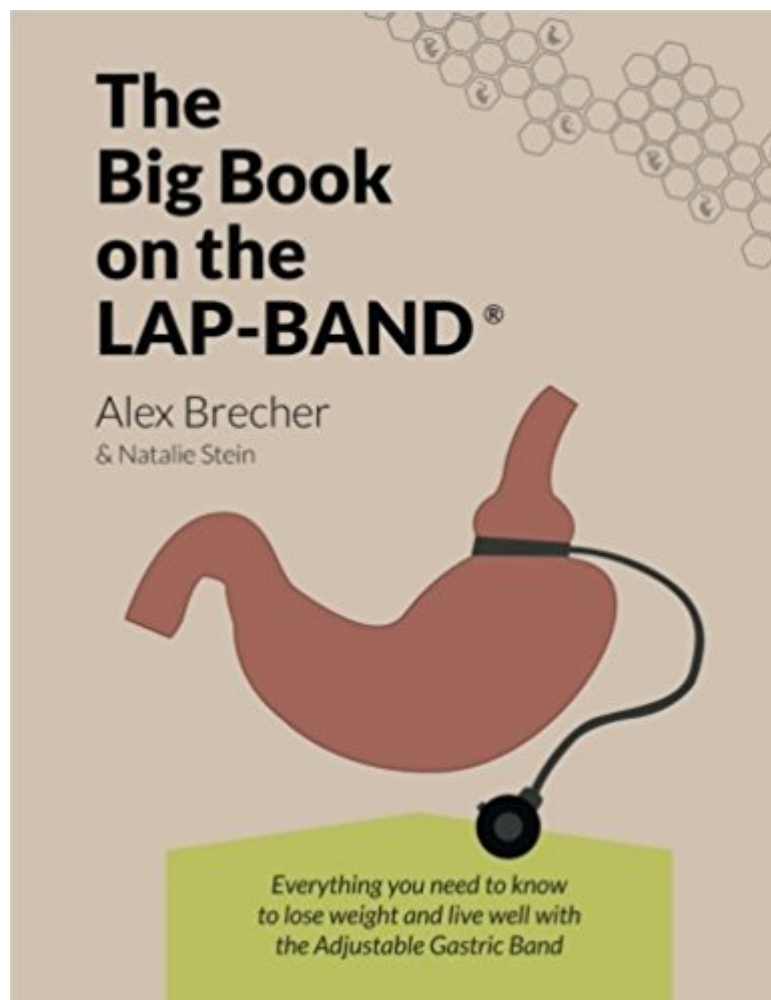


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# **The BIG Book On The Lap-Band: Everything You Need To Know To Lose Weight And Live Well With The Adjustable Gastric Band (The BIG Books On Weight Loss Surgery) (Volume 1)**





## Synopsis

The laparoscopic adjustable gastric band, or Lap-Band, can be the weight loss tool you need to overcome obesity - but only if you use it right.Â The Big Book on the Lap-Band: Everything You Need to Lose Weight and Live Well with the Adjustable Gastric Band!Â is your complete manual, from considering surgery until maintaining your goal weight - and everything in between. Authoritative and reassuring throughout, the book guides beginners through weighing the pros and cons of the lap-band, choosing a surgeon, getting insurance reimbursement or paying out of pocket for surgery, recovering safely from surgery to promote better weight loss later and all about band fills. The lap-band diet is the key to weight loss, and the book contains helpful hints, food lists and menus for each stage of the lap-band journey. The book also addresses sensitive issues such as whether and how much to talk about your surgery, and when to consider cosmetic surgery after losing weight.Â The Big Book on the Lap-BandÂ has these unique features: Written by a weight loss surgery advocate who lost and kept off 100-pounds with the lap-band Co-written by a nutritionist and weight loss specialist with detailed information on the lap-band diet Real-life lap-band patients sharing their stories about how they made the gastric band work for them Interactive worksheets to assess your own readiness for and progress with the lap-band Science-based, understandable explanations of all aspects of the lap-band and life with it Don't let your weight be derailed by lack of knowledge or because of misinformation that you find online. Instead, get the comprehensive information you need from this single credible source.

