

Gauging Body Weight

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While these high increases are being reported, obesity rates are oftentimes underestimated due to the fact that overweight people often underestimate their weight and overestimate their height.

A person's body weight generally falls in a range within 10 percent of a set value. Weight alterations in either direction will result in changes in energy expenditure that are likely to lead to a return to the set-point. This mechanism would explain the challenging problem of weight gain following one's attempted weight loss.

Only by reaching a lower weight for a set period of time can the individual get used to feeling lighter and for the body cell's "memory" to not require so much food.

Lap Band surgery can change the problem by making for a fuller feeling when eating, therefore leading to less food intake. With Lap Band surgery, the body is still getting the required amount of nutrients, while you are cutting back on the calorie intake.