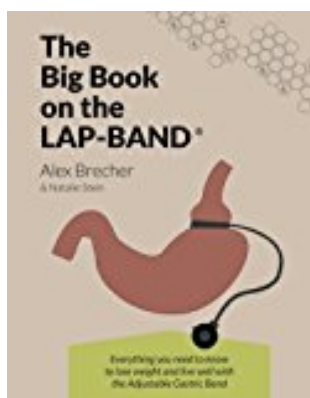


[PDF] The BIG Book On The Lap-Band: Everything You Need To Know To Lose Weight And Live Well With The Adjustable Gastric Band

Natalie Stein, Alex Brecher - pdf download free book



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Description:

From the Author 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

From the Inside Flap 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.

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!

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