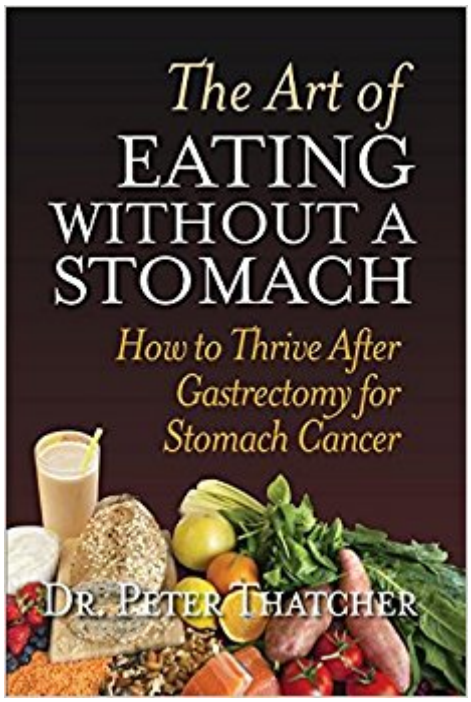
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THE ART OF EATING WITHOUT A STOMACH: HOW TO THRIVE AFTER GASTRECTOMY FOR STOMACH CANCER



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Synopsis

Stomach Cancer is one of the worst experiences a person can endure. But now you have made it through. And having a Gastrectomy has given you the chance for a new life. But, do you have concerns? Do you think that having your stomach removed will hinder you from enjoying the foods you once loved? Are you worried that you don't have anything to taste and enjoy from now onwards? If you think so, then it is the time to think again, because you can still eat. You can still enjoy different recipes which have been your favorite before Gastrectomy. Consultant Physician and Gastroenterologist, Dr. Peter Thatcher has provided this self-help book for people who have had their stomachs removed due to the stomach cancer. His book "The Art of Eating Without A Stomach" can help you adjust to the new realities of your life. Here is how this book can help you see the light at the end of the tunnel and help you know: - Which foods to eat and which to avoid - How often and how much you should eat - Recipes: breakfast, lunch, dinner, drinks, and more - List of gastrectomy complications and how to handle them - A template for recording your meals - How to approach social gatherings after your surgery - Learn the importance of eating and gaining weight - Even more tips to eat well and stay healthy To learn more about what life has yet to offer you, this is a must read!

Book Information

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Customer Reviews

My husband has stomach cancer and needed a total gastrectomy. This book was excellent in preparing us for what was ahead. The doctors at Mayo were impressed with the book(we were reading it during recovery in hospital) it was consistent with the recommendations and discharge

instructions they provide, but in more detail. Another patient on our unit immediately ordered it after reading a few pages of our copy.

Very good book. I recommend it for anyone having a TG or PG. It has good ideas how to deal with things. I only wish it had more menu ideas in it.

was a gift

Helping us with dealing with stomach cancer and now no stomach.

Finally a great source of information. Some good recipes and lots of practical ways to adapt you diet so you can feel better.

A good guide for people who have gone through total gastrectomy. There is not a lot of information out-there so I was happy to come across this book.

Book was very informative regarding what to expect after surgery. Also gave very good tips on what, when and how much food is needs to recover and maintain good health.

Excellent book!

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