


# The BIG Book on the Gastric Bypass: Everything You Need To Know To Lose Weight and Live Well with the Roux-en-Y Gastric Bypass Surgery (The BIG books on Weight Loss Surgery) (Volume 3)

*By Alex Brecher, Natalie Stein*

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**The BIG Book on the Gastric Bypass: Everything You Need To Know To Lose Weight and Live Well with the Roux-en-Y Gastric Bypass Surgery (The BIG books on Weight Loss Surgery) (Volume 3)** By Alex Brecher, Natalie Stein

The roux-en-Y gastric bypass surgery, or RNY, can be your weight loss solution after years of struggling with obesity. Thousands of patients have successfully lost weight and kept it off after RNY, which is the most well-known kind of bariatric surgery.

Weight loss surgery is life-changing, and the best information can help you succeed. ***The Big Book on the Gastric Bypass: Everything You Need to Lose Weight and Live Well with the Roux-en-Y Gastric Bypass Surgery!*** provides the information and tips you need to make the most out of this chance to overcome obesity forever.

How is the RNY procedure performed? How can it help you lose weight? Is the gastric bypass surgery your best option for weight loss? What should you look for when choosing a surgeon? What will your diet be like? How can you reduce complications and side effects?

This book is for you if you are just starting to consider weight loss surgery, if you know you want the RNY in particular or if you are already a gastric bypass patient. The book is a great gift option and also a great choice if you are supporting a gastric bypass patient. Learn all about:

- Average weight loss after Roux-en-Y gastric bypass (RNY)
- Choosing a surgeon and paying for surgery
- Safely preparing for and recovering from surgery
- All about the RNY diet for weight loss and health
- Health benefits and risks of the gastric bypass
- Embracing life as a RNY patient

This complete guide covers the entire RNY journey – don’t be left behind!

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## Editorial Review

About the Author
Alex is just a regular guy, as he puts it. The difference between Alex and other “regular” people, or at least two-thirds of the people in the United States, is that Alex is maintaining a healthy weight. He credits the lap-band with his success, and his current focus is on helping others achieve their own weight loss goals when they are investigating or have chosen to use any weight loss surgical procedure as an aid. BariatricPal.com is one of Alex’s major projects. He was a 255-pound man whose weight had gone up and down his entire life as he tried diet after diet. He got weight loss surgery done and was finally able to consistently make healthy dietary choices to lose weight and keep it off. Since his 2003 surgery, Alex has felt in control of his weight, and he maintains a weight of 150 pounds. He is so pleased with the results that he achieved with weight loss surgery that he dedicates himself to helping others in their weight loss surgery journeys. Alex Brecher is a native New Yorker. Except for his weight, which was a chronic struggle, he has what he calls the perfect life. He loves spending time with his three children, two sons and a daughter, who are all in elementary school. He hits the gym every day for some running and strength training, and is looking forward to many more happy and healthy years.

## Users Review

**From reader reviews:**

**Luis Acosta:**

Have you spare time for the day? What do you do when you have far more or little spare time? Yeah, you can choose the suitable activity intended for spend your time. Any person spent all their spare time to take a walk, shopping, or went to often the Mall. How about open or even read a book eligible The BIG Book on the Gastric Bypass: Everything You Need To Know To Lose Weight and Live Well with the Roux-en-Y Gastric Bypass Surgery (The BIG books on Weight Loss Surgery) (Volume 3)? Maybe it is being best activity for you. You already know beside you can spend your time using your favorite's book, you can smarter than before. Do you agree with it has the opinion or you have other opinion?

**Anne Hernandez:**

Nowadays reading books be than want or need but also become a life style. This reading routine give you lot of advantages. Associate programs you got of course the knowledge even the information inside the book this improve your knowledge and information. The information you get based on what kind of book you read, if you want attract knowledge just go with education books but if you want truly feel happy read one with theme for entertaining including comic or novel. The actual The BIG Book on the Gastric Bypass: Everything You Need To Know To Lose Weight and Live Well with the Roux-en-Y Gastric Bypass Surgery (The BIG books on Weight Loss Surgery) (Volume 3) is kind of guide which is giving the reader unstable experience.

**Robert Baxter:**

This The BIG Book on the Gastric Bypass: Everything You Need To Know To Lose Weight and Live Well with the Roux-en-Y Gastric Bypass Surgery (The BIG books on Weight Loss Surgery) (Volume 3) is great reserve for you because the content and that is full of information for you who also always deal with world and get to make decision every minute. This particular book reveal it facts accurately using great arrange word or we can point out no rambling sentences within it. So if you are read it hurriedly you can have whole details in it. Doesn't mean it only gives you straight forward sentences but tough core information with attractive delivering sentences. Having The BIG Book on the Gastric Bypass: Everything You Need To Know To Lose Weight and Live Well with the Roux-en-Y Gastric Bypass Surgery (The BIG books on Weight Loss Surgery) (Volume 3) in your hand like obtaining the world in your arm, info in it is not ridiculous just one. We can say that no book that offer you world in ten or fifteen tiny right but this e-book already do that. So , this is good reading book. Hey there Mr. and Mrs. occupied do you still doubt this?

**Kelly Edge:**

In this age globalization it is important to someone to obtain information. The information will make anyone to understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of recommendations to get information example: internet, magazine, book, and soon. You can view that now, a lot of publisher that print many kinds of book. The actual book that recommended to you is The BIG Book on the Gastric Bypass: Everything You Need To Know To Lose Weight and Live Well with the Roux-en-Y Gastric Bypass Surgery (The BIG books on Weight Loss Surgery) (Volume 3) this publication consist a lot of the information of the condition of this world now. This book was represented how can the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. The particular writer made some research when he makes this book. This is why this book suited all of you.


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