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**ABSI and Diet, Obesity, Bariatric Surgery**

**ABSI references:**[**https://drjessekrakauer.com/absi.html**](https://drjessekrakauer.com/absi.html)

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**ABSI = WC weight-2/3height5/6 = WC/(BMI2/3height1/2)**

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**bmi change same ABSI change > with slow loss)**

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