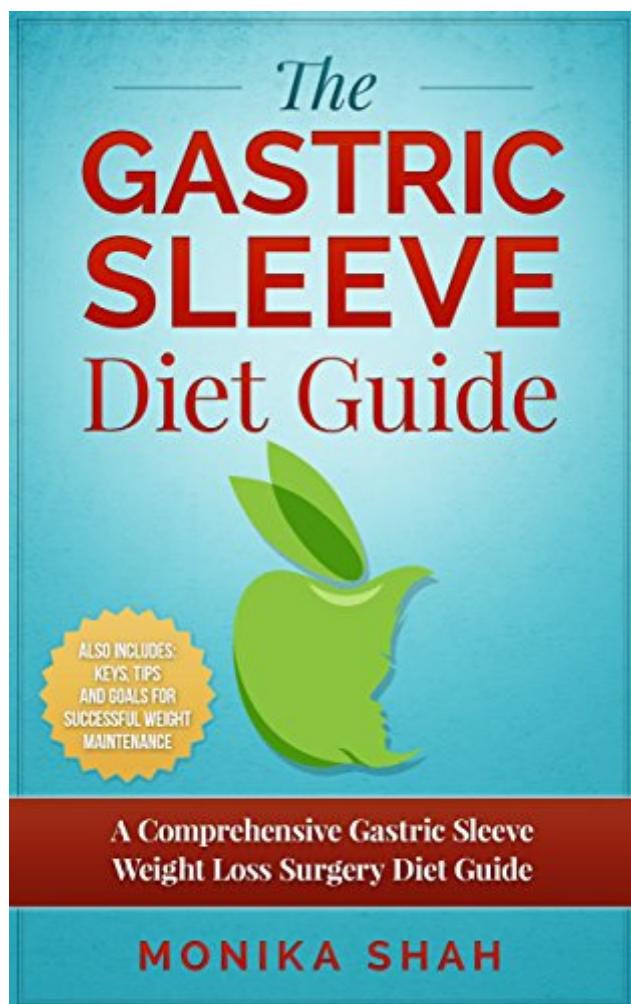


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# **Gastric Sleeve Diet: A Comprehensive Gastric Sleeve Weight Loss Surgery Diet Guide (Gastric Sleeve Surgery, Gastric Sleeve Diet, Bariatric Surgery, Weight Loss Surgery, Maximizing Success Rate)**





## Synopsis

A Comprehensive Gastric Sleeve Weight Loss Surgery Diet Guide (Gastric Sleeve Surgery, Gastric Sleeve Diet, Bariatric Surgery, Weight Loss Surgery, Maximizing Success Rate) This book has been specifically designed and written for people who are either planning for, or have already undergone the Gastric Sleeve surgery (Bariatric Surgery) for weight loss. This book will educate you in detail about the various stages of Gastric Sleeve surgery and help you sail through the healing period of weight loss surgery. Let's take a closer look on what this book has to offer:

**Part A - "The Research:** This part of the book educates you not only about the Gastric Sleeve surgery itself but other various types of Bariatric surgeries too. It talks about the various risks and complications that are involved in this procedure. It also explains the various hospital procedures and processes one has to follow during the entire surgery along with the costs. Finally, it makes sure that you understand the right methods of selecting the best surgeon for your surgery too.

**Part B - "Getting Ready for the Surgery:** This part of the book prepares you for the Gastric Sleeve surgery by explaining the various guidelines that one has to follow before the surgery. It also talks about how you can maximize your success rate, various pre-operative diet guidelines including the 10 - 14 days Low Sugar diet. Finally, it helps you understand what you should take to the hospital along with you for those critical first few post-operative days.

**Part C - "The Maintenance and Care:** This is an important and critical part of the book which educates you in detail about the post-operative diet stages. You will explore the detailed post-surgery dietary information that one should follow to sail through the healing period of weight loss surgery. For each of these diet stages, book will unfold the real goals, guidelines, diet control measures and foods to eat and avoid from various food groups in detail.

**Also Includes:** Keys, Tips and Goals for Successful Weight Maintenance

When recovering after sleeve gastrectomy or any other form of bariatric surgery, patients also need to make some emotional adjustments. This section will help you with not only motivating yourself but also the keys, tips and goals one must follow for successful weight maintenance.

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-----Tags: Gastric Sleeve Surgery, Gastric Sleeve Diet, Gastric Sleeve Guide, Bariatric Surgery, Weight Loss Surgery, Weight Loss Surgery Diet Guide, Maximizing Gastric Sleeve Success Rate

## Book Information

File Size: 1839 KB

Print Length: 74 pages

Simultaneous Device Usage: Unlimited

Publication Date: May 25, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01G7B1AWC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #116,806 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #13

in Books > Medical Books > Medicine > Internal Medicine > Bariatrics #275 in Kindle Store >

Kindle Short Reads > Two hours or more (65-100 pages) > Health, Fitness & Dieting #462

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Weight Maintenance

## **Customer Reviews**

Smart food choices following bariatric surgery are critical to your health and success. Beginning right after weight loss surgery, you will begin the first phase of your post-op diet – the liquid phase. This diet phase can be the most difficult as your body is recovering from surgery and you are adapting to your new way of life. This book provides helpful tips to get you through the liquid diet and ensure you are getting proper nutrition.

Thank you so much author for having this book crafted. It's very informative and worth the time to read. The reminders and guide itself is very detailed and accurate. As for the organization, all I can say is positive things. Very clean and each of the info's and tips coincides with each other. All in all this book is very helpful and a lot of reminders and tips are included.

Very easy read! It has a LOT of information packed into a tiny book! This is a must for anyone who is beginning their journey and thinking about the gastric sleeve. While it does have a lot of information you can find online, I like how it is condensed into an easy to read version. I read it in one sitting but will use it as a handy reference guide in the future. Very impressed with the quality of content.

Due to health reasons, my cousin has been asked to go under the knife for gastric surgery. Ever since then it's been hard for her to eat and she's really lost a lot of weight. I've been trying to help the best way I can and Monika's book has really given me a lot of great ideas for recipes that suits her diet.

Impressive! I was suffering from obesity and i was looking out for an effective solution. I've been considering weight loss surgery for years. However, I'm not the type to jump in without knowing every detail and Doctors don't always tell you everything. so i was looking for a guidance which i found in the form of this book. This book is a very easy read with all the basic information one might need when contemplating weight loss surgery. Really worth recommending!

There are so many people with conflicting opinions on the best way to lose weight, but ultimately it only matters what the individual is willing and able to do. One thing I really liked was the idea of reducing carbs, especially empty carbs. So many great suggestions and insights into the entire process, it's definitely a valuable book for someone going through the weight-loss surgery process. I think it's a must-read for anyone considering weight-loss surgery, even if they just check it out from the library to see if it "works" for them.

This is good for those people who undergone the Gastric Sleeve Surgery. I grab this book because I wanted to learn what food should they offer for those who are in Gastric Sleeve. I think they provide a good information and strategies. This can be a good help as well through the healing period of weight loss surgery.

My mom had this gastric sleeve surgery and has a hard time maintaining diet. Thank goodness for this book she now has a solid guide on how to compensate for it. Her doctors did give her a set of guidelines but it doesn't come close to the recommendations of this diet guide. For those wanting to undergo this procedure must get this copy to make sure you're up to it and think really well before going under the knife.

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