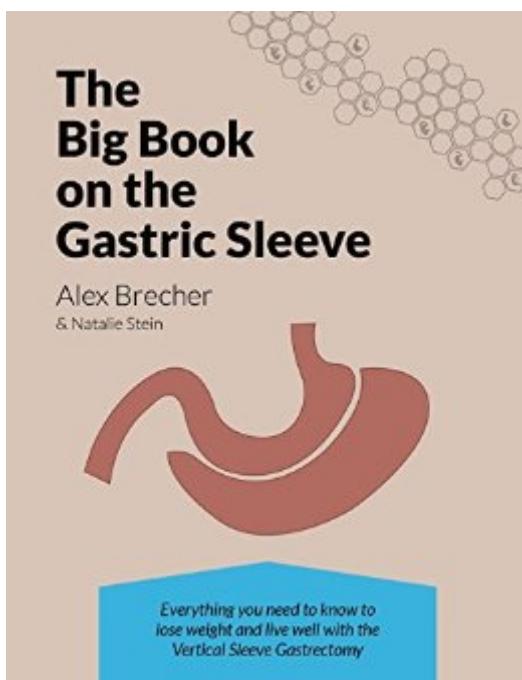


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# The BIG Book On The Gastric Sleeve: Everything You Need To Know To Lose Weight And Live Well With The Vertical Sleeve Gastrectomy (The BIG Books On Weight Loss Surgery 2)



## Synopsis

The vertical sleeve gastrectomy, or gastric sleeve, can be your weight loss solution after years of struggling with obesity. Thousands of patients have successfully lost weight and kept it off after vertical sleeve gastrectomy. Making the right decisions can help you make the most out of this life-changing experience. The Big Book on the Gastric Sleeve: Everything You Need to Lose Weight and Live Well with the Vertical Sleeve Gastrectomy! provides the information and tips you need to make the most out of this chance to overcome obesity forever. How does the gastric sleeve work? Is the vertical sleeve gastrectomy your best option? Who will your surgeon be? What will your diet be like? How can you reduce complications and side effects? This indispensable book answers these questions and more with straightforward and complete explanations. The authors, a successful weight loss surgery patient and a nutritionist specializing in weight loss speak to those considering weight loss surgery, current gastric sleeve patients and their supporters. Learn about:- Expected weight loss after vertical sleeve gastrectomy (VSG)- Choosing a surgeon and paying for surgery- Safely preparing for and recovering from surgery- Avoiding mistakes that can slow weight loss and harm your health- The VSG diet for weight loss: what, when and how much to eat- Health benefits and risks of the sleeve- Embracing life as a sleeve patient This complete guide covers the entire VSG journey â€“ donâ€™t miss out on critical information that can get you the weight loss that you want and deserve!

## Book Information

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## **Customer Reviews**

Being overweight and diabetic for most of my life, my doctor is actually who recommended surgical options. Let me just tell you that reading through their medical literature is tedious and confusing. There are several options if you decide to go with the surgery, and it was left totally up to me to decide which one I wanted. I was at my wits end, scared, and utterly uneducated when I literally stumbled onto one of the same author's other books regarding the LAP-BAND procedure. Then, much to my surprise, I found this book about the Gastric Sleeve too!! Two procedures thoroughly described and laid out for me! Both books are easy to follow, and are obviously from an experienced author....Who actually had the surgery! If you're looking for more information on these types of procedures, get these books!!

I've been considering weight loss surgery for years. Based on what I know, and the experience of a co-worker who had the Gastric Sleeve surgery I narrowed down my options to this type of surgery. However, I'm not the type to jump in without knowing every detail and Doctors don't always tell you everything. So I bought this book, and I'm so glad I did. After reading this book I was able to have an informed discussion with my doctor about the gastric sleeve surgery. I was finally able to feel satisfied that I had all the information I needed to make a decision. So I've scheduled my gastric sleeve surgery and I'm really excited, nervous, but I feel ready and I know it's going to change my life.

This book is very informative. It discusses everything from diet to exercise to shopping list for immediately after surgery to how to find the right doctor for you and more. It is written in clear easy language that the layperson can easily understand.

I like to start my review by saying this book is absolutely great. A very close friend of mine who I care about dearly decided he is going to get the gastric sleeve, not knowing much about it, I did a little research and found this book. I want to be there for him from beginning to end so I needed to know the entire process, after reading this book I learned just about everything. I learned not just about the sleeve, but about the economic, financial, and personal problems obesity creates. This

book contains the answers to just about any questions anyone has on the process of deciding whether the sleeve is right for you, whether you make a good candidate, which surgeon to choose, how to prepare for the procedure and much more. I am happy I purchased this book and gained the necessary knowledge to be there for him. I also made my friend read it and he even learned more about the sleeve after doing countless hours of research on his own.

I was the fat man in a family of gym freaks and naturally skinny people. You know, the bastards blessed with a fast metabolism, people who can eat anything they want and don't gain a pound. For years I struggled with my weight, did Atkins, Pritikin, South Beach, you name it, I did it. Then I discovered Bariatric surgery. When I told my parents about it, they refused to pay and my insurance only covered 50% AFTER trying to lose weight with a personal trainer (so they can verify it) for six months. Buying this book was very helpful, it gave me all the arguments I needed to convince my family. The chapter on medical tourism was really wonderful, I almost went to Venezuela but ended up choosing La Clinica de la Obesidad in Colombia. They treated me really well, gave me a referral for an American doctor, everything went great. So if you're thinking about getting a gastric sleeve, I do recommend this book. It's easy to read, has lots of interesting chapters, everything is sourced and the links work if you want to read more.

I had friends who had gastric bypass surgery, but didn't know a soul who had gastric sleeve surgery. I explored every option while considering gastric surgery for weight loss, but I have to say until I found this book *Gastric Sleeve* was one that I found very difficult to understand. This book makes it easy to live before, during and after the procedure. It definitely demystified it so I could make an informed decision. I'd recommend it to anyone weighing gastric surgery options. There is more than one!

I am so glad I bought this book. It has given me more information on top of what my doctor had already given me. There is a website to go along with this book. [Bariatricpal.com](http://Bariatricpal.com). It's a place for people going to have bariatric surgery or have already had their surgery to leave comments & ask questions. The book is very detailed & helps a great deal with the eating phases after surgery. Book is worth every penny. My dietician is going to order the book & will show it to other people considering this surgery.

This book is very informative! I ordered it because I am going to have this procedure done and I

wanted more information and this book definately has everything you need to know

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