

## Eating Better After Lap Band

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Since the lap band surgery, Jacques noted that his appetite is controlled and just having the surgery makes him feel more cautious about what he eats.

As Jacques sees it, when undergoing a surgery like this, the person will want to invest in their health and control what they eat.

Like many individuals, Jacques noted that he had attempted a number of different diets, including liquid diets, along with all the name-brand diets. Jacques believes he did not have the needed motivation to eat right and also exercise correctly.

Jacques, who looks to one day to reach 180 or 185 pounds when all is said and done, noted that it took him several months to move ahead with lap band surgery, but knowing it is reversible if he did not like it, Jacques went ahead with the procedure.

Like many other individuals who found their proper weight loss program, Jacques was one more example of why Lap Band Was Successful.