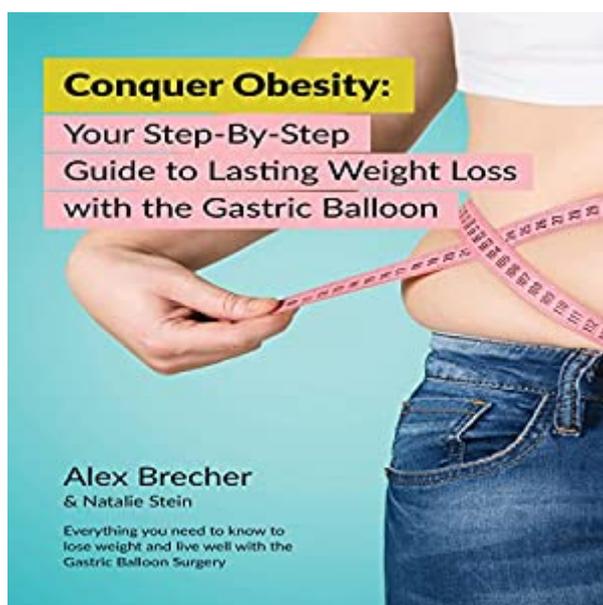


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# Conquer Obesity: Your Step-by-Step Guide To Lasting Weight Loss With The Gastric Balloon



## Synopsis

Congratulations on your decision to learn about the gastric balloon or to get it! You're about to find out more about this tool that can help you lose weight, and also about the healthy habits that can keep you losing weight and keep it off for years to come. That's a big deal! If you're looking into the gastric balloon system, you've already been fighting obesity for quite a while. You've tried diets, and haven't found a permanent solution. The balloon is designed to lend a hand as you jump-start your weight loss. For three or six or even 12 months, the balloon will be in your stomach, reminding you of what you should and shouldn't eat. When you get the gastric balloon, your doctor should also provide you with complete support. The balloon is supposed to be used along with a diet and exercise program that teaches you healthy habits for life. Regular visits with a nutritionist can get you on the right path and help you learn strategies for making the right choices. This book is not a substitute for a complete nutritional and medical support program under the guidance of your own medical care team. Your healthcare team may include your primary care physician, the doctor who put in your gastric balloon, a nutritionist, and any other healthcare experts you work with. We assume you also are working closely with your doctor and supporting team during the process. This book can accompany you through your gastric balloon journey and is designed to assist you with each of the steps you will encounter on the gastric balloon experience from beginning to end. It is set up in chapters that progress from learning about the gastric balloon and considering it, to losing weight with it, to life after the balloon is removed. It starts by giving you information about the balloon, moves forward with you as you get ready for the procedure, then as you lose weight for months with the bariatric balloon. It will remain a valuable asset once you have the balloon removed and work to maintain the new lifestyle you will have adopted. You will find practical advice on food choices, restaurants, and handling cravings. Along the way, we provide an assortment of healthy meal plans to help you plan your diet throughout your journey. Most chapters also have a challenge to give you a chance to test your skills and your new awareness of nutrition, tools you can use, and how to develop habits that can help you lose weight and improve your health. We hope this book can play a small role in your healthy bariatric balloon journey. To your satisfying and long-lasting weight-loss success!

## Book Information

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