

WEIGHT LOSS SURGERY

A LIGHTER LOOK

...AT A HEAVY SUBJECT

WRITTEN BY
TERRY SIMPSON, MD



Weight Loss Surgery A Lighter Look At A Heavy Subject

Terry Simpson



Weight Loss Surgery A Lighter Look At A Heavy Subject:

Weight Loss Surgery Terry Simpson, 2004 *Weight Loss Surgery A Lighter Look at a Heavy Subject* With the recent publicity surrounding weightloss surgery Dr Simpson s guide will answer all your questions This hot topic is thoroughly explained with a bit of humor in this comprehensive guide Patients and their families as well as physicians and supporting medical personnel can follow the journey from pre operative insurance approval through surgery and well into a thinner healthier happier lifestyle with tips for long term success and menu plans All available surgical options are explored and explained with diagrams and suggestions of how and what to eat after surgery Primary Care Physicians and patients will find the tips and follow up care recommendations very informative for promoting a healthier lie after surgery **LAP-BAND for Life** Ariel Ortiz Lagardère, 2005 *Fasting For Health and Highness* Ken Albertsen, 2010 Most doctors won t tell you Periodic cleansing fasts are the best path to optimum health Why Because doctors hospitals and Big Pharma don t make money if patients use low cost natural methods to get healthy This illustrated text offers easy options for getting off the hamster wheel of sickness drugs and depression Tune in with your body mind s natural state and get high in the process

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individuals lacking time for research Medical professionals and educators can also benefit by positively impacting patients students and employees Corporations focusing on employee well being can increase health literacy productivity and work life harmony By investing in health they reduce medical expenses and lost productivity Lastly this book is valuable for those who have experienced weight fluctuations or undergone bariatric surgery It reframes goal setting and personal progress This book is for anyone who wants to live life to the fullest and age gracefully Are you ready to embrace a vibrant and healthy life instead of feeling drained and unwell Are you ready to learn apply and transform **Own Your Body** Dr. Shiv K

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