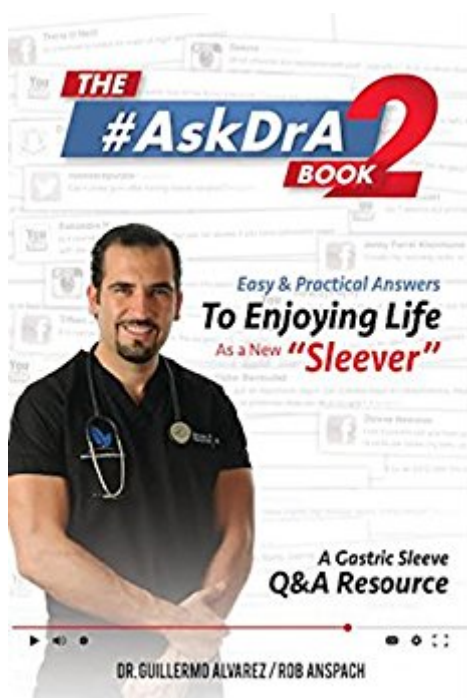


The book was found

The #AskDrA Book 2: Easy & Practical Answers To Enjoying Life As A New Sleever



Synopsis

In May 2016, my team and I set out to help more people understand the benefits of vertical sleeve gastrectomy by launching Vol. 1 of the #AskDrA Book. The book was based on the hugely successful #AskDrA Show which airs every week on YouTube, Facebook and other social networks. This book is Vol. 2 and a companion resource to the first book and the show. It contains 87 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. I have been a faithful #AskDrA YouTube follower. This book gives me all of the information from the videos at my fingertips. Volume 1&2 are great for anyone considering gastric sleeve or post gastric sleeve. Dr. Alvarez answers the questions with expertise and kindness.

- Brenda Hubbell I'm a patient of Dr. Alvarez myself and I must say that he is the best Doctor performing Sleeve Surgery. This book is an excellent read for someone who is Pre/Post Op bariatric sleeve surgery. You'll get a lot of insight as to what to expect from surgery. I found useful tricks that help me put some worries to bed. The book provides easy rules for the patient to follow and to have successful results.

"Karina Martinez The #AskDrA Book 2 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 few...

- *Are there any foods harmful to eat after sleeve surgery?
- *Can feet shrink after losing weight?
- *What makes me feel nauseated after eating or drinking?
- *Can we carry on a pregnancy safely with a sleeve?
- *How much time do we have to wait to travel by air?
- *What is a good average weight loss for a newly sleeved patient?
- *My scars always hurt. Is this normal?
- *Does drinking and eating stretch out your sleeve?
- *How many grams a day of carbs should we be taking?
- *What is the average of blood loss during a surgery?
- *Are energy drinks okay to have during pre-operation diet?
- *It is possible to turn the sleeve into gastric bypass?
- *How many hours of sleep at night is healthy for a sleeve patient?
- *Is it normal to have bruises around my belly button after surgery?
- *Is it common to have problems with my emotions after the surgery?
- *Can you stretch out your stomach with time?
- *How often should I weight myself? ...and many more.

Awesome book. Thanks Dr. A.

- TobieLynn Ybarra The #AskDrA Book has been my weight loss bible these past 5 1/2 months! I refer to it often. I can't wait for Vol. 2.

- Pamela Holton Dunlop

Book Information

File Size: 558 KB

Print Length: 134 pages

Page Numbers Source ISBN: 0989466345

Publisher: Anspach Media (January 9, 2017)

Publication Date: January 9, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B01NBP7SCA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #152,458 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #23

in Books > Medical Books > Medicine > Internal Medicine > Bariatrics #34 in Kindle Store >

Kindle eBooks > Reference > Trivia & Fun Facts > Questions & Answers #7459 in Kindle Store >

Kindle eBooks > Children's eBooks

Customer Reviews

Love, Loved it!! Just as good as the first one. Answered all my questions.

Love this doctor! He is the absolute best in the field!

I purchased this book a few months after my sleeve. I wish I had gotten it before my surgery.

However, the information is priceless. I have found it is the best resource on the sleeve out there.

Thank you Dr. A for your expertise!

Excellent book that will give you all the information needed to put your mind at ease to while living with a sleeve. Bravo Dr A!

I have no doubt I will love it. Can not wait for it to get here!

Awesome book!!!!

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

The #AskDrA Book: Easy & Practical Answers To Enjoying Life As A New Sleeper. The #AskDrA Book 2: Easy & Practical Answers To Enjoying Life As A New Sleeper Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) 20 Answers- Jehovah's Witnesses (20 Answers Series from Catholic Answers Book 7) The New Answers Book 2 (New Answers (Master Books)) The New Answers Book Vol. 3: Over 35 Questions on Evolution/Creation and the Bible (New Answers (Master Books)) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Little Red Book of Sales Answers: 99.5 Real Life Answers that Make Sense, Make Sales, and Make Money Learn Russian | Easy Reader | Easy Listener | Parallel Text Audio Course No. 1 (Russian Easy Reader | Easy Learning | Easy Audio) How to have an amazing sex life with herpes: What you need to learn so you can feel sexy & attractive without herpes holding you back from enjoying intimacy. (Guides Book 4) ICD-10-CM and ICD-10-PCS Coding Handbook, 2014 ed., with Answers (ICD-10- CM Coding Handbook W/Answers) 100 Questions & Answers About Lung Cancer (100 Questions and Answers) The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease (100 Questions & Answers) Interview Answers in a Flash: More than 200 flash card-style questions and answers to prepare you for that all-important job interview! Interview: The Art of the Interview: The Perfect Answers to Every Interview Question (Interview Questions and Answers, Interviewing, Resume, Interview Tips, Motivational Interviewing, Job Interview) Amazing Interview Answers: 44 Tough Job Interview Questions with 88 Winning Answers Sound (Science Answers) (Science Answers) Regents Exams and Answers: Algebra I (Barron's Regents Exams and Answers) Barron's Regents Exams and Answers: Algebra II (Barron's Regents Exams and Answers Books) Regents Exams and Answers: Earth Science (Barron's Regents Exams and Answers)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)