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Sumo to Sinatra - a Successful Gastric Bypass Surgery by [Lisa Beverley](#)

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Standing on stage at St. Bart's Square in central London with a view to encouraging more than 14,000 fans, all I could think was, "How can a guy like me get to a place like this?"

It was June 2001, and I was performing with world renowned artists such as Tony Bennett and Paul McCartney as part of the celebration of Golden Jubilee of Queen Elizabeth. I was amazed, no doubt, more than any other member of the audience at the event. I had begun to sing only the previous year, the culmination of a journey professional indescribable emotional trauma that began in the spring of 1997, when he underwent gastric bypass surgery.

I wore a size 40 regular canary yellow zoot for the concert of the queen, confidently strutting back and forth across the stage while singing big band classics to an audience of thousands. Five years and one month before, the steps that have left me breathless. At the time, weighed exactly 400 pounds, and I had lost all hope. My life had become unmanageable. I checked into the hospital and stated that "physical bankruptcy" as I turned my body to the experts - a team of doctors and nurses who gave me a unique opportunity to start over.

Like many patients, gastric bypass surgery, who had been overweight most of my life. As a child who is euphemistically called "husky" and I managed to use my weight to my advantage by playing football since the second grade. But in middle school, the coaches I had to go up a level in the league because I was heavier than the other kids my age. In the next league, my friends just call me fat, and was relegated to the position of Benchwarmer. I could not have been more miserable.

After high school, I entered the Navy with the hope that he could see the world and all he had to offer. Not long after Boot Camp, which was parked at the north end of Japan as a liaison between the military police and local law enforcement Japanese. For a little fun and exercise, I joined the football team base. Ironically, a month later, the mayor and the commander of the base were watching a game when the idea hit me wild recruiting in the sport of sumo. (You know, fat kids diapers?) I went to my first practice the next day and was in the amateur sumo circuit a few weeks later, serving as a sort of goodwill ambassador to Japan, while competition in cities across the country.

My salvation was a morning when I was preparing for work. I was listening to Good Morning America television, I left my usual routine, and my ears perked up as Charlie Gibson read a report about a new radical surgery for morbid obesity. I immediately read everything I could get my hands on this new gastric bypass technique, and finally qualified for the surgery after being diagnosed with sleep apnea. Three months after hearing the report on the morning news, I was admitted to the hospital to undergo surgery to lose weight.

After weight loss surgery, weight really just vanished. I've lost almost 200 pounds in a year and could not believe the transformation I was seeing before my eyes as I dropped below a waist size of 56 inches to 34 inches only. The biggest challenge during this time is not cut in food or increase my physical activity, but rather the lack of mental and emotional support to patients weight loss.

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Lisa Beverley writes highly informative and researched articles for end consumers about a variety of a [quick weight loss](#) including remedies, a [health fitness exercise](#) and a [nutrition and diet tips](#), slimming, weight loss products, bodybuilding supplements and diet tips.

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