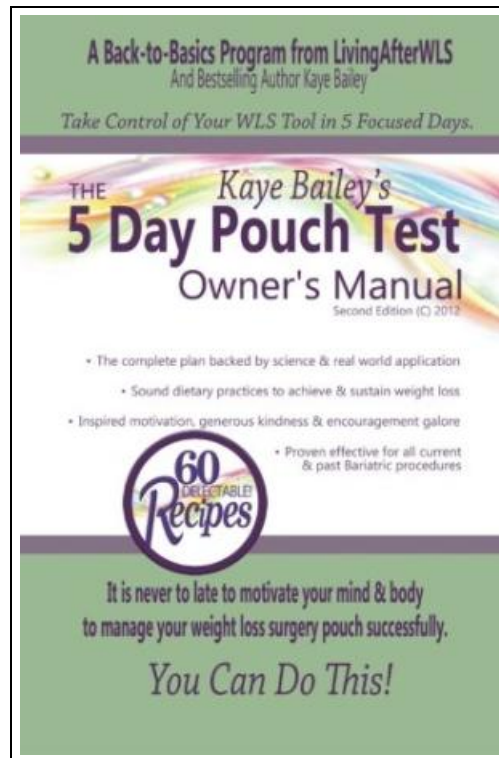


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THE 5 DAY POUCH TEST OWNER'S MANUAL (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English. Brand new Book. Have you gained weight after losing it with weight loss surgery? Don't despair. Most of us do. I did and my despair prompted the development of the 5 Day Pouch Test in 2007. It works and you can get back on track like I did. I invite you to join me and thousands of others around the world who have taken control of their health and weight management with the 5 Day Pouch Test. Countless doctors and patients are back on track losing weight and using their surgical tool correctly by following the back to basics 5 Day Pouch Test. It is consistently successful. Don't wait another minute. You've worked hard for your health and deserve to be in control of your weight regain starting today. Take control of your WLS tool in 5 focused days. It is never too late to motivate your mind and body to manage your weight loss surgery pouch successfully. You can do this! The 5 Day Pouch Test Owner's Manual - 2nd Edition, a bestseller in the weight loss surgery patient community, is your starting point. The changes you make following this plan will positively impact your weight management for a lifetime. This proven 5 day program breaks habits that contribute to weight gain and restore one's feeling of fullness after a small high-protein meal. If you think your pouch is broken or desire to get back on track with the WLS basics this five-day solution is for you. New 2nd edition features over 60 delicious recipes, current FDA, USDA, and ASMBS guidelines, extensive FAQ section all in Kaye Bailey's inspiring and empowering voice. It is time to get back on track and manage your WLS: start with the...



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