



the **Sleeved** Dietitian

THE EASY WAY OUT

by *Jamie Mills*

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BARIATRIC SURGERY ISN'T EASY, AND IT CERTAINLY ISN'T "CHEATING."

The misconception that bariatric surgery is somehow "cheating" when it comes to weight loss is wild. Weight loss surgery is the single most effective weight loss strategy for treating severe obesity that we have today.

Yet less than 1% of the eligible bariatric population takes advantage of surgery. In *The Easy Way Out*, I share why bariatric surgery is not only challenging, but why going into any weight loss strategy with eyes wide open can make all the difference. Having WLS and changing your entire life is far from easy, but damn, is it worth it!

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