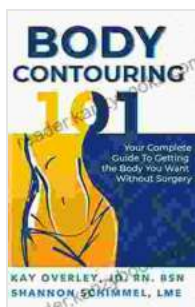


Your Complete Guide to Getting the Body You Want Without Surgery

Are you tired of being overweight or out of shape? Do you want to lose weight and get in shape, but don't want to go under the knife? If so, then this is the book for you.



Body Contouring 101: Your Complete Guide to Getting the Body You Want Without Surgery by Krystal Kelly

★★★★☆ 4.3 out of 5

Language : English

File size : 6135 KB

Screen Reader : Supported

Print length : 258 pages



This book will teach you everything you need to know about getting the body you want without surgery. You'll learn about the different types of weight loss surgery, the risks and benefits of each, and how to choose the right surgery for you.

You'll also learn about the different types of diets and exercise programs that can help you lose weight and get in shape. You'll find a variety of recipes and meal plans to help you eat healthy and lose weight. And you'll learn about the different types of exercise that can help you burn calories and build muscle.

With this book, you'll have all the information you need to get the body you want without surgery. So what are you waiting for? Free Download your copy today!

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Chapter 1: The Different Types of Weight Loss Surgery

There are several different types of weight loss surgery, each with its own unique benefits and risks. The most common types of weight loss surgery include:

- **Gastric bypass surgery:** This surgery involves creating a small pouch at the top of the stomach and connecting it directly to the small intestine. This bypasses the majority of the stomach, which helps to reduce the amount of food that can be eaten. Gastric bypass surgery is the most effective type of weight loss surgery, but it also carries the highest risk of complications.
- **Sleeve gastrectomy surgery:** This surgery involves removing a large portion of the stomach, leaving behind a narrow sleeve. This sleeve

can hold less food than a normal stomach, which helps to reduce the amount of food that can be eaten. Sleeve gastrectomy surgery is less effective than gastric bypass surgery, but it also carries a lower risk of complications.

- **Adjustable gastric banding surgery:** This surgery involves placing an adjustable band around the top of the stomach. The band can be tightened or loosened to adjust the size of the stomach opening. This helps to reduce the amount of food that can be eaten. Adjustable gastric banding surgery is less effective than gastric bypass surgery or sleeve gastrectomy surgery, but it also carries the lowest risk of complications.

Chapter 2: The Risks and Benefits of Weight Loss Surgery

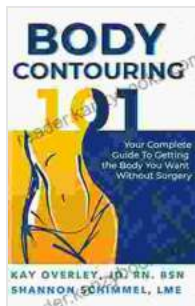
Weight loss surgery is a major surgery, and it carries with it a number of risks. These risks include:

- **Bleeding**
- **Infection**
- **Blood clots**
- **Pneumonia**
- **Death**

The risks of weight loss surgery vary depending on the type of surgery that is performed. Gastric bypass surgery carries the highest risk of complications, while adjustable gastric banding surgery carries the lowest risk of complications.

The benefits of weight loss surgery include:

- **Weight loss:** Weight loss surgery can help you to lose a significant amount of weight.
- **Improved health:** Weight loss surgery



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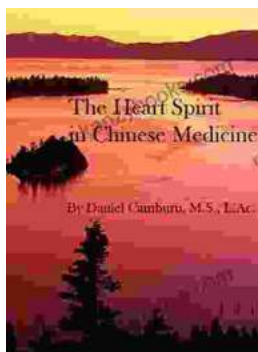
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