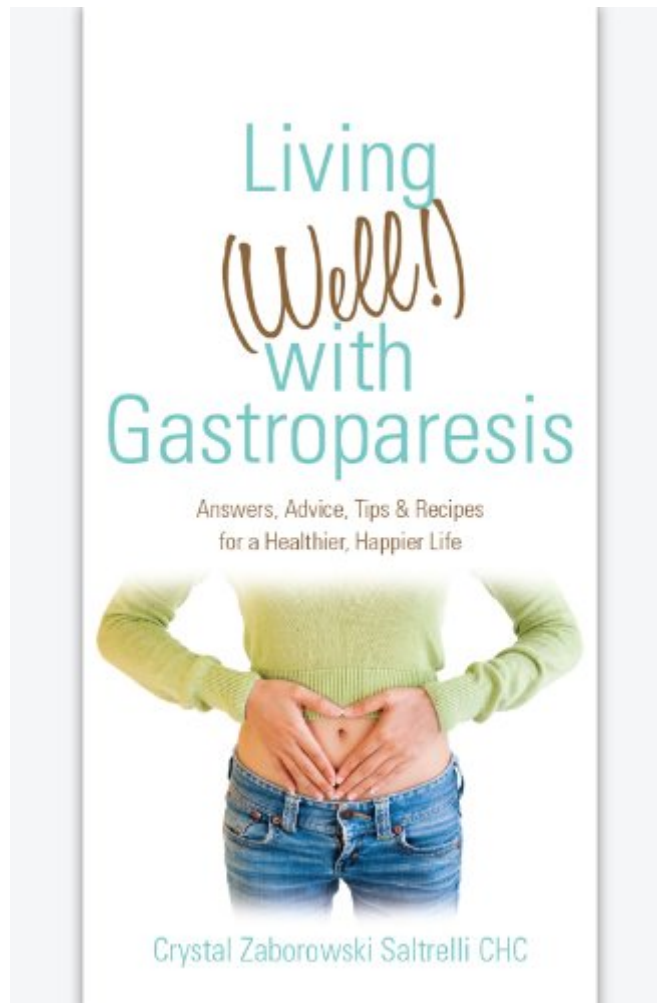




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Living (Well!) With Gastroparesis



Synopsis

Living (Well!) with Gastroparesis: Answers, Advice, Tips & Recipes for a Healthier, Happier Life is a comprehensive guide to navigating life after a gastroparesis diagnosis. Certified Health Counselor and gastroparesis patient-advocate Crystal Saltrelli guides you through all aspects of managing gastroparesis, including self advocacy, appropriate medical treatment, complementary therapies, dietary modifications, nutrition and supplementation, supportive lifestyle practices, stress management, and coping skills. Crystal also shares tips and advice for socializing, travel, career, and relationships. The book concludes with 75 brand new GP-friendly recipes.

Book Information

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Customer Reviews

This book gave me so much information about what to expect with my newly diagnosed Gastroparesis. It explained the disease, what I could eat, places to go for answers & a multitude more of info. All in all, an important tool to fight the war on this disorder.

I enjoyed this book as it gave me alot of information that I was not aware. I was able to understand what I could and could eat so that I wouldn't get sick. I always like to get as much information as I can to better prepare instead of getting sick. I have past this book on to another who just got

diagnosis so that she can start to have a pain free meal.

A comprehensive description of the condition with a number of approaches to dealing with the symptoms including both typical medical intervention and the use of supplements. The numerous food recommendations and recipes are helpful. This is a little understood illness that needs to receive more attention from the medical community. The lack of understanding by those who are not affected by the condition becomes a major problem when dealing with friends and others. The author deals with this issue to some extent.

Got this book to receive more information about gastroparesis. This is the second book that I got and have found that there is a lot of information you can get that you can't get when you sitting in the doctors office. I would recommend this book

This book has helped guide me through gastroparesis in so many ways. Without this book, I would not have the knowledge to take care of myself in the best way possible and my quality of life has greatly improved after reading this book. If you have gastroparesis you owe it to yourself to purchase this book.

This is the book I have been waiting for! I have been suffering with Gastroparesis for years and have been really lost trying to find thorough information on it. It answered every imaginable question I had about this disease from medical treatment, symptoms, nutrition, dealing with stress, etc. There are great recipes which is awesome because cooking with this disease has been a big challenge for me. Also while reading it I feel like I can relate to the author Crystal Saltreli because she has the disease as well. I definitely recommend this for anyone that is dealing with or knows someone that has Gastroparesis.

Very well written and pretty much the information you might get from your doctor if they could take the time. I look at this as a reference book-after reading, I marked the pages that I would need over and over - I bought the Kindle version because for me, this is an invaluable tool in living with this condition. As somebody who has experienced this condition, the author was able to write with authority and a full understanding about coping with this condition.

A lot of useful information. Great book for learning dos and don'ts with Gastroparesis.

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