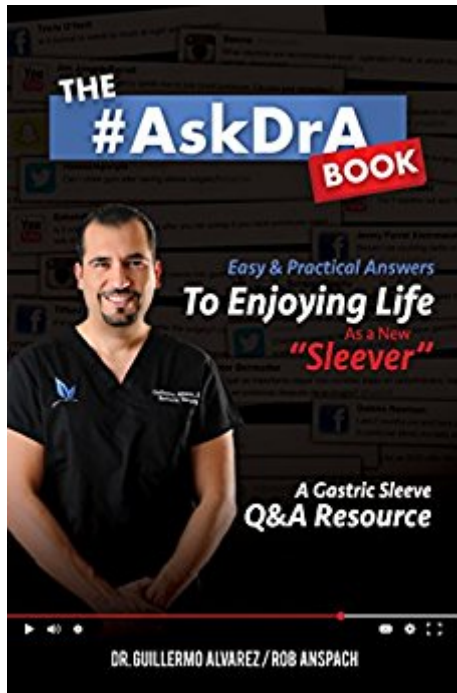


The book was found

The #AskDrA Book: Easy & Practical Answers To Enjoying Life As A New Sleever.



Synopsis

In 2015, Dr. Alvarez and his team set out to help more people understand the benefits of vertical sleeve gastrectomy by creating the #AskDrA Show. The show quickly became a popular resource on social media for those not only considering the weight loss procedure but for those who underwent the life changing surgery. The #AskDrA book is a companion resource to the show. It contains over 85 questions and answers guiding you through pre op, post op, nutrition, exercise, supplements and much more. Every chapter contains a "follow along" link to the episode on the show, so you can listen along while reading. "The days and weeks after weight loss surgery can be scary and confusing. It is easy to forget many of the important details your doctor may have told you. This book covers many of the questions "sleevers" often ask regarding topics such as water intake, vitamins, exercise, etc. This book is an awesome reference for gastric sleeve-related questions. I highly recommend this book."

— Tricia Pretty O'Neill "The #AskDrA Book is a wonderful resource, as it serves to answer the majority of questions facing the Gastric Sleeve surgery patient. I would go as far as saying it's a great way for Dr. Alvarez to reassure all of us "sleevers" who occasionally have questions along the way."

— Amy Linskie The #AskDrA Book is an easy to read question and answer resource guide that helps patients discover the benefits of living with their new sleeve and maintaining their weight loss goals after gastric sleeve surgery. In this book you'll discover frequently asked and not so common questions that patients and those who want to know more about the weight loss procedure are curious about. Here's just a few...

- *If all your levels are good, do you still need to take vitamins daily?
- *What to buy before and after surgery to be prepared?
- *Is there one "superfood" that you recommend I put into my diet?
- *How do I know that I am a candidate for a resleeve?
- *What is the maximum amount of protein we should consume in a day?
- *How long do we have to wait before drinking alcohol?
- *How important is it on phase 1 clear liquids to get protein in?
- *Is it normal to lose much hair after surgery?
- *How much do I need to worry about gallstones after sleeve surgery?
- *Is it normal to have issue with acne after surgery?
- *What vitamins are recommended post operation?
- *Is it normal to break out in unexplained hives after surgery?
- *What is Dumping Syndrome?
- *When can I go into a hot tub?
- *Should we have our flu vaccine before or after our surgery?
- *Will we need plastic surgery after the gastric sleeve?

*I just started chemo and radiation this week. Will this damage my sleeve?...and many more.

"This book is one I could not put down. As I was reading the book I kept noticing I would set a goal to read 2-3 chapters and before you know it I could not stop! This is an amazing read for anyone pre and post op for gastric sleeve surgery."

— Brandi Carter "A fantastic resource no matter how far out you are from VSG surgery. The #AskDrA Book gives us the information we need when we need

it.â • â “ Brenda Wooleu

Book Information

File Size: 1313 KB

Print Length: 94 pages

Publisher: Anspach Media (June 6, 2016)

Publication Date: June 6, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01FZBHKX8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #239,725 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #21

inÂ Books > Medical Books > Medicine > Internal Medicine > Bariatrics #522 inÂ Kindle Store >

Kindle Short Reads > Two hours or more (65-100 pages) > Teen & Young Adult #12854 inÂ Kindle Store > Kindle eBooks > Children's eBooks

Customer Reviews

If you are familiar with Dr. A's YouTube channel episodes then you have no need for this book. The book is just the transcript of the first 25 episodes. Don't waste your money and just watch the videos.

This book is the BEST for answering your questions about VSG! If you're considering this life-changing procedure, you NEED to read this book!

Excellent book, easy to read, very helpful information!!!!!!

Awesome book. Thanks Dr.A

He's a great doctor!

[Download to continue reading...](#)

The #AskDrA Book: Easy & Practical Answers To Enjoying Life As A New Sleeper. Rocking Horses: The Collector's Guide to Selecting, Restoring, and Enjoying New and Vintage Rocking Horses Oriental Rugs: The Collector's Guide to Selecting, Identifying, and Enjoying New and Antique Oriental Rugs (The Collector's Library) Paperweights: The Collector's Guide to Identifying, Selecting, and Enjoying New and Vintage Paperweights 100 Questions & Answers About Lung Cancer (100 Questions and Answers) The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease (100 Questions & Answers) Questions and Answers: Remedies (Questions & Answers) Evernote for your Life | A Practical Guide for the Use of Evernote in Your Everyday Life [2014 Edition]: A Practical Guide for the Use of Evernote in Your Everyday Life The Big Book of Kombucha: Brewing, Flavoring, and Enjoying the Health Benefits of Fermented Tea Real-Life Guide to Diabetes: Practical Answers to Your Diabetes Problems The Tea Enthusiast's Handbook: A Guide to Enjoying the World's Best Teas How to Taste: A Guide to Enjoying Wine Kindle Paperwhite User Manual: Guide to Enjoying your E-reader (Updated for 2013) Cheese & Wine: A Guide to Selecting, Pairing, and Enjoying Champagne and Sparkling Wine: Discovering Exploring Enjoying Once-A-Month Cooking: A Proven System for Spending Less Time in the Kitchen and Enjoying Delicious, Homemade Meals Every Day Sprouting: The Beginners Guide to Growing Sprouts!: Everything You Need to Know to Start Growing and Enjoying Sprouts! Soap: Making It, Enjoying It The Mauser Rifle: Guide to Owning, Collecting, and Enjoying the Most Copied and "Must Have" Bolt Action Weapon in History! Secrets About What Makes a Mauser Unique and Valuable That You Have To Know! Romantic Getaways: 220 Tips for Planning and Enjoying a Trouble-Free Honeymoon or Vacation for Two

[Dmca](#)