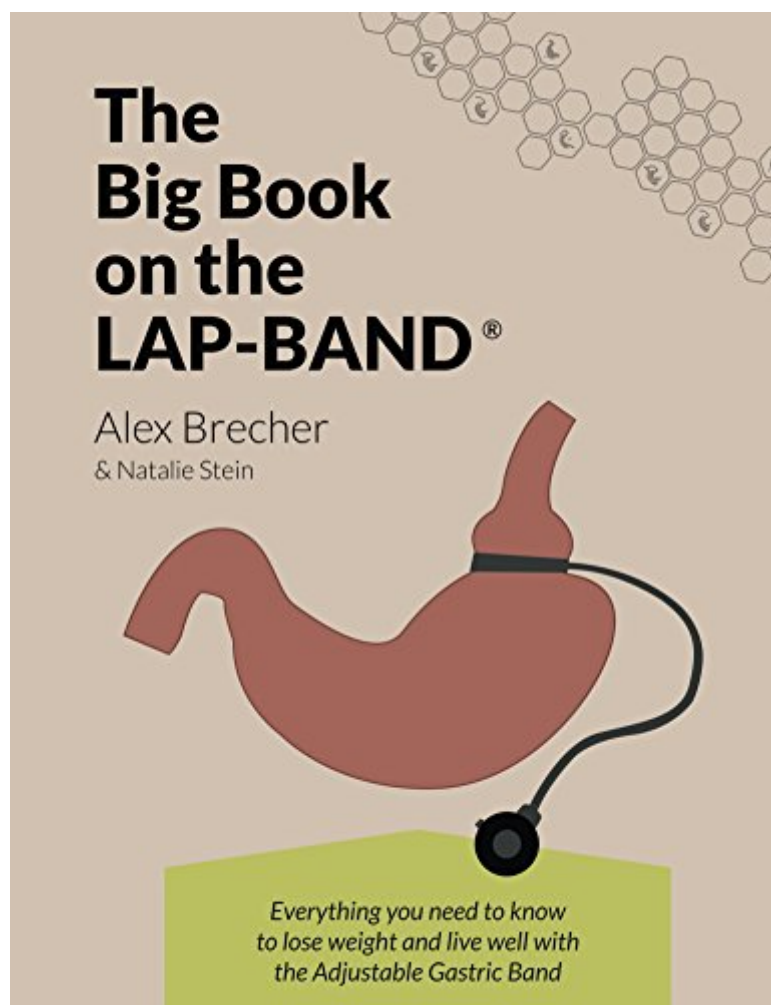


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The BIG Book On The Lap-Band: Everything You Need To Know To Lose Weight And Live Well With The Adjustable Gastric Band (The BIG Books On Weight Loss Surgery 1)



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.

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Customer Reviews

I'm still deciding about whether to get the adjustable gastric band but whether I do or not this book has helped. It explained each type of weight loss surgery so now I understand my options. I like it because a lot of the information, like how to choose a surgeon, is useful for all kinds of weight loss surgery, but the book is really about the lap-band so you can learn about special diet tricks and things like adjustments which are only for the band. Here's what I remember about the book so you know what to expect* introduction and why diets don't work* explanation of how the lap-band works and how much weight it can help you lose* some risks of the surgery and the band* how to prepare for surgery by choosing a surgeon* your pre-surgery diet and the diet you'll have when you're recovering from surgery* the diet you'll be following for your new lifestyle* an exercise program (and I want to say that this book takes you right from the beginning, even if you're like I was and you think that getting out of a chair is exercise)* how to use people to support you* a plug for LapBandTalk.com. Actually I checked it out and it's pretty cool. It's free to join. Each chapter has a few short questions or helpful forms to fill out so you keep thinking about your individual situation. Also, there are a bunch of patient stories so you can see how different people make the band work for them. The stories are scattered throughout the book and they're told in the people's own words.

Very readable and thorough overview of lapband surgery. Read as much or as little of it as you want depending on your situation - useful for those considering surgery, preparing for the procedure, recovering or maintaining a new healthy lifestyle. Realistic but encouraging.

I got the band six months ago. My weight loss was fine for a few months. I lost 15 pounds before surgery and 30 pounds in the first four months. Then almost nothing. I didn't know what to do. My surgeon just told me that I was at a plateau and I just needed to be patient and wait. I got this book and turned straight to the lap-band diet chapter. Almost immediately I found 3-4 things that I was doing wrong, like eating things that weren't on my diet and having the wrong portion size for some foods. I made the changes and already I've lost another 6 pounds in two weeks! Now I'll read the rest of the book and see what else I can learn! This book is great especially for people like me who

don't have a nutritionist and my surgeon doesn't tell me that much about the diet.

Very informative. I have struggled with my weight for years upon years. From high school, I struggled to maintain a healthy weight and have experienced a constant rebound between healthy and obese. Of course in my despite struggle, I needed answers and an understanding mindset. Finally, I found this book which is the ultimate encyclopedia to the Lap-Band procedure. Providing all the information, you can make an informed decision concerning your body. Conveniently organized by the stage of inquiry or procedure, you can find information not only pertaining to the procedure but how to adjust your life after surgery and beyond. This is a serious commitment that requires a life-style change, and I can not stress how important it is to be educated, this book can be the first step. However, despite the hardships, it can be a your journey to losing weight permanently. The book may not be all happy unicorns and rainbows, however, it contains true, real stories along with tips to avoid making the same mistakes. You can achieve your goals!! Overall, it is an easy read making the road, much less rocky for those in difficult situations. 5/5 stars!

Okay, first I was skeptical. The book's way longer than the other ones out there and I just couldn't believe that there was really that much that I needed to know about the lap-band. Boy, was I wrong! Compared to the other books, this one has way more information, and all of it is helpful. It tells you how to prepare for your surgery, but I didn't really read that too much because I already had the band when I got the book. I loved the section on diet and nutrition tips and also the part about tricks for becoming a better exerciser. They really work! What I really love about the book is that it's so understanding. It's not just about shoving facts down your throat. The author Mr. Alex Brecher is a lap-band patient himself and you can really tell that he knows what you're going through because he went through the same thing. He knows what big or little problems can come up and he gives you practical tips for things like dealing with hunger and staying motivated. He even explains things like whether you have to tell people about your surgery and how to prepare for people who are negative. Those don't seem like much if you're not a weight loss surgery patient but believe me, if you have the band, they're huge!

Review subject: I had a lot of trouble with my lap-band and luckily I had a wonderful surgeon who was able to help me through a lot of it. Now I'm back on track with my weight loss with a loss of 68 pounds and I don't have the regurgitation and nausea that I did for about 2-3 months after surgery. It took me a while to figure out how to lose weight and feel better because I didn't want to call my

surgeon too often, so a lot of times when I felt stomach pain or threw up I just waited a few days before calling. I wish I had the book back then! The book tells you what to expect and what's not normal. It tells you what foods you can eat and which ones might make you sick. Also it tells you the best foods for weight loss on the lap-band diet so you can be healthy and not get bored. Anyone who's getting the surgery or living with the band needs this book!

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