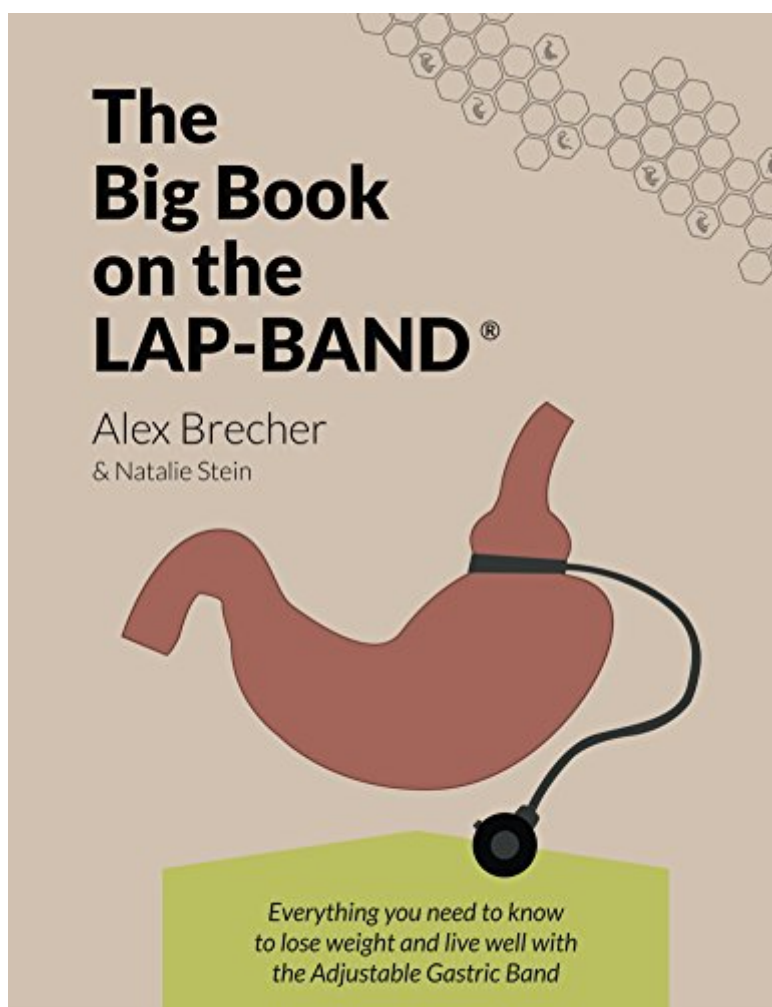


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# The BIG Book On The Lap-Band: Everything You Need To Know To Lose Weight And Live Well With The Adjustable Gastric Band (The BIG Books On Weight Loss Surgery 1)





## Synopsis

The laparoscopic adjustable gastric band, or lap-band, can be the weight loss tool you need to overcome obesity – but only if you use it right. *The Big Book on the Lap-Band: Everything You Need to Lose Weight and Live Well with the Adjustable Gastric Band!* is your complete manual, from considering surgery until maintaining your goal weight – and everything in between. Authoritative and reassuring throughout, the book guides beginners through weighing the pros and cons of the lap-band, choosing a surgeon, getting insurance reimbursement or paying out of pocket for surgery, recovering safely from surgery to promote better weight loss later and all about band fills. The lap-band diet is the key to weight loss, and the book contains helpful hints, food lists and menus for each stage of the lap-band journey. The book also addresses sensitive issues such as whether and how much to talk about your surgery, and when to consider cosmetic surgery after losing weight. *The Big Book on the Lap-Band* has these unique features:

- Written by a weight loss surgery advocate who lost and kept off 100-pounds with the lap-band
- Co-written by a nutritionist and weight loss specialist with detailed information on the lap-band diet
- Real-life lap-band patients sharing their stories about how they made the gastric band work for them
- Interactive worksheets to assess your own readiness for and progress with the lap-band
- Science-based, understandable explanations of all aspects of the lap-band and life with it

Don't let your weight be derailed by lack of knowledge or because of misinformation that you find online. Instead, get the comprehensive information you need from this single credible source.

## Book Information

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## Customer Reviews

Alex Brecher is an excellent writer, after reading his gastric sleeve eBook I decided to give this one a chance, to see which operation was better for my lifestyle. I ended up choosing the gastric sleeve, but this is by no means a criticism on the lap-band. I have a friend who got the lap-band, she really enjoys it. When she travels on vacation and wants to eat more, she visits the doctor so they can loosen it up. Then when she comes back, she makes it tight again. The best part of course is all the weight she lost. She even ran in the New York Marathon! A feat I couldn't believe. Of course, I like to tease her that she didn't win, so what was the point of running? But that's just me, I'm a bastard. Overall, this is a very informative book, and I definitely recommend making highlights because there's a lot of information to remember. Oh, and thanks for the lap-band stories throughout the book, they were very inspiring.

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 this book. Then, much to my surprise, I found another book about another surgical procedure from this same author!! 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 on a diet kick lately. The main reason is, like most people, I am trying to lose weight and live a healthier lifestyle. I want to make sure that I'm around for a long time not only for my sake, but for my daughters as well. I was considering surgery to lose weight but needed to learn more about it. Most of what I read was either biased against lap band or biased for lap band. It was hard to find facts that weren't twisted in one way or another. I purchased this book hoping for clarification on how

life would be if I had this surgery....I am so glad that I did. This opened my eyes to everything about the surgery and life afterwards! Questions I hadn't even thought of were answered. Its informative, its helpful, it just might save your life

I've struggled with obesity all my life and I'm looking for solutions. One of the solutions I'm considering is the adjustable gastric band. The problem I've run into is that a lot of information sources are hard to understand, sprinkled with medical jargon that has gone over my head. This is the first source I've found that breaks down everything I need to know in an easy and organized way. I have this resource on my smartphone via the Kindle app and I plan to reference it frequently as I come to a decision on my weight loss plans. If you're like me and have struggled with controlling your weight over the years, this is definitely the book for you.

There must have been 20 or so mentions of the lapband talk website in the first few chapters. Seriously 1-2 mentions would have been fine. I got it the first time, but after a while it got irritating. I appreciate the offer of support, and the forum is good. If you can get past the promotions, this is a pretty decent and comprehensive book.

Awesome book that answers questions about the Lapband surgery if you are considering it for weight loss.

This should be the bible that every one considering WLS should read to make an informed decision and to guide them along on their journey. Every provider offering WLS should recommend or give this to their patients. It is so much better than the ones offered by the medical device maker.

Good information for anyone considering this procedure. It offered a program that supported a positive lifestyle change and anyone interested in the lap band needs to consider a lifestyle change!

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