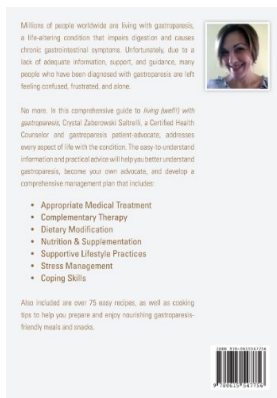


[PDF] Living (Well!) With Gastroparesis: Answers, Advice, Tips & Recipes For A Healthier, Happier Life

Crystal Zaborowski Saltrelli CHC - pdf download free book



Books Details:

Title: Living (Well!) with Gastropar

Author: Crystal Zaborowski Saltrelli

Released:

Language:

Pages: 264

ISBN: 0615547753

ISBN13: 9780615547756

ASIN: 0615547753

[**CLICK HERE FOR DOWNLOAD**](#)

pdf, mobi, epub, azw, kindle

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

- Title: Living (Well!) with Gastroparesis: Answers, Advice, Tips & Recipes for a Healthier, Happier Life
 - Author: Crystal Zaborowski Saltrelli CHC
 - Released:
 - Language:
 - Pages: 264
 - ISBN: 0615547753
 - ISBN13: 9780615547756
 - ASIN: 0615547753
-