

# Free Local Seminar Offers Viable Alternative to Bariatric Surgery

LIVONIA, MI – May 15 (SEND2PRESS NEWSWIRE) – Saturday, June 3 from 10:00 a.m. to noon, individuals who are considering weight-loss surgery will learn about a non-surgical, non-medical alternative in a free seminar held in Livonia. The free event is sponsored by Escape Obesity, Inc. (<http://www.EscapeObesity.com>), a Michigan-based organization that assists individuals who are struggling with high levels of obesity.

Gastric bypass surgery has become an increasingly popular intervention for individuals with body-mass index of 35 or higher, even though research demonstrates risks associated with the procedure. One article in the December 2005 issue of Obesity Research noted that “1 of every 10 discharges with gastric bypass had a medical or surgical complication” and it stated that success “requires a long-term change in eating habits.”

Dr. Barry Borgerson, CEO and Founder of Escape Obesity, Inc. notes that “surgeons and clinics offer the fact that we haven’t had effective non-surgical weight-loss programs that bring lasting results as justification for choosing surgery.” Borgerson agrees that individuals struggling with obesity have not had viable non-surgical alternatives until now. “Our program brings weight reduction that lasts precisely because we address more than the weight; we address eating and exercise habit changes directly. Other programs fail because they don’t work to change habits. Now we are able to help people avoid the many risks and side-effects of bariatric surgery and coach them to achieve the permanent weight control they desire and require.”

While Borgerson recognizes that gastric bypass and other weight-loss surgeries can help individuals lose weight, he feels the risks and continuing side effects are excessive when a non-medical approach can enable people to achieve and maintain weight loss of 100 pounds or more. Borgerson’s organization offers two programs to help individuals who need to manage large reductions in weight – one-on-one coaching programs and small-group experiential workshops. Both programs help individuals lose weight through what Borgerson describes as “systematic weight-control habit change”.

Borgerson’s free 2-hour seminar on June 3 will explore this alternative to bariatric surgery more in-depth. The seminar will focus on Escape Obesity’s systematic process for habit change and is open to the public, although space is limited and reservations are required. For reservations or for more information, contact Dawne at 248.380.0900 (or toll free 800-909-1710 from outside 248 area). Details are also available on-line at <http://www.EscapeObesity.com> where you can use the free BMI calculator to determine your Body-Mass Index.

Escape Obesity offers weight-loss habit change programs as an alternative to bariatric surgery. This systematic process has been utilized for years to bring lasting performance-improvements to business executives through Dr.

Barry Borgerson's Executive Coaching programs at <http://www.EscapeObesity.com>. Dr. Borgerson began to apply the Complete Leadership methodology to people heading to weight-loss surgery when a family member was preparing for bariatric surgery.

Her astonishment at the results, which she had never been able to reach with diets and other programs, convinced Dr. Borgerson that others facing weight-loss surgery can finally have a reliable non-medical alternative that brings lasting results.

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