



The FACE WEIGHT LOSS PROGRAM NEWSLETTER #3

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What happens to the pattern of overeating after Weight Loss Surgery (WLS)?

It seems that initially after WLS many people find it relatively easy to eat appropriately small quantities of food. After a number of months enjoying the positive effect of the small appetite created by WLS – significant and rapid weight loss -- it may become difficult to eat such small portions. Some people come to miss the familiar emotional comfort of overeating and begin to struggle with the eating patterns that had been developed over a lifetime.

What is going on? Initially there is much pleasure in losing weight and not fighting the battle against one's appetite. Many difficult feelings are alleviated by the success of the rapid weight loss. As time goes on, and the excitement of losing weight becomes less novel, often the protection from upsetting emotions diminishes and we are returned to the lifetime pattern of imagining that food is the answer. Without the WLS, at this point the frustration and disappointment of regaining weight may start. With WLS, the tool of portion control is firmly in place, yet the cravings do not automatically diminish.

To help us avoid giving in to the urges to overeat, we have to learn how to manage emotions and stress without reaching for food. Knowing that overeating is not an option without physical pain or vomiting, **there may develop a panic reaction to the loss of the old comfort of binging to relieve stress.**

At The Face Weight Loss program we know that **awareness is the first step toward eliminating stress-related eating.** We teach the Stress Awareness Process in order to help people recognize their stress and substitute a new strategy for managing patterns of overeating.

STRESS AWARENESS PROCESS

1. We ask you to find a simple way to relax and to find a quiet space and to take a few deep breaths.
2. We ask you the questions
 - a) Are you hungry?
 - b) If the answer is no, what is the stressor?
 - c) Will eating solve this problem?
 - d) What will reduce the stress?

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