



The #AskDrA Book: Easy & Practical Answers To Enjoying Life As A New Sleeper.

Dr Guillermo Alvarez, Rob Anspach

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In 2015, Dr. Alvarez and his team set out to help more people understand the benefits of vertical sleeve gastrectomy by creating the #AskDrA Show. The show quickly became a popular resource on social media for those not only considering the weight loss procedure but for those who underwent the life changing surgery. The #AskDrA book is a companion resource to the show. It contains over 85 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. “The days and weeks after weight loss surgery can be scary and confusing. It is easy to forget many of the important details your doctor may have told you. This book covers many of the questions "sleevers" often ask regarding topics such as water intake, vitamins, exercise, etc. This book is an awesome reference for gastric sleeve-related questions. I highly recommend this book.” – Tricia Pretty O’Neill “The #AskDrA Book is a wonderful resource, as it serves to answer the majority of questions facing the Gastric Sleeve surgery patient. I would go as far as saying it’s a great way for Dr. Alvarez to reassure all of us “sleevers” who occasionally have questions along the way.” – Amy Linskie The #AskDrA Book 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... *If all your levels are good, do you still need to take vitamins daily? *What to buy before and after surgery to be prepared? *Is there one "superfood" that you recommend I put into my diet? *How do I know that I am a candidate for a resleeve? *What is the maximum amount of protein we should consume in a day? *How long do we have to wait before drinking alcohol? *How important is it on phase 1 clear liquids to get protein in? *Is it normal to lose much hair after surgery? *How much do I need to worry about gallstones after sleeve surgery? *Is it normal to have issue with acne after surgery? *What vitamins are recommended post operation? *Is it normal to break out in unexplained hives after surgery? *What is Dumping Syndrome? *When can I go into a hot tub? *Should we have our flu vaccine before or after our surgery? *Will we need plastic surgery after the gastric sleeve? *I just started chemo and radiation this week. Will this damage my sleeve? ...and many more. “This book is one I could not put down. As I was reading the book I kept noticing I would set a goal to read 2-3 chapters and before you know it I could not stop! This is an amazing read for anyone pre and post op for gastric sleeve surgery.” – Brandi Carter “A fantastic resource no matter how far out you are from VSG surgery. The #AskDrA Book gives us the information we need when we need it.” – Brenda Wooleu

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Chris Robertson:

In this period globalization it is important to someone to acquire information. The information will make someone to understand the condition of the world. The condition of the world makes the information simpler to share. You can find a lot of references to get information example: internet, classifieds, book, and soon. You will observe that now, a lot of publisher that print many kinds of book. The actual book that recommended to your account is The #AskDrA Book: Easy & Practical Answers To Enjoying Life As A New Sleever. this guide consist a lot of the information in the condition of this world now. This particular book was represented how do the world has grown up. The vocabulary styles that writer use to explain it is easy to understand. The writer made some study when he makes this book. Here is why this book suited all of you.

Bill Flores:

In this particular era which is the greater man or woman or who has ability in doing something more are more precious than other. Do you want to become one among it? It is just simple approach to have that. What you are related is just spending your time very little but quite enough to get a look at some books. One of many books in the top checklist in your reading list is usually The #AskDrA Book: Easy & Practical Answers To Enjoying Life As A New Sleever.. This book and that is qualified as The Hungry Hills can get you closer in turning out to be precious person. By looking upwards and review this e-book you can get many advantages.

Vicky Penn:

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