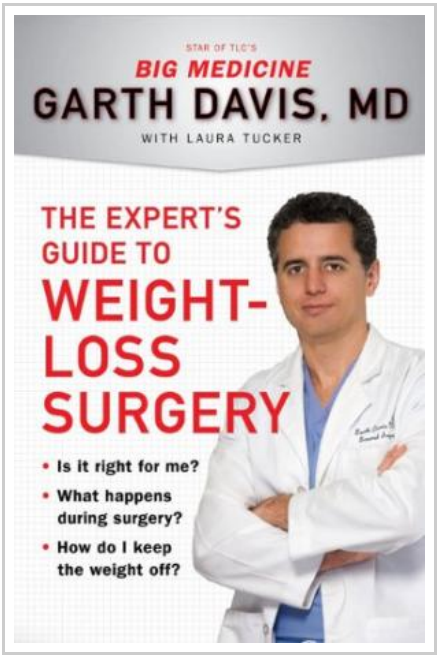


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The Experts Guide to Weight Loss Surgery: Is it Right for Me? What Happens During Surgery? How Do I Keep the Weight Off?

By Gareth Davis

Plume. Paperback. Book Condition: new. BRAND NEW, The Experts Guide to Weight Loss Surgery: Is it Right for Me? What Happens During Surgery? How Do I Keep the Weight Off?, Gareth Davis, An indispensible guide to weight-loss surgery written by a leading bariatric surgeon Today, an estimated 44 million Americans suffer from obesity. For one in five Americans, diet and exercise simply don't work. Luckily, weight-loss surgeries offer a realistic solution that can help people overcome genetics and work toward drastic, life-altering weight loss. As the cofounder of an obesity clinic at Houston's Methodist Hospital, Dr. Garth Davis has helped hundreds of patients manage the emotional and physical effects of being more than a hundred pounds overweight. His successful program was featured on the hit TLC show "Big Medicine." In this essential handbook, Dr. Davis delivers the expert advice that his patients use to overcome issues surrounding their obesity, help shed the weight and regain a healthy body. With anecdotes from real-life patients and a complete diet and exercise plan that ensures long-term success, Dr. Davis shows how anyone can achieve a healthy weight through surgery. "The Expert's Guide to Weight Loss Surgery" is required reading for anyone seeking a...

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