

The Real Reason we Pile on the Pounds



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A new poll has revealed that one of the reasons men and women gain weight is because of being stressed out.

It has been proven that stressful episodes cause your body to go into survival mode, so your metabolism slows down, more calories are stored and cortisol and leptin- the stress hormones- are dumped in the abdominal region, adding to weight gain.

The waist expanding effect of stress was recently confirmed by a study published in the American Journal of Epidemiology. The researchers also found that women's waistlines were affected by more types of stress than men's; as well as money and job problems, women's weight was shown to be inflated by relationship difficulties and feeling trapped in their lives.

For many stressed out Brits, it can be a vicious circle of feeling frazzled, and so consequently eating the wrong things to feel better, which only ends up accentuating the issue.

Those longing to shed excess stones without the headache should think about



having a consultation with The Hospital Group. As the UK's leading weight loss surgery provider, The Hospital Group can offer a [gastric band](#), gastric bypass or gastric balloon to those having trouble shifting stubborn excess weight.

Such is the interest in The Hospital Group's weight loss procedures, bookings have increased to levels above that of the NHS. While the NHS reported that it had performed 2,724 weight-loss operations in 2008, The Hospital Group performed a total of 3,015 gastric procedures in the same period.

In January 2007, the total weight loss was a massive 300 stone, and nine months later 99% of patients recorded a significant – and safe – weight loss.

David Ross, Chief Executive of The Hospital Group said: "People try out the latest diet or try exercise, but sometimes it just doesn't work alone. "Lots of people feel like there is nowhere to go after they have been on diets and this can lead to people feeling more stressed out, which only makes the situation worse. "It's reassuring to see that The Hospital Group is continuing to help so many people lose weight."

"Our consultants ensure that, as well as having an absolute need for a gastric procedure, the patient understands that weight loss surgery isn't a miracle cure and they would need to work with the band to achieve the healthier lifestyle they desire. "

The Hospital Group is committed to providing the very highest standards and all procedures are performed by an expert medical team in state-of-the-art facilities that are second to none. Since The Hospital Group was established in 1992, it has grown from a small pharmaceutical company to one of the UK's foremost cosmetic surgery providers.

For further information of The Hospital Group's range of gastric procedures, surgery-seekers should visit the website www.thehospitalgroup.org or call our patient care coordinators on 0845 762 6727.

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