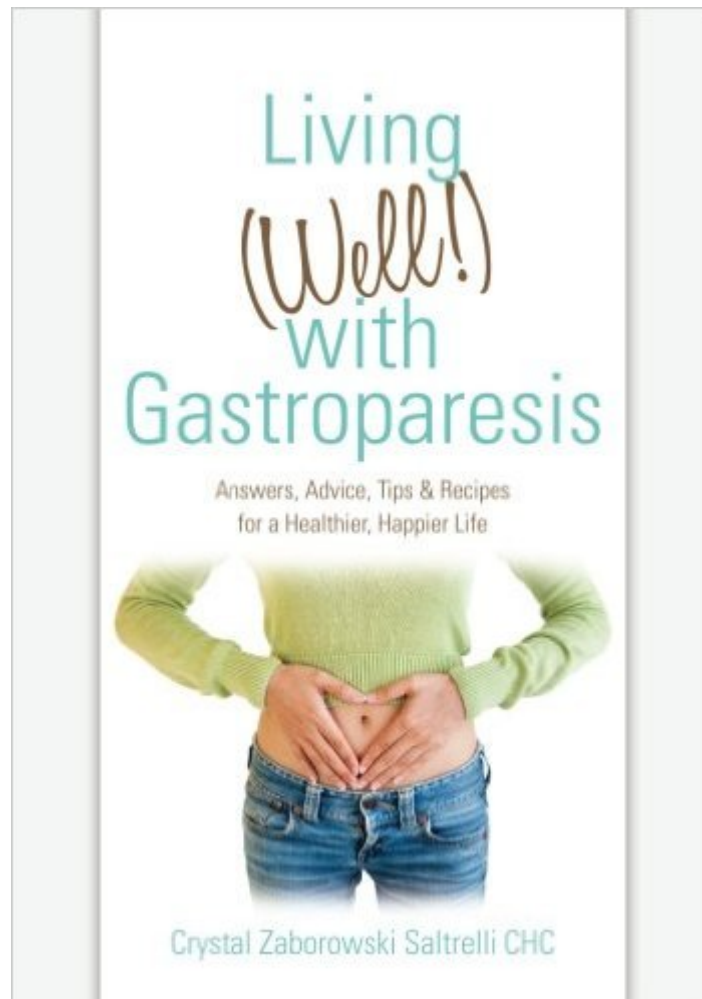


The book was found

Living (Well!) With Gastroparesis: Answers, Advice, Tips & Recipes For A Healthier, Happier Life



Synopsis

Written by an AADP-certified Health Coach and fellow "GPer," this guide was created to help you live (well!) with gastroparesis. Packed with easy-to-understand information and practical advice, you'll learn how to minimize your symptoms and maximize your quality of life. Topics include: - understanding gastroparesis - self advocacy - appropriate medical treatment - complementary therapies - dietary modifications - nutrition and supplementation - supportive lifestyle practices - stress management - coping skills Plus, tips and advice for socializing, travel, career, and relationships. The book concludes with 75 brand new GP-friendly recipes.

Book Information

Paperback: 264 pages

Publisher: Sea Salt Publishing; 1 edition (December 13, 2011)

Language: English

ISBN-10: 0615547753

ISBN-13: 978-0615547756

Product Dimensions: 7 x 0.6 x 10 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (207 customer reviews)

Best Sellers Rank: #143,184 in Books (See Top 100 in Books) #109 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal

Customer Reviews

I'm assuming this is a 5 star book because no one else has bothered to deal with this issue at the personal level? I was excited to find this book because I thought that it would inspire me and help me deal with gastroparesis. However, after reading the book in one setting, I unfortunately found that it was not very inspiring. Here are some examples. For starters, she seemed to chide individuals for sticking with "safe foods only," (pg. 76) and the "Paint a Silver Lining" scenario described on page 130-131 seemed superficial, especially near the end where she "brags" about how "thick and shinny" her silver lining is currently within her life. On page 118 where she speaks about maintaining a job with gastroparesis, she appeared unsympathetic to those who "could not to work" because of severe symptoms. Here's what she states, "If, however, your symptoms prevent you from being able to work altogether, you may apply for Social Security Disability Insurance. Keep in mind that it's a lengthy process; you have to prove that you cannot work in any capacity, and compensation is quite small." Hummm . . . that's not very inspiring or overly convincing for one, such as myself, who

has flare-ups 3 to 5 days a week due to gastroparesis. It almost felt like she was saying, "You can get compensation, but really, it's not a very good option." The information presented was too narrowly focused, and some of her "answers" seemed a bit "cliche and trite," e.g., common sense knowledge that I believe most individuals could figure-out on their own. An example of this is on pages 100-101 where she discusses how to obtain better sleep. I've tried ALL these options, and they simply don't work. Furthermore, if you feel bloated, crampy, have a "knotted" stomach, have acid reflux, etc.

[Download to continue reading...](#)

Living (Well!) with Gastroparesis: Answers, Advice, Tips & Recipes for a Healthier, Happier Life
The Gastroparesis Cookbook: 102 Delicious, Nutritious Recipes for Gastroparesis Relief
The Sweetness of a Simple Life: Tips for Healthier, Happier and Kinder Living from a Visionary Natural Scientist
Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life
Non Alcoholic Fatty Liver Disease Liver Cleanse Diet & Recipes: because a happier liver makes a happier life!
Eating for Gastroparesis: Guidelines, Tips & Recipes
Becoming Vegan Today: The Key to Going Green, Losing Weight and Having a Happier and Healthier Life
The Disease Delusion: Conquering the Causes of Chronic Illness for a Healthier, Longer, and Happier Life
The IBS Diet: How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier and Happier Life (IBS Relief, IBS Solution)
Food As Medicine: How to Use Diet, Vitamins, Juices, and Herbs for a Healthier, Happier, and Longer Life
The Great American Health Hoax: The Surprising Truth About How Modern Medicine Keeps You Sick_How to Choose a Healthier, Happier, and Disease-Free Life
Organize Now! Think and Live Clutter Free: A Week-by-Week Action Plan for a Happier, Healthier Life
How to Lose Weight with Minimal Effort: Leaner, Sexier, Healthier, and Happier, Using Self-Hypnosis (Weight Loss Book 1)
Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children
Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do
Dating: Dating Advice for Women: Best 16 Dating Tips To Get The Guy, Understanding Men, Keep Him Interested and Avoid the Traps and Pitfalls Most women will never know about (Dating Advice)
Gluten Free Cookbook for Busy People on a Budget: 50 Delicious 30-Minutes-or-Less Recipes for Weight Loss, Energy & Optimum Health (Nutritious Gluten-Free Recipes for Healthier Living series 1)
The Elements of Life: A Contemporary Guide to Thai Recipes and Traditions for Healthier Living
Dr. M's Seven-X Plan for Digestive Health: Acid Reflux, Ulcers, Hiatal Hernia, Probiotics, Leaky Gut, Gluten-free Gastroparesis, Constipation,

Colitis, ... & more (Digestive Wellness Book 1) Grow Fruit Indoors Box Set: 22 Cultivating Tips to
Make Your Own Garden With Extra Gardening Tips To Grow Your Favorite Exotic Fruits Plus Tips
How to ... Set, Grow Fruit Indoors, Gardening Tips)

[Dmca](#)