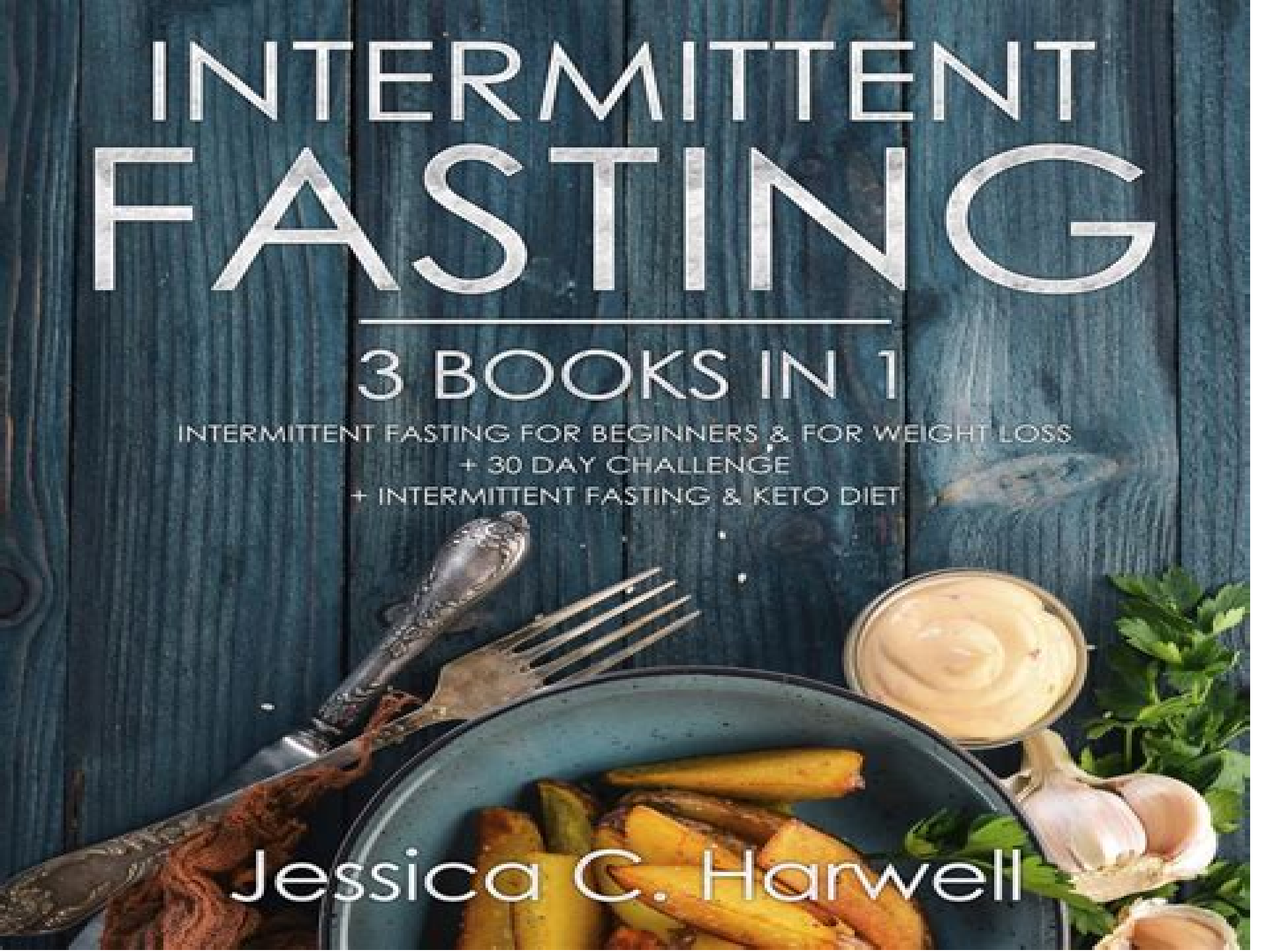


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Lutz's Nutrition and Diet Therapy Erin Mazur, Nancy Litch, 2018-08-06 Meet the ever changing demands of providing quality nutritional care for patients across the lifespan This popular text provides a strong foundation in the science of nutrition and a clear understanding of how to apply that knowledge in practice recognizing the need for nurses to work with other healthcare professionals to ensure optimal nutrition in patient care

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Diet Plan Essentials: The Complete Diet Book for Sustainable Weight Loss Boreas M.L. Saage, Diet Plan Essentials offers a science based approach to sustainable weight loss through proven dietary methods This diet book explores multiple effective strategies to help you lose weight while maintaining optimal health The comprehensive guide begins with dietetics fundamentals explaining the science of nutrition energy balance and metabolism You'll understand how different diet plans affect your body and why some approaches work better than others based on your individual needs Discover the Mediterranean diet in detail both the traditional and green Mediterranean variations with practical guidance on incorporating olive oil fish legumes and seasonal foods into your daily routine Learn how this eating pattern supports weight loss while providing essential nutrients The book thoroughly examines the DASH diet designed to reduce blood pressure while promoting weight loss through balanced nutrition and strategic food choices rich in potassium and other key nutrients Explore specialized approaches including the blood sugar diet which helps stabilize insulin levels and manage cravings through low glycemic foods and strategic meal timing The soup diet section provides a gentle entry point for weight loss with nutrient dense hydrating options The oat diet chapter reveals how this versatile grain supports weight management through

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of Bariatric Surgery Ninh T. Nguyen, Stacy A. Brethauer, John M. Morton, Jaime Ponce, Raul J. Rosenthal, 2019-10-16 The fully updated 2nd edition of this textbook continues to serve as a comprehensive guide for information dealing with the ever evolving field of bariatric surgery The chapters are written by experts in the field and include the most up to date information including new sections on quality in bariatric surgery endoscopic surgery and management of bariatric complications This new edition continues to cover the basic considerations for bariatric surgery the currently accepted procedures outcomes of bariatric surgery including long term weight loss improvement and resolution of comorbidities and improvement in quality of life Other special emphasis is given to the topics of metabolic surgery and surgery for patients with lower BMI In addition new endoscopic bariatric procedures including the gastric balloons endoscopic revisional procedures and newer pharmacotherapy for obesity are reviewed The ASMBS Textbook of Bariatric Surgery Second Edition will continue to be a leading source of scientific information for surgeons physicians residents students and integrated health members today and for years to come

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