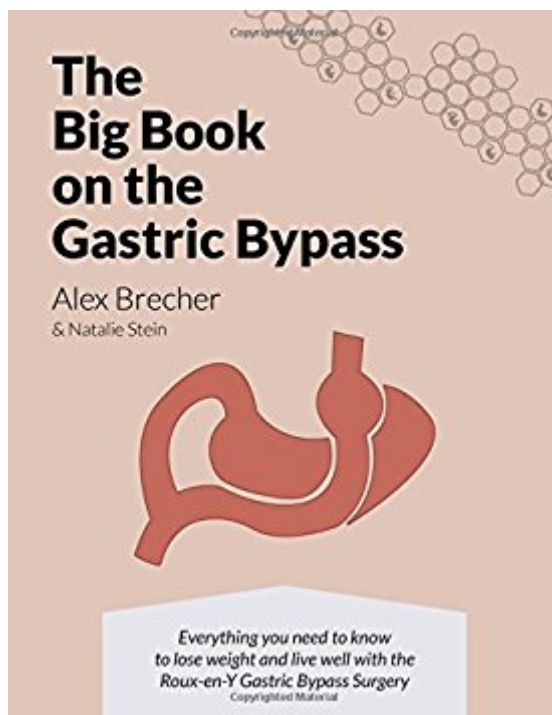


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# The BIG Book On The Gastric Bypass: Everything You Need To Know To Lose Weight And Live Well With The Roux-en-Y Gastric Bypass Surgery (The BIG Books On Weight Loss Surgery) (Volume 3)



## Customer Reviews

You name it your question is answered in this book about Gastric Bypass surgery. A little dated (no longer is the gall bladder routinely taken out at the time of surgery) but a full explanation not only of the procedure but the nutritional needs after surgery which I find so very useful! A BIG book indeed. If you are considering, going for or have had gastric bypass surgery this comprehensive book is for you! Never talking down to you but not too simplistic either, it explains everything you ought to know. A real companion book during before and after gastric bypass surgery. Highly recommend!

The Big Book also known as 'The Bible for the bypass' does not let down. It covers everything you need to know from before you make your decision to diet and exercise information months afterwards. Simply said, if you are considering a bypass, or having one, you need to read this book.

Just repeated info from elsewhere. They spend a lot of pages advertising for a website that sells expensive stuff that is unnecessary. I am irritated I spent so much money for this book!!! I bought many on this topic and this book was a waste of time compared to others.

Although there is a lot of information in this book not all of it is correct. I noticed several times that it contradicts itself. On one page it says that open gastric bypass surgery is safer than laproscopic surgery. On the next page it says the exact opposite! On several occasions the author refers to gastric bypass as "the sleeve". Anyone who has had or is looking to have weight loss surgery knows that the sleeve and RNY are two very different things. Also the sample meal plans are pretty far fetched. A cup of food during the pureed stage? There is no way a person could (OR SHOULD) eat an entire cup of food in three or four weeks after surgery! I think the book could be good if it was more successfully edited and it's pretty obvious that the author's purpose in writing the book was to throw in as many plugs for his blog as humanly possible. Be sure to go to [bariatricpal.com](http://bariatricpal.com), is mentioned about a zillion times throughout the book. Wish I could send it back. Waste of money!

This is a critical book for people interested in this procedure. I had the surgery before I found this book. But it still had a lot of useful information that even the doctors and dieticians did not reveal. I think this is a lifelong reference for patients.

Whether you are researching having surgery, going thru the pre op process or post op you need this book! It guides you step by step before during and life after surgery, it's an easy read and 1.5 yr

post op I still refer back to this book to keep my mind fresh and focused. I got it on Kindle. Alex has also started an online support community called Bariatric Pal which is also available for iPhone and Android, highly recommend checking that out also.

This book was very informative. It covers everything you need to know from how to choose a surgeon who's the best fit for you to the ways your life will change after the procedure. It was clearly written, and it made me feel much less nervous about my surgery.

Very informative and helpful. This is something you can constantly refer back to at every step of the process. This is like the bible for gastric bypass surgery. Def a must have if you are considering having it. It leads you through every step of the process.

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