Option#1 Bariatric surgery Gastric bypass and other weight-loss surgeries -- known collectively as bariatric surgery -- involve making changes to your digestive system to help you lose weight.They've been shown to change the body's metabolism and hormones, both of which play a major role in how your weight is regulated.Bariatric surgery is an obesity treatment that can lower your appetite and the amount of food you can comfortably eat in one sitting.

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