



Day 6: Beyond the 5 Day Pouch Test

Kaye Bailey

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Day 6: Beyond the 5 Day Pouch Test Kaye Bailey

Thousands of people around the world use Kaye Bailey's 5 Day Pouch Test to stop weight gain after weight loss surgery and return to the basics prescribed by their bariatric center. But what happens on Day 6? Kaye Bailey answers that question sharing her generous spirit of compassion and belief in others as she shares her secrets for working with the surgical weight management tool for lifetime weight maintenance. Readers quickly learn that working with the tool, not against it, brings optimum success and healthy long-term weight management. No gimmicks. No quick fixes. Just profound sensibility delivered in the powerful "you can do this" style we have come to expect from Ms. Bailey. The 66 recipes will put delicious guilt-free food on your table as you nurture your best life and health with weight loss surgery. Kaye's Day 6 lifestyle is suitable for all bariatric procedures including gastric bypass, adjustable gastric banding, gastric sleeve and others.

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