

ADDITIONAL INFORMATION (DOC-15)

1. The Wellness Encyclopedia for Food and Nutrition
Random House
Dr. Sheldon Margen M.D.
University of California at Berkley
2. Obesity Surgery Magazine
Official Journal of American Society of Bariatric Surgery
3. Cooking Light
PO Box 2463
Birmingham, AL 35282-9556
4. Ten Days to Self Esteem
D. Burns 1993
5. Talking to Yourself: Learning the language of self-affirmation 1991
6. What Do You See When You Look In The Mirror? Helping yourself to a positive body image. Thomas F. Cash PhD 1995

WEBSITES FOR FURTHER INFORMATION

www.obesityhelp.com

www.mywls.com

www.mdlabs.com (for protein shakes & recipes)

www.duodenalswitch.com

www.parthenon.com (for Devrom)

www.fitday.com (food nutritional value & exercise)