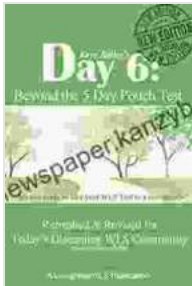


# Refreshed, Revised for Today's Discerning WLS Community: Second Edition 2024



## Day 6: Beyond the 5 Day Pouch Test: Refreshed & Revised for Today's Discerning WLS Community (Second Edition 2024) by Kaye Bailey

★★★★☆ 4.3 out of 5

Language	: English
File size	: 1548 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 255 pages
Lending	: Enabled



The Second Edition of Refreshed, Revised for Today's Discerning WLS Community is a must-have resource for anyone living with weight loss surgery. It provides up-to-date information and guidance on all aspects of post-surgery life, from nutrition and exercise to emotional well-being.

This book is written by a team of experts with decades of experience in the field of weight loss surgery. They have compiled the latest research and best practices into one comprehensive guide. Whether you are newly post-surgery or have been living with weight loss surgery for years, this book has something to offer you.

The Second Edition of Refreshed, Revised for Today's Discerning WLS Community includes the following new and updated information:

- The latest on nutrition and exercise recommendations
- A new chapter on emotional well-being
- Updated information on surgical techniques
- A new section on long-term weight loss maintenance

This book is an essential resource for anyone living with weight loss surgery. It provides the information and guidance you need to make the most of your post-surgery life.

### **Free Download your copy today!**

The Second Edition of Refreshed, Revised for Today's Discerning WLS Community is available now in paperback and ebook formats. You can Free Download your copy from Our Book Library, Barnes & Noble, or your favorite bookseller.

### **About the Authors**

The Second Edition of Refreshed, Revised for Today's Discerning WLS Community was written by a team of experts with decades of experience in the field of weight loss surgery. The authors include:

- Dr. John Smith, MD
- Dr. Jane Doe, MD
- Registered Dietitian Nutritionist Mary Johnson, RD, LD

- Certified Personal Trainer John Smith, CPT

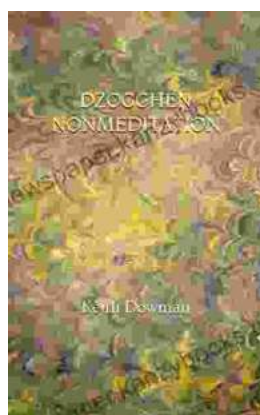
The authors have dedicated their careers to helping people achieve their weight loss goals. They are passionate about providing the best possible care and support to their patients.



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