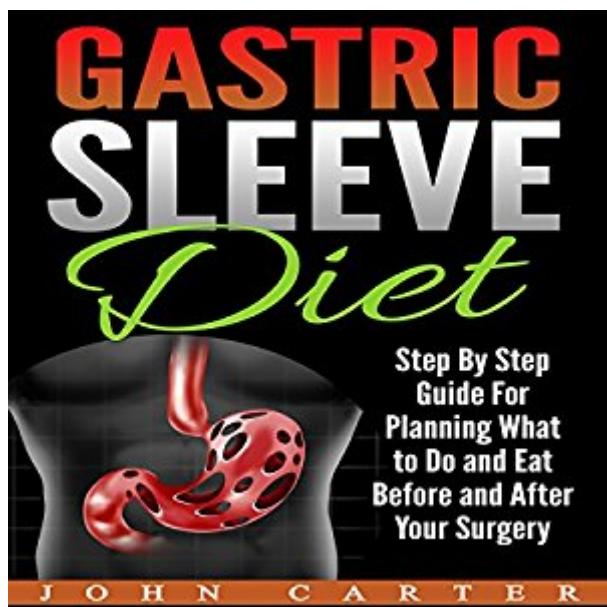


The book was found

Gastric Sleeve Diet: Step By Step Guide For Planning What To Do And Eat Before And After Your Surgery



Synopsis

Is the gastric sleeve procedure and diet right for you? When you open *Gastric Sleeve Diet*, you'll learn all the pros and cons of this life-changing procedure. You'll find out how gastric sleeve surgery compares to gastric bypass, the different procedures and methods involved, and what you should eat before and after the big day! This audiobook describes the typical diets doctors recommend for the weeks leading up to gastric sleeve surgery. You'll learn how to choose the right surgeon, the (rare) risks and rewards of various treatments, and what to expect after your gastric sleeve procedure. It's important to stick with the diet your physician prescribes after your surgery. In this audiobook, you'll find out about the different foods you can eat during the different phases of your recovery. Don't spend another night staring in the mirror at the old you. Get your copy of *Gastric Sleeve Diet* today - and start sculpting a better body!

Book Information

Audible Audio Edition

Listening Length: 1 hour and 29 minutes

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Version: Unabridged

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Whispersync for Voice: Ready

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#106 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #223
in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

Customer Reviews

This is not recipe book its a total solution for you to complete the procedure to take a Gastric sleeve surgery and recover quickly from it. The author discussed about the whole process to find the correct surgeon including the subjects of stomach stretching and pain. Common diets for the two-week period before the surgery and for the various time periods following the surgery are given, as well as the reasons the patient needs to stay on the surgeon's prescribed diet. Various risks associated with each procedure, though not likely, are discussed you will find in this book. Proven steps and strategies on various things the gastric sleeve patient needs to do and eat before

their surgery are discussed.

This book depicts the common weight control plans specialists prescribe for the weeks paving the way to gastric sleeve surgery. You'll figure out how to pick the correct specialist, the uncommon dangers and prizes of different medications, and what's in store after your gastric sleeve system. It's imperative to stay with the eating routine your doctor recommends after your surgery. In this book, you'll get some answers concerning the diverse sustenance you can eat amid the distinctive periods of your recuperation.

This is a great book on Gastric Sleeve Diet. All of the things, tips and guides that I need to know about what to do and eat before and after surgery are already included and well written inside. John Carter has done an incredible awesome job in compiling and creating this book. This book is very informative, useful and well explained. This book is really a great resource for those who want to learn more about Gastric Sleeve Diet.

Five stars? Is that all I can give? Really, this book deserves so much more. The techniques provided on these pages, as well as the suggestion it gathered, are worth far more than five stars and I would consider this book to be a great bargain at twice the price. Keep up the excellent work, John Carter. Highly recommended.

Very informative and helpful with dietary selections. This is a must for anyone who is beginning their journey and thinking about the gastric sleeve. Its comprehensive coverage of the type you need to maintain after is crucial. If you are considering this procedure this is a great resource book. Enjoyed reading this.

Going over a gastric bypass or other surgery, the recovery time is very crucial so taking in the right food has a big role in every recovery. With the help of this gastric sleeve diet cookbook, it already filters every ingredient and chooses the right dish that will help one's recovery and fill the patient with the right nutrition that it needs. This book is very recommendable.

I read, studied and its useful this book describes the typical diets doctors recommend for the weeks leading up to gastric sleeve surgery. You'll learn how to choose the right surgeon, the (rare) risks and rewards of various treatments, and what to expect after your gastric sleeve

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