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# **Weight Loss Surgery Cookbook** FOR **DUMMIES®**

## **Learn to:**

- Enjoy a nutritious post-surgery lifestyle
- Know which foods to buy and how to prepare them
- Make delicious meals that are high in flavor and low in fat and calories

**Brian K. Davidson**  
**David "Chef Dave" Fouts**  
**Karen Meyers, MS, RD/LD**

Foreword by Garth Davis, MD,  
bariatric surgeon on TLC's *Big Medicine*



# Weight Loss Surgery Cookbook For Dummies By Brian K Davidson Sep 17 201

**Marina S. Kurian, Barbara  
Thompson, Brian K. Davidson**



## **Weight Loss Surgery Cookbook For Dummies By Brian K Davidson Sep 17 201:**

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**Weight Loss Surgery For Dummies** Marina S. Kurian, Barbara Thompson, Brian K. Davidson, 2012-07-31 Your trusted guide to surgical weight loss Sixty percent of individuals over the age of 20 or 58 million people in the U.S. are overweight As the obesity epidemic continues to grow many Americans are researching the benefits and complications of weight loss surgeries **Weight Loss Surgery For Dummies** 2nd edition is the most up to date and authoritative guide to understanding the impact of surgical weight loss before during and after surgery Weight loss surgery is often an overweight person's last resort and it comes with many risks questions and fears So how do you know if it's right for you **Weight Loss Surgery For Dummies** gives you expert guidance on knowing whether you qualify for the procedures advice on choosing the best center and doctor and trusted information on evaluating the risks involved Plus it helps you plan to finance the procedure prepare for surgery and achieve the best results as you adjust to a new diet and lifestyle post surgery Trusted information on choosing a weight loss surgery that's best for you Advice on what to expect before during and after surgery Sample recipes and information to ensure you're getting proper nutrition post surgery If you or a loved one is considering gastric bypass surgery **Weight Loss Surgery For Dummies** gives you everything you need to decide if it's the right course of action what to expect during recovery and how to ensure the best results through healthy eating behaviors and regular physical activity

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