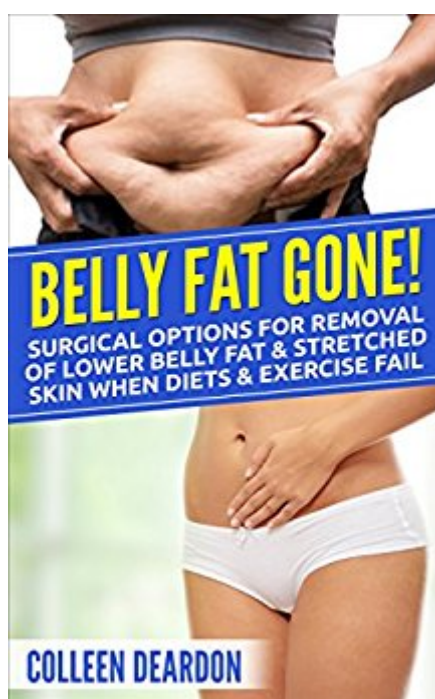


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# Belly Fat Gone!: Surgical Options For Removal Of Lower Belly Fat & Stretched Skin When Diets & Exercise Fail (When Diets And Exercise Fail Book 1)



## Synopsis

Have you been thinking about seeking medical intervention to get rid of the excess lower belly fat or stretched excess skin in your lower abdominal area? Have you lost a significant amount of weight but no matter how much you exercise or how many crunches you do, you just can't seem to reduce the fat or firm up the skin that hangs below your belly button and covers your pubic area? Or maybe you've given birth several times and your skin is so stretched out from the pregnancies that it will not reduce or contract, leaving you with hanging skin and nasty stretch marks? If the answer to any of the above questions is yes, then this book has been written for you. So many people walk around with loose hanging skin and fat due to weight loss, child birth or genetics. We buy clothing that is loose fitting and in many cases too big for us just so that we can cover and hide that lower belly kangaroo pouch! We've become accustomed to elastic waist pants and wouldn't dream of getting in to a bathing suit of any kind. Our beach attire has been reduced to loose fitting shorts and oversized T-shirts. For many of us, we're not trying to look 25 years younger; we just want to feel good about our bodies again. We're willing to put in the hard work that it takes to lose weight and tone up, but although it may reduce in size a bit, the skin and fat in our lower belly will not go away. If you've had bariatric surgery and have lost a massive amount of weight within a relatively short period of time, you will be thinner but you're also going to be left with lots of excess skin to deal with. There are also health risks that you can be affected by when you carry around large amounts of lower belly fat and excess skin. It's definitely unhealthy, it can be unsanitary and sores can form under your belly flap resulting in pain and discomfort. So what are your options? Do you just accept the fact that you're going to have to carry around this pouch of excess skin for the rest of your life, always having to camouflage your physique so that others won't notice your belly? Well, the good news is that there are options that you can consider to have this excess skin and fat removed for good! The two medical procedures that are the focus of this book are Abdominoplasty (aka tummy tuck), and Panniculectomy. These are procedures that can be performed by licensed board certified plastic surgeons, to remove the lower belly fat and excess skin. The Belly Fat Gone book will explore both of these procedures along with the causes and reasons why we develop lower belly fat and excess skin in the first place, and why we can't simply get rid of it by exercising and eating right. After reading this book, you'll become familiar with some of the medical terminology used when discussing the causes and treatments for lower belly fat and excess skin, and you'll be able to better understand the differences between the two procedures, and why having one of the procedures performed might be your best option for finally getting rid of the excess skin and fat in this area of your body. Some of the topics discussed in

this informative book are:1.Excess Abdominal Skin: aka the Skin Apron2.Why Does Excessive Abdominal Skin Form?3.Examining Lower Belly Fat and Its Causes4.Abdominoplasty vs. Panniculectomy: What Is the Difference?5.Are Abdominoplasty and Panniculectomy The Same Procedure?6.What Are The Pros And Cons Of Having an Abdominoplasty?7.What Are The Pros and Cons Of Having a Panniculectomy?8.Is an Abdominoplasty Or a Panniculectomy Right For Me?After reading the Belly Fat Gone book, youâ™ll have the knowledge that youâ™ll need to decide if one of the procedures might be the answer for your current situation, and youâ™ll be able to confidently discuss these procedures and the options for your specific situation with your physician. Click the buy now button to have instant access to this book.Youâ™ll be glad you did!

## Book Information

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## Customer Reviews

This is an in-depth look at a cosmetic procedure that may benefit individuals who have been on the merry-go-round of weight loss, dieting, and even if they have the weight loss goalsâ™ end accomplishment to be happy for, they are left with an unsightly and cumbersome âœpannusâ• or pocket of abdominal girth. Here the author takes a good look examining two major surgical

procedures that may serve to relieve individuals of this bothersome abdominal apron that can make it difficult to look one's best, wear fashionable attire, and in general, maintain a healthy self-image. Having undergone one of the main procedures ( panniculectomy) in late 2014, she provides the reader with invaluable information concerning the ins and outs of the procedures: which one is more suited for your condition, what bodily characteristics will make one a better candidate, and of course, the issues of health insurance. This can be a major stumbling block for some, as many insurance companies are not as willing to foot the bill for any parts of surgical procedures if they fall under the category of "cosmetic enhancement" but not so much "medically necessary". Also included are what to expect with the whole procedure, such as special instructions, expected recovery times, and possible complications to think about. If you are classified as morbidly obese a panniculectomy is a type of procedure to think about when weighing the pros and cons; even though it is more difficult to qualify as a candidate. The other surgical procedure outlined - an abdominoplasty - is most commonly referred to as a "tummy tuck". Similarities and differences between the two are described in detail. This book will guide you in making informed decisions regarding your health and physical appearance.

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