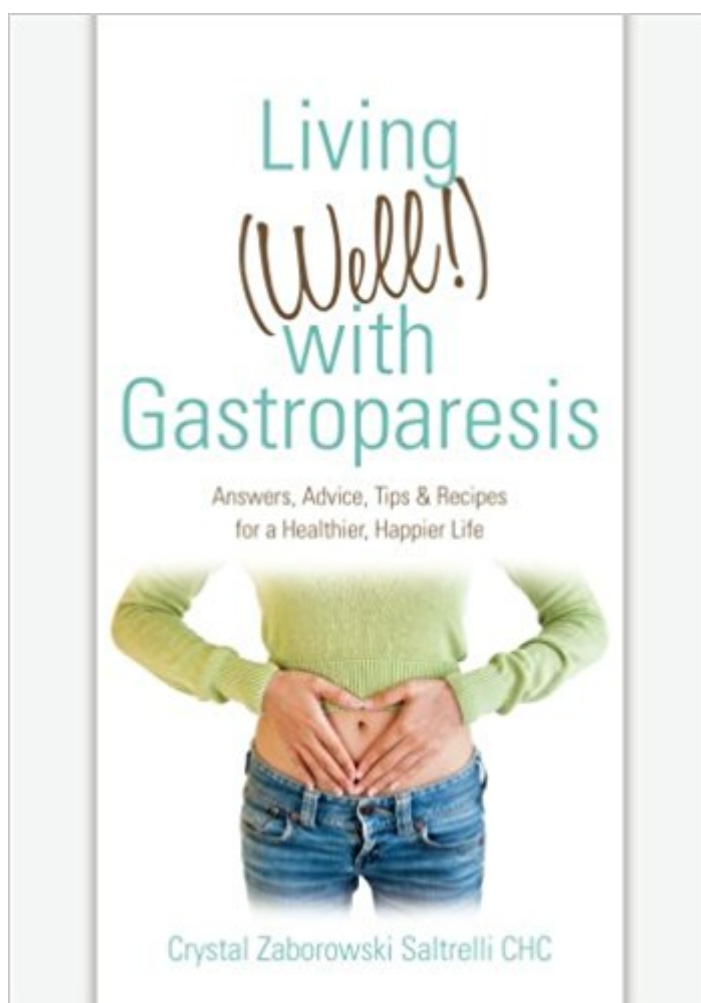


The book was found

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 better manage your symptoms and improve 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. "Crystal's books are the first resource I direct my patients to, whether newly diagnosed or not. I personally use many of Crystal's recommendations and resources to manage my own gastroparesis and to help others navigate this new way of eating and living." • "Angela Moeding, Registered Dietitian

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: 4.6 out of 5 stars 380 customer reviews

Best Sellers Rank: #91,985 in Books (See Top 100 in Books) #78 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Abdominal

Customer Reviews

Crystal Saltrelli is an author, educator, and Certified Health Coach who has helped thousands of people worldwide learn to live WELL with gastroparesis. Crystal was diagnosed with idiopathic gastroparesis in 2004. That diagnosis led her to study Health Counseling and Holistic Nutrition. She became a certified as a Health Coach by the American Association of Drugless Practitioners in 2010. Crystal also holds a Bachelor's Degree in Sociology from Dartmouth College and has completed continuing education coursework in mind-body health via the Harvard School of Medicine, Massachusetts General Hospital, and UCLA. Her articles have been featured in the American Journal of Gastroenterology, International Foundation for Functional GI Disorders' Digestive Health Matters magazine, and Digest, a publication of the UNC Center for Functional GI

Disorders. For more information, please visit www.LivingWithGastroparesis.com.

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 numeous 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 affect 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 as 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 Saltrelli 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't with Gastroparesis.

[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 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 Living (Well!) with Gastroparesis Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World The Laughing Guide to Well-Being: Using Humor and Science to Become Happier and Healthier Eating for Gastroparesis: Guidelines, Tips & Recipes Non Alcoholic Fatty Liver Disease Liver Cleanse Diet & Recipes: because a happier liver makes a happier life. The Little Book of Life Hacks: How to Make Your Life Happier, Healthier, and More Beautiful Declutter Your Mind Now - 22 Simple Habits To Declutter Your Mind & Live A Happier, Healthier And Stress-Free Life: How To Eliminate Worry, Anxiety & ... A Richer Life (Decluttering Secrets Book 1) Quit Smoking Now and Forever: Methods to Quit Smoking And Live A Healthier Life (Quit Smoking,Stop Smoking Forever,Stop Smoking Addiction,Quit Smoking ... Methods to Quit Smoking, Healthier Life) The Hoarder in You: How to Live a Happier, Healthier, Uncluttered Life Sugar Detox: Three Weeks to a Healthier, Happier, More Balanced 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) Your Type 2 Diabetes Action Plan: Tips, Techniques, and Practical Advice for Living Well with Diabetes Living Well with Back Pain: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) Living Well with Endometriosis: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) Living Well with Endometriosis: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) by Morris, Kerry-Ann 1st (first) Edition [Paperback(2006/4/4)] Living Well with Parkinson's Disease: What Your Doctor Doesn't Tell

You....That You Need to Know (Living Well (Collins))

Contact Us

DMCA

Privacy

FAQ & Help