## Book Information

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## Customer Reviews

When I began my weight loss journey in 2003, I had no idea that it would lead to all of this. All I wanted was a way to lose weight and get myself together. I had been obese for my entire life, and all I wanted was a solution that didn't involve starving myself, constantly thinking about food, and regaining weight every time I stopped dieting. I am 5 feet 7 inches tall, and I got up to 255 pounds during college. I was able to successfully lose some weight, even a lot of weight, when I dieted, but the weight always came back when I stopped dieting. I found out about the lap-band by accident from a friend of mine who'd been losing weight and was looking better than I'd ever seen him. After doing a bit of research, I decided that the lap-band could be my own ticket to controlling my eating and my weight. I got the band in 2003, and assumed that I could easily figure out what I needed to know by searching the Internet when I had questions. I had thought there would be numerous sites talking about the lap-band, providing social support and information and encouragement to all of the lap-band patients like me who were so dedicated to losing weight but needed a helping hand. Boy, was I wrong! There weren't that many resources available, and the ones that were there weren't that useful. They didn't have the information I needed, or they didn't have a friendly, welcoming vibe that made me want to go back. I was in search of a place online where I could communicate with other lap-band patients. I wanted to learn from them, be able to ask my questions, and receive advice and suggestions from people who'd already been exactly where I was. That's why I started LapBandTalk.com almost immediately after my surgery in 2003. I wanted all of the lap-band patients out there, and the people who are considering the lap-band as a tool to fight obesity, to have a place to go for the assistance and answers they need, starting from before surgery and for as long as they want to continue the lap-band lifestyle and stay healthy. LapBandTalk.com took off beyond anything I'd ever imagined. Since its conception, LapBandTalk.com has grown to include nearly 150,000 members. Many of them are as passionate about the lap-band and about helping others as I am. They are successfully maintaining their goal weights or are losing weight, and they attribute their weight loss to the help of the lap-band. Other members are preparing for the surgery or are trying to decide whether the lap-band is right for them. I am proud of our weight loss surgery community and believe it serves a vital purpose in helping lap-band patients succeed. The site is the first choice for many lap-band patients, including many who use it daily for information, encouragement, and a sense of community. Today LapBandTalk.com continues to grow and evolve to meet the needs of lap-band patients everywhere. The fully functional smartphone apps for

iPhones and Androids and the app for the Kindle make LapBandTalk.com accessible at all times from anywhere that you have access to the Internet. I try to be highly sensitive to lap-band patients' needs and respond to them. Whether it is getting feedback from members, discussing latest lap-band trends with surgeons, or attending the annual conference of the American Society for Metabolic and Bariatric Surgery across the country from my home, I do what I can to continually meet your needs. Consistent with my goal of providing help to all lap-band patients, I am particularly proud of the fact that full membership to LapBandTalk.com is free. Not one member is paying a dime to use the site, and I have no plans to change this. Members get unlimited access to all of the services that LapBandTalk.com offers, such as the discussion forums, apps, surgeon directory, ability to upload photos, personal blogs, chat rooms, and newsletters. You can read more about the site throughout the book and especially in Chapter 12. Today the situation on the Internet has dramatically improved from when I got the lap-band procedure done in 2003. You have several hundred, if not thousands, of options for getting information and for meeting people to talk online or arrange to meet in person. Despite this, LapBandTalk.com remains one of the premier and largest sites, so you are sure to find people who are or were in your situation. Completely non-biased, you will find the website extremely user-friendly. So why did I feel the need for this book? Yes, it's true that you can find almost all of this information when you read the fine print online and get materials from your surgeon and hospital. But honestly, do you really want to? This book has all of the information in one place; it's convenient and easy to follow. Plus, it's organized according to what stage you are in your lap-band journey. It goes from deciding about whether to get the lap-band, through the surgery, all the way to living the lap-band lifestyle. For me, the lap-band has been everything that I had hoped for. I have lost 100 pounds and kept it off for years. I am happier than I ever was. I am active and have energy, and food does not dictate my thoughts and life. I cannot be more grateful than I am toward the lap-band as a tool for weight loss, and I hope to support others who are considering the lap-band or who already have it to make lasting weight loss a possibility. That is the purpose of this book. I hope you find that it is an excellent resource and guide for your own lap-band journey. Alex Brecher Founder LapBandTalk.com

