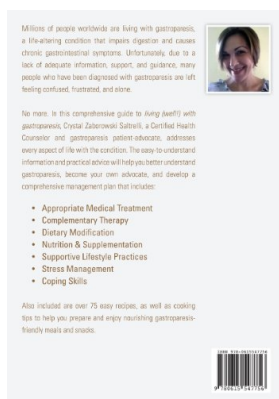


[PDF] Living (Well!) With Gastroparesis: Answers, Advice, Tips & Recipes For A Healthier, Happier Life

Crystal Zaborowski Saltrelli CHC - pdf download free book



Books Details:

Title: Living (Well!) with Gastropar

Author: Crystal Zaborowski Saltrelli

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Description:

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

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