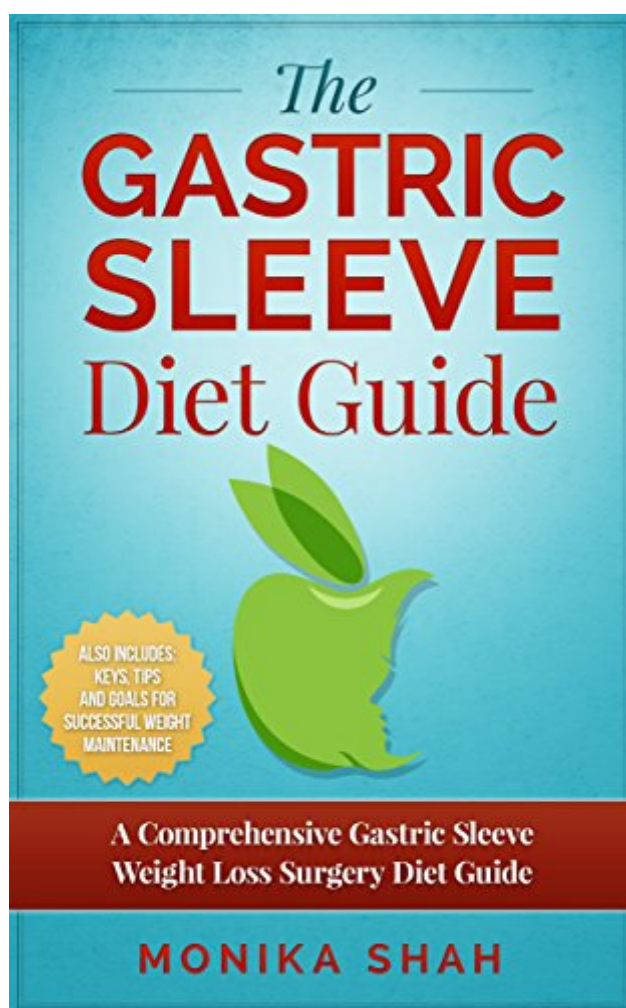


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# **Gastric Sleeve Diet: A Comprehensive Gastric Sleeve Weight Loss Surgery Diet Guide (Gastric Sleeve Surgery, Gastric Sleeve Diet, Bariatric Surgery, Weight Loss Surgery, Maximizing Success Rate)**





## 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 to 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

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## Customer Reviews

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.

I am scheduled to have the sleeve in about three weeks. I found this book to be helpful in many ways. I had already had my dr and knew u was getting the sleeve but everything else was so useful to me. Really helped calm me down and enabled me to focus on what to prepare for.

This book is for those who have undergone gastric sleeve surgery and if you are planning to undergo this type of surgery, you better get a copy. Its comprehensive coverage of the type you need to maintain after is crucial. This would also help you decide if you are totally dedicated to undergoing such procedure. I'm giving this book to a friend who is planning to make this decision and maybe prepare her better for her decision.

If you are considering this procedure this is a great resource book. I read it after my surgery. Wish I had it prior. Yet it is informational for me towards the end of the book.

Enjoyed reading this. Reminded me of things I had forgotten. Always remember to follow your surgeon's advice and your nutritionist. Remember the rules!

Very informative and helpful with dietary selections.

I don't expect much time was spent researching for this book, as there is only basic, common sense information and broad-spectrum guidelines. It is, however, well written and easy to follow.

Very informative! Read it cover to cover several times. Answered lots of my questions.

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