

Learn how to eat right after weight loss surgery. In the past decade or so, there have been explosive increases in both the incidence of severe obesity and weight loss; bariatric-surgery. It has been shown that the incidence of bariatric surgical procedures has increased over 600% in the last decade. It is estimated that approximately 200,000 Americans - and another 200,000 adults world wide - will undergo a bariatric operation in 2006. This dramatic increase in operative cases is in part a testament to the safety and efficacy of the currently performed surgical procedures including the roux-en-Y gastric bypass, laparoscopic adjustable gastric band, and the biliopancreatic diversion - with or without duodenal switch. Weight loss surgery is not a magic bullet, but with life-long positive lifestyle habits, including a healthy diet, you may be able to enjoy vibrant health you have never felt before. Once the surgery is over, there is a lifelong maintenance program to ensure not only that you keep the weight off, but that your body gets the right balance of nutrients. When you can only eat as much food as you can hold in your hand at a sitting, it is vital that you are eating the right foods and taking the correct supplements to nourish your body for life. What sets Recipes After Weight Loss-Surgery apart from previous cookbooks is the combined expertise of Margaret Furtado, MS, RD, LD-N and Lynette Schultz, a combination of almost 40 years experience in clinical nutrition and the culinary arts, respectively. Together, they will help you navigate your way through the sometimes turbulent waters after your weight loss surgery, and will provide you with general clinical guidelines after your procedure, as well as helpful hints for easing your transition from surgery to your new, healthy lifestyle. With sections on home entertaining and eating-on-the-run, Ms. Furtado and Ms. Schultz will help you to feel like a person, rather than a patient, after your life-altering weight loss surgery.

Twelve Weeks to a Better Body for Women, Decline and Fall: A Novel, Alexandria and the Moon: An Investigation into the Lunar Macedonian Calendar of Ptolemaic Egypt (Studia Hellenistica), The Philosophical Magazine (Volume 24 ser.05); A Journal of Theoretical, Experimental and Applied Physics, 2015 Clinicians View, Panic Disorder in the Medical Setting, Understanding Broadcasting (Addison-Wesley series in mass communication), The History of Rogers Rangers, Vol. 4: The St. Francis Raid, Saint Legend #3, Jewish-Run Concentration Camps in the Soviet Union,

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