

**A Back-to-Basics Program from LivingAfterWLS**  
And Bestselling Author Kaye Bailey

*Take Control of Your WLS Tool in 5 Focused Days.*

THE *Kaye Bailey's*  
**5 Day Pouch Test**  
**Owner's Manual**  
Second Edition (C) 2012

- The complete plan backed by science & real world application
- Sound dietary practices to achieve & sustain weight loss
- Inspired motivation, generous kindness & encouragement galore
- Proven effective for all current & past Bariatric procedures



**It is never too late to motivate your mind & body  
to manage your weight loss surgery pouch successfully.**

***You Can Do This!***

# The 5 Day Pouch Test Owners Manual

**PT Brinkman**



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