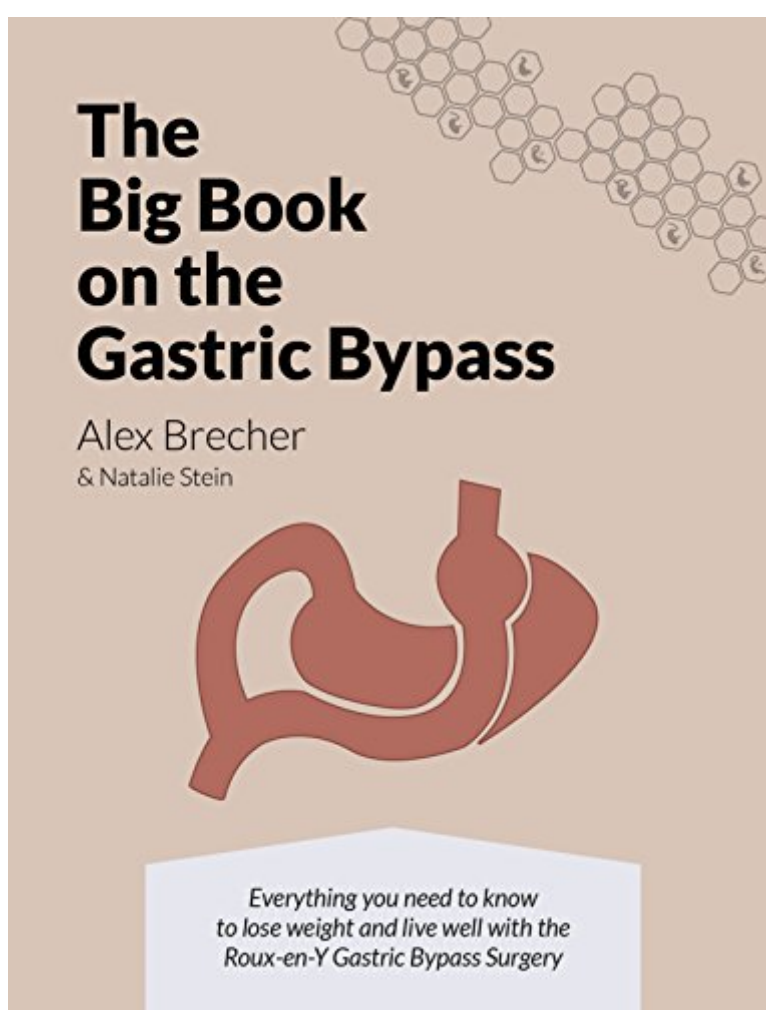


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The Big Book On The Gastric Bypass: Everything You Need To Lose Weight And Live Well With The Roux-en-Y Gastric Bypass Surgery (The BIG Books On Weight Loss Surgery 3)



Synopsis

The roux-en-Y gastric bypass surgery, or RNY, can be your weight loss solution after years of struggling with obesity. Thousands of patients have successfully lost weight and kept it off after RNY, which is the most well-known kind of bariatric surgery. Weight loss surgery is life-changing, and the best information can help you succeed. *The Big Book on the Gastric Bypass: Everything You Need to Lose Weight and Live Well with the Roux-en-Y Gastric Bypass Surgery!* provides the information and tips you need to make the most out of this chance to overcome obesity forever. How is the RNY procedure performed? How can it help you lose weight? Is the gastric bypass surgery your best option for weight loss? What should you look for when choosing a surgeon? What will your diet be like? How can you reduce complications and side effects? This book is for you if you are just starting to consider weight loss surgery, if you know you want the RNY in particular or if you are already a gastric bypass patient. The book is a great gift option and also a great choice if you are supporting a gastric bypass patient. Learn all about:

- Average weight loss after Roux-en-Y gastric bypass (RNY)
- Choosing a surgeon and paying for surgery
- Safely preparing for and recovering from surgery
- All about the RNY diet for weight loss and health
- Health benefits and risks of the gastric bypass
- Embracing life as a RNY patient

This complete guide covers the entire RNY journey – don't be left behind!

Book Information

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Customer Reviews

Although there is a lot of information in this book not all of it is correct. I noticed several times that it contradicts itself. On one page it says that open gastric bypass surgery is safer than laproscopic surgery. On the next page it says the exact opposite! On several occasions the author refers to gastric bypass as "the sleeve". Anyone who has had or is looking to have weight loss surgery knows that the sleeve and RNY are two very different things. Also the sample meal plans are pretty far fetched. A cup of food during the pureed stage? There is no way a person could (OR SHOULD) eat an entire cup of food in three or four weeks after surgery! I think the book could be good if it was more successfully edited and it's pretty obvious that the author's purpose in writing the book was to throw in as many plugs for his blog as humanly possible. Be sure to go to bariatricpal.com, is mentioned about a zillion times throughout the book. Wish I could send it back. Waste of money!

I have been considering this surgery for awhile now and it was not easy to find unbiased information. This book is very easy to read and gives you a lot of information. It lays out the pros and cons, gives you diets to follow for the rest of your life and, if you have questions, it is easy to find answers. I have had this surgery now and I still refer to it quite a bit when I have a question. Probably the best book I have seen on this subject. I have it on my kindle. I probably would buy it as an actual book if I had to do it over because I like to highlight and mark pages for reference. Just not as easy on a kindle but still doable.

The Big Book also known as 'The Bible for the bypass' does not let down. It covers everything you need to know from before you make your decision to diet and exercise information months afterwards. Simply said, if you are considering a bypass, or having one, you need to read this book.

This is a critical book for people interested in this procedure. I had the surgery before I found this book. But it still had a lot of useful information that even the doctors and dieticians did not reveal. I think this is a lifelong reference for patients.

You name it your question is answered in this book about Gastric Bypass surgery. A little dated (no longer is the gall bladder routinely taken out at the time of surgery) but a full explanation not only of

the procedure but the nutritional needs after surgery which I find so very useful! A BIG book indeed. If you are considering, going for or have had gastric bypass surgery this comprehensive book is for you! Never talking down to you but not too simplistic either, it explains everything you ought to know. A real companion book during before and after gastric bypass surgery. Highly recommend!

This book was very informative. It covers everything you need to know from how to choose a surgeon who's the best fit for you to the ways your life will change after the procedure. It was clearly written, and it made me feel much less nervous about my surgery.

Very informative and helpful. This is something you can constantly refer back to at every step of the process. This is like the bible for gastric bypass surgery. Def a must have if you are considering having it. It leads you through every step of the process.

Whether you are researching having surgery, going thru the pre op process or post op you need this book! It guides you step by step before during and life after surgery, it's an easy read and 1.5 yr post op I still refer back to this book to keep my mind fresh and focused. I got it on Kindle. Alex has also started an online support community called Bariatric Pal which is also available for iPhone and Android, highly recommend checking that out also.

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The Big Book on the Gastric Bypass: Everything You Need to Lose Weight and Live Well with the Roux-en-Y Gastric Bypass Surgery (The BIG Books on Weight Loss Surgery 3) 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) 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) The BIG Book on the Lap-Band: Everything You Need To Know To Lose Weight and Live Well with the Adjustable Gastric Band (The BIG Books on Weight Loss Surgery 1) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) The BIG Book on the Lap-Band: Everything You Need to Know to Lose Weight and Live Well with the Adjustable Gastric Band Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose

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