



Bariatric Surgery Clinic In Mexico Encourages Eating Mindfully After Weight Loss Surgery

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Bariatric Mexico Surgery, in Tijuana, Mexico, has released a new blog post to encourage people to eat mindfully after their weight loss surgery. With increasing numbers of people seeking bariatric surgery in Mexico, the clinic is committed to not just offering a quality service, but to also making sure that people receive appropriate aftercare. This includes paying attention to what they are eating.

Alma Orozco from Bariatric Mexico Surgery says: "A lot of people come to Mexico for bariatric surgery because it is of such high quality and because it is more affordable. We welcome this and have a team of committed professionals on board to ensure the procedure is a success. However, because people do not live in Mexico, they often have less aftercare than they would if they had the procedure nearer to their home. We want to ensure our patients are equipped with all the knowledge they need to avoid complications further down the line."

Eating mindfully after surgery is vital to the overall success of bariatric procedures. However, it is more than simply eating the right foods at the right time in the right amount. Mindfulness is a practice in which people learn to live in the moment. By eating mindfully, people can break through the unhealthy relationships they

have with foods, teaching them to actually enjoy each individual bite as it happens.

"Many people who have had bariatric surgery see food as both their best friend and biggest enemy," adds Alma Orozco. "They have forgotten that food is there to nourish us and keep us healthy, as well as to be enjoyed in the right amounts. What we want to teach people is to break the cycle of having an emotional attachment to food, making sure that they eat what they should, when they should, and that they really enjoy it in that very moment as well. It teaches them about the different types of hunger, and how to differentiate between them as well."

The service encourages everyone to follow them on Facebook at <https://www.facebook.com/bariatricmexicosurgery/>, where various other pieces of information are shared.

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For more information about Bariatric Mexico Surgery, contact the company here: Bariatric Mexico Surgery Alma Orozco 1 (800) 316-8234 info@bariatricmexicosurgery.com Diego Rivera 2386, Zona Urbana Río Tijuana, Tijuana, Baja California 22010 Mexico

Bariatric Mexico Surgery

Bariatric Mexico Surgery works with individuals who are interested in weight loss surgery by answering questions and offering bariatric surgery procedures through a relationship with some of the best surgeons in North America.

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