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And Bestselling Author Kaye Bailey

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THE *Kaye Bailey's*
5 Day Pouch Test
Owner's Manual
Second Edition (C) 2012

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to manage your weight loss surgery pouch successfully.**

You Can Do This!

The Day Pouch Test Owners Manual

Xiaolong Qi



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5 Day Pouch Test Owner's Manual 2nd Edition Kaye Bailey, 2012-07-02

The Bariatric Bible Carol Bowen Ball, 2019-07-19 After Carol Bowen Ball underwent bariatric surgery she found there was very little practical information for weight loss surgery patients and as a result she wrote the first and to date only UK bariatric advice and cookery book Return to Slender At the same time she launched BariatricCookery.com a website to support the same patients A year later she wrote a sequel Return 2 Slender Second Helpings Both books have been widely praised by the professional bariatric community as well as pre op and post op patients The recipes in The Bariatric Bible are designed and developed to help at every stage after weight loss surgery They are colour coded to suit the 3 main stages afterwards These are the Red or 1st Fluids Stage the Amber or 2nd Soft Purged Stage the Green or 3rd Eating for Life Stage They will have a nutritional analysis breakdown This includes measured calories protein carbohydrate and fat levels Recipes are also further coded for suitability for freezing and for vegetarian eating A new bariatric lifestyle however isn't just about food it is also about exercise changes in behaviour and relationships adhering to essential medications coping with unsettling situations that can derail the best of intentions dealing with social situations like eating out finding new ideas for a changing body through fashion and beauty advice and making new healthier habits to replace old destructive ones As a result the book will be the most comprehensive book of any currently on the market It also covers the types of surgery on offer and highlights the many diets that are required prior to surgery sometimes to lose weight as part of the qualification process However its main focus is on advice and recipes for after surgery to help the post op patient maximise their best chance of long term success with

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