

Complete Women's Health Care

J. Marshall Dent, M.D.

Member of North American Menopausal Society • Member of American Bariatric Physicians

410 South Coit Street • Florence • 665.5055

NOW Accepting Patients. Call Today! (665.5055 ext. 212)

Michael Sykes



"I'VE LOST **42 POUNDS**
IN 8 WEEKS!

HERE IS MY STORY... The real motivation for me to start a weight-loss program was being tired of being fat, tired of being out of shape with no energy and not feeling well. My weight at the time was 320 pounds.

The plan that I chose requires keeping the carbs to 40-50 grams daily. I eat ten-plus ounces of meat daily, all the vegetables I want and I drink 64 ounces of water daily. I also do cardio exercises three times a week.

There is never a hard part to sticking to the plan because I am determined to reach my goal. The progress that I have made in the past three months has motivated me to keep going. Now, I weigh 278 pounds. I've lost 42 pounds and I have another 43 to go. The best thing about losing the weight is the way I feel physically.

My advice to others is that it is never too late to make improvements. My father always said, "If it hurts bad enough, you will want to make a change."

My advice to others is to never give up on yourself. You are the only person standing between you and your goals in life."

"I've lost a total of
103 POUNDS!

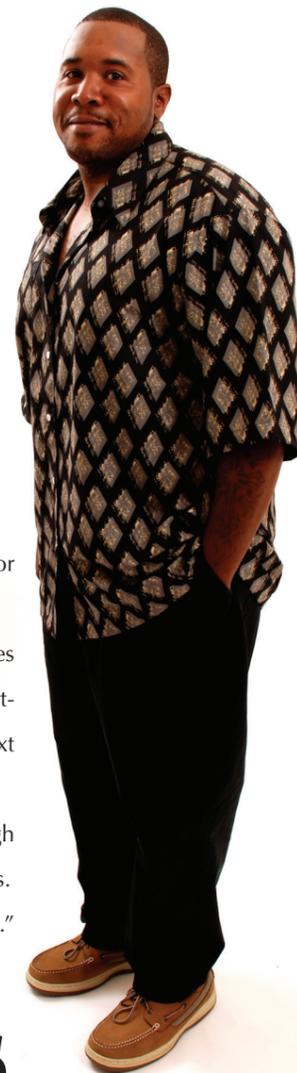
HERE IS MY STORY... My family has a history of heart disease and high blood pressure. I decided that I didn't want that for myself; therefore, I was motivated to begin a weight-loss program. I was up to 380 pounds.

I lost some weight on my own, but with so much to lose I knew I needed an extra boost. The plan that I chose involves diet and eating the right things. I started with cardio exercises, which include the treadmill and walking. When the weight started coming off and my endurance got better, I began working out with weights and continuing to exercise. To take it to the next level, I got a personal trainer and dietary plan.

My appearance and the comments and compliments that I get from people have been great motivation. Now, I weigh 277 pounds with a total loss of 103 pounds. The best thing about losing the weight is my health and the lower prices of clothes.

My advice to others is to never give up on yourself. You are the only person standing between you and your goals in life."

Leroy Henicks



Florence Wellness & Weight-loss Center

under the direction of **BARIATRIC NUTRITIONIST, JEAN DICKENS**

NOW OFFERING FULL & MODIFIED FAST AS WELL AS OTHER PROGRAMS TAILORED TO YOUR INDIVIDUAL NEEDS

See Dr. Dent's article on pg. 118