The BIG Book on the Lap-Band is the definitive guide for your lap-band journey for weight loss. Like so many other patients who have struggled with obesity for many years, you may find that the lap-band is the tool you need to eat well and finally lose weight for good. You can't make the journey all on your own, though, and that's where the book comes in. It starts from square one and explains every step along the lap-band process. The BIG Book on the Lap-Band treats you with the respect

you deserve and provides facts and analysis in simple language. The BIG Book on the Lap-Band doesn't just have facts and figures. Its discussions help you think for yourself and make reasoned decisions. It's a source of advice and motivation too. Some of the highlights of the book are stories from real-life lap-band patients, told in own their words. You get to read their challenges, achievements, and tips in each chapter of the book.Â If you're ready to start learning about using the lap-band to get over your obesity, pick up a copy of The BIG Book on the Lap-Band and get reading!Â

Alex Brecher is an excellent writer, after reading his gastric sleeve eBook I decided to give this one a chance, to see which operation was better for my lifestyle. I ended up choosing the gastric sleeve, but this is by no means a criticism on the lap-band. I have a friend who got the lap-band, she really enjoys it. When she travels on vacation and wants to eat more, she visits the doctor so they can loosen it up. Then when she comes back, she makes it tight again. The best part of course is all the weight she lost. She even ran in the New York Marathon! A feat I couldn't believe. Of course, I like to tease her that she didn't win, so what was the point of running? But that's just me, I'm a bastard. Overall, this is a very informative book, and I definitely recommend making highlights because there's a lot of information to remember. Oh, and thanks for the lap-band stories throughout the book, they were very inspiring.

Being overweight and diabetic for most of my life, my doctor is actually who recommended surgical options. Let me just tell you that reading through their medical literature is tedious and confusing. There are several options if you decide to go with the surgery, and it was left totally up to me to decide which one I wanted. I was at my wits end, scared, and utterly uneducated when I literally stumbled onto this book. Then, much to my surprise, I found another book about another surgical procedure from this same author!! Both books are easy to follow, and are obviously from an experienced author....Who actually had the surgery! If you're looking for more information on these types of procedures, get these books!!

I've been on a diet kick lately. The main reason is, like most people, I am trying to lose weight and live a healthier lifestyle. I want to make sure that I'm around for a long time not only for my sake, but for my daughters as well. I was considering surgery to lose weight but needed to learn more about it. Most of what I read was either biased against lap band or biased for lap band. It was hard to find facts that weren't twisted in one way or another. I purchased this book hoping for clarification on how

life would be if I had this surgery....I am so glad that I did. This opened my eyes to everything about the surgery and life afterwards! Questions I hadn't even thought of were answered. Its informative, its helpful, it just might save your life

I've struggled with obesity all my life and I'm looking for solutions. One of the solutions I'm considering is the adjustable gastric band. The problem I've run into is that a lot of information sources are hard to understand, sprinkled with medical jargon that has gone over my head. This is the first source I've found that breaks down everything I need to know in an easy and organized way. I have this resource on my smartphone via the Kindle app and I plan to reference it frequently as I come to a decision on my weight loss plans. If you're like me and have struggled with controlling your weight over the years, this is definitely the book for you.

There must have been 20 or so mentions of the lapband talk website in the first few chapters. Seriously 1-2 mentions would have been fine. I got it the first time, but after a while it got irritating. I appreciate the offer of support, and the forum is good. If you can get past the promotions, this is a pretty decent and comprehensive book.

Awesome book that answers questions about the Lapband surgery if you are considering it for weight loss.

This should be the bible that every one considering WLS should read to make an informed decision and to guide them along on their journey. Every provider offering WLS should recommend or give this to their patients. It is so much better than the ones offered by the medical device maker.

Good information for anyone considering this procedure. It offered a program that supported a positive lifestyle change and anyone interested in the lap band needs to consider a lifestyle change!

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