

Lap Band at Work

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For those not familiar with lap band procedure, an Overview of Lap Band shows that the surgery is a minimally invasive procedure to locate a band in the upper portion of the stomach to limit the amount of food consumed.

While still getting the necessary nutrients to conduct a healthy life, individuals who have had lap band surgery will get a quicker sense of being full while eating. This sense of filling up sooner will lead to less intake of food, thereby resulting in less calories.