

I am considering having the weight loss surgery, the stomach staple, should I do it?

Contributed by Ray & Jay
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"Hi Ray and Jay, I am an obese woman in my 30's, almost 400lbs. I have tried everything I know how to loose weight. I have been on every diet ever made and just can't seem to loose weight. I am considering having the weight loss surgery, the stomach staple, should I do it?"

This is a very sensitive topic for many people I am sure. Let me warn you in advance that here at Ray & Jay we specialize in two the point answers. So lets get to the point.

The stomach staple: Stomach stapling also commonly referred to as gastric stapling or gastroplasty. There are many forms of this stomach stapling that have evolved from abdominal stapling methods developed by Soviet surgeons during World War 2. The basic idea is to reduce the size of the stomach using staples. More modern versions of the surgery use bands in place of staples.

In general the idea of the surgery is to decrease the capacity of the stomach thus decreasing the amount of food you are able to ingest.

Let me stop there and back up to see if we can't find the real point of this matter. I get that writer of the question wants to loose weight. Judging by the sheer size of the weight loss industry, especially in America, I think we can say with confidence that loosing weight appears to be a big issue for many people. I say appears, because I don't believe the actual loosing of the weight is the point at all.

Is the actual goal to loose weight? I suspect not. Is that what you really want or is it what you 'think you need to do' to get what you want? Or, do you really just want to feel good about yourself? Sure it's healthy to loose weight and not carrying around extra pounds has huge benefits, but if the real point is to feel better about yourself is loosing weight alone going to meet your goal?

What's next then? You don't like your nose? Your ears are too big? You don't look like the model on the front cover of your favorite magazine? What are you going to 'need to do' after you have lost the weight? Maybe some plastic surgery to remove a scar? Maybe some surgery to make you taller? Oh, lets not forget the biggy, the breast enlargement surgery that will get you all the auggiles of the guys...

If it were just about loosing weight that's easy. Loose the pounds. You say you have been on every diet known to man and can't loose the pounds. This is the same as saying 'I have tried everything and nothing works'. Well, unless you have a medical condition like a thyroid disease or similar that somehow effects your bodys ability to process food, saying you have tried everything and nothing works is a lie. Do the laws of physics somehow not apply to you? The math is quite simple, burn more calories than you intake and you will loose weight. Decrease the number of calories, increase the burn (yes exercise) and you will loose wait period. No rocket science, no knives requires.

Let me try to put this in perspective. Let's say I was 7 foot tall and every time I walked into the dining room I hit my head on the hanging chandelier. Lets see, how should I solve this problem? I know, I should go to the surgeon and ask him to make me shorter! That's right, cut off about 12 inches of bone in my long legs, problem solved!! Pretty ridiculous right?

Then why in the world would you have a surgery to fix how much food you put in your mouth? Why can't you control what you put in your mouth to begin with? That is a behavior. How is a surgery on your stomach going to change a behavior? What we really need to do here is find out what causes the behavior and CHANGE THAT!

Is this eating somehow related to the self image thing we talked about earlier? If the real goal is to have a better self image shouldn't we focus on that? How about we begin practicing behaviors that create the self image we are looking for?

Now maybe you never though of it this way, or maybe this makes total sense to you. Then why can't you just wake up in the morning and magically start practicing behaviors that make you feel good about yourself... like eating healthy fresh food or spending an hour a day at the gym? That's not the way it works ;). You can't just learn something in a day and become an expert at it. The brain works that way on purpose, it is by design so don't fret. It's not hard to change these things, in fact its quite easy... but it does take some time. You can do it by yourself, but that usually takes more time than if you get some help.

Columbus found America, but it took him a long time. The next guy had a guide ;).

Go find yourself a professional that specializes in changing behavior. There is something called behavioral cognitive therapy that works wonders for long term behavioral modification. You will be amazed at the changes you can make in

your life when you seek the help of a professional that specializes in what you need. Don't go to a Phd in stomach stapling when you what you really need is someone to help you change your behavior.