over your eating
- Eating even when you're not hungry
- Bingeing on food
- Feeling guilty or ashamed after eating
- Hiding your eating from others
- Using food to cope with stress or negative emotions
- Experiencing cravings, mood swings, and other symptoms when you try to cut back on eating

If you think you may have food addiction, it's important to seek professional help. A therapist can help you identify your triggers, develop coping mechanisms, and create a sustainable lifestyle plan.

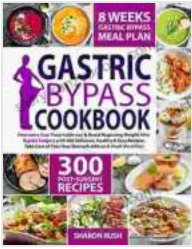
Overcoming food addiction is a challenging but possible journey. Here are some tips to help you get started:

- **Identify your triggers.** What are the situations, emotions, or people that make you want to eat? Once you know your triggers, you can start to develop strategies for avoiding them or coping with them in a healthy way.
- **Develop coping mechanisms.** When you're faced with a trigger, it's important to have some healthy coping mechanisms in place. This could involve talking to a friend, going for a walk, or listening to music.
- **Create a sustainable lifestyle plan.** A sustainable lifestyle plan is one that you can stick to over the long term. This plan should include healthy eating habits, regular exercise, and stress management techniques.
- **Get support.** Overcoming food addiction is not something you have to do alone. There are many resources available to help you, including therapists, support groups, and online forums.

Overcoming food addiction is a journey, not a destination. There will be setbacks along the way, but it's important to remember that you are not alone. With the right help and support, you can overcome food addiction and achieve your weight loss goals.

- [National Eating DisFree Downloads Association]
(<https://www.nationaleatingdisFree Downloads.org/>)
- [Food Addicts Anonymous](#)
- [Center for Discovery](#)

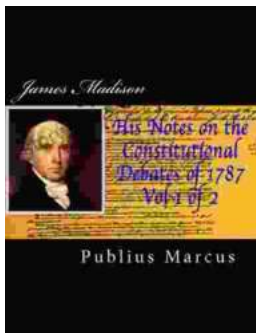
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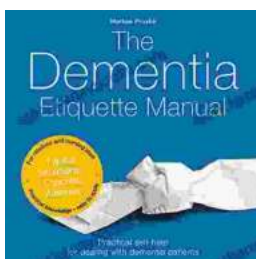
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