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Weight Loss Surgery For Dummies Marina S. Kurian,Barbara Thompson,Brian K. Davidson,2012-07-05 Your trusted guide to surgical weight loss Sixty percent of individuals over the age of 20 or 58 million people in the U S are overweight As the obesity epidemic continues to grow many Americans are researching the benefits and complications of weight loss surgeries Weight Loss Surgery For Dummies 2nd edition is the most up to date and authoritative guide to understanding the impact of surgical weight loss before during and after surgery Weight loss surgery is often an overweight person s last resort and it comes with many risks questions and fears So how do you know if it s right for you Weight Loss Surgery For Dummies gives you expert guidance on knowing whether you qualify for the procedures advice on choosing the best center and doctor and trusted information on evaluating the risks involved Plus it helps you plan to finance the procedure prepare for surgery and achieve the best results as you adjust to a new diet and lifestyle post surgery Trusted information on choosing a weight loss surgery that s best for you Advice on what to expect before during and after surgery Sample recipes and information to ensure you re getting proper nutrition post surgery If you or a loved one is considering gastric bypass surgery Weight Loss Surgery For Dummies gives you everything you need to decide if it s the right course of action what to expect during recovery and how to ensure the best results through healthy eating behaviors and regular physical activity

Gastric Sleeve Bariatric Surgery Cookbook Kristin Scott,2019-07-27 Have you had enough of feeling low in energy and confidence Are you ready to commit to the new you Guarantee Your Weight Loss Surgery Success with this Fantastic Guide and Cookbook for Gastric Sleeve Patients This Guide and Cookbook will offer you a supportive overview of what exactly a Vertical Sleeve Gastrectomy is and what you can expect

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Zackary,2020-07-27 Gastric bypass surgery will not only save your life it will change your life Be equipped with the right tools and information to begin and sustain a successful weight loss surgery This book addresses the many restrictions that comes with the surgery before and after weight loss surgery and proffers a healthy nutritious and enjoyable way to achieve your weight loss goals and recover quickly From the pre operation to the post operation stages there are guidelines dos and don ts meal plan and recipes that help you achieve a healthy diet There are loads of amazing recipes at every stage of the gastric bypass surgery with servings and nutritional Information for easy tracking of the food that you are eating You don t need bland foods just because you just had your surgery Learn how to plan a tasteful healthy diet that are nutritious delicious and easy to prepare [Post Weight-Loss Surgery Diet](#) Richard P Russel,2022-11-30 Do you wish you had any easy guide to making quick and easy meals after your weight loss surgery Just because you had the operation doesn t mean you can t have tasty meals Do you need a change in your mind and mood Do you feel stagnant stuck in a rut and ready for perfect recipes Are you terrified of ending up old and tired having wasted years of eating only bland food post surgery Post Weight Loss Surgery Diet Gastric Bypass Cookbook Gastric Sleeve Cookbook teaches you every step including a breakdown of what

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Gastric Sleeve Bariatric Cookbook for Beginners 2024 Ann D Haley, 2024-04-21. Welcome to the Gastric Sleeve Bariatric Cookbook for Beginners your essential guide to navigating the post surgery culinary landscape with confidence, creativity and wellness. This cookbook is more than a collection of recipes, it's a roadmap to a vibrant, fulfilling life after gastric sleeve surgery. With expertly crafted dishes, practical tips and a focus on nourishment, this book is your trusted companion on the journey to optimal health and culinary joy. Why you Should Purchase This Book: If you've undergone gastric sleeve surgery or are considering it, this book is a must have resource. It's designed specifically for beginners, making it accessible and user friendly for individuals who may be less familiar with cooking techniques or post surgery dietary guidelines. Whether you're seeking inspiration, guidance or a variety of flavorful recipes to support your health goals, this book has you covered. Benefits of This Book: 1. Portion Control

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Richard Russel, 2017-12-16
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