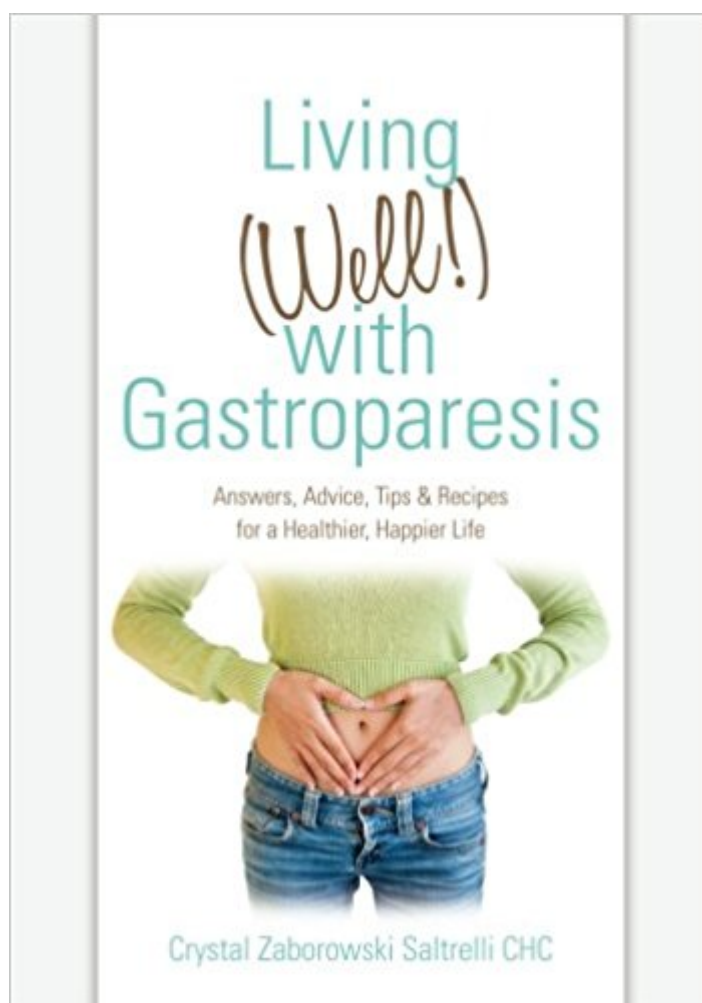


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# Living (Well!) With Gastroparesis: Answers, Advice, Tips & Recipes For A Healthier, Happier Life



## 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

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## 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](http://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 a lot of information that I was not aware of. I was able to understand what I could and could not 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 passed this book on to another who just got a 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 numerous 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 affected 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're sitting in the doctor's office. I would recommend this book.

This book has 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 Saltreli 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.

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