



# The 5 Day Pouch Test Owner's Manual

By Kaye Bailey

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## The 5 Day Pouch Test Owner's Manual By Kaye Bailey

The highly rated 5 Day Pouch Test Owner's Manual is now available in the 3rd printing featuring a fresh new cover (May 1, 2016). Inside the fresh new cover you will find all the valuable content presented true and unchanged to the 2nd Edition 5 Day Pouch Test Owner's Manual, published in 2012. Weight Loss Surgery can profoundly facilitate weight loss in morbidly obese patients, but it is not a one-time fix. As patients soon learn vigilance is required to lose weight and sustain a healthy weight after surgery. Thousands of people around the world use the 5 Day Pouch Test to stop weight gain after WLS and return to the basics prescribed by their bariatric center. This proven 5 day program breaks habits that contribute to weight gain and restore one's feeling of fullness after a small high-protein meal. If you think your pouch is broken or desire to get back on track with the WLS basics this five-day solution is for you. New 2nd edition features over 50 delicious recipes, current FDA, USDA, and ASMBS guidelines, extensive FAQ section all in Kaye Bailey's inspiring and empowering voice. It is time to get back on track and manage your WLS: start with the 5 Day Pouch Test. The 5 Day Pouch Test is suitable for all bariatric procedures including gastric bypass, adjustable gastric banding, gastric sleeve and others. Please Note: This third printing of the 5 Day Pouch Test Owner's Manual Second Edition features a fresh new cover. All interior content remains true to first and second printing of Second Edition. Cover design by LivingAfterWLS Copyright © 2016.

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## **The 5 Day Pouch Test Owner's Manual By Kaye Bailey Bibliography**

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