

Florence Wellness & Weight-loss Center

under the direction of **J. MARSHALL DENT, M.D., BARIATRICS PHYSICIAN, BARIATRIC ASSISTANTS, JEAN DICKENS & CINDY HICKSON AND CERTIFIED PERSONAL TRAINER GEORGE MCELVEEN**

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

“I’ve lost 52 POUNDS!”

Debra James tells her story.



before

after

HER STORY... I was motivated to start a weight-loss program when I realized that even though I was exercising, I wasn’t losing weight. In addition, I was having some physical problems and I felt bad mentally. At the time, I weighed 180 pounds.

Due to the pretest results at Dr. Dent’s office, I chose the Florence Wellness & Weight-Loss Center’s plan that eliminated carbohydrates, sugars, starches and soft drinks from my diet. My exercise regimen was also cut back from two hours to thirty-minute sessions, three to four times per week.

The hardest part of sticking to the plan was removing the foods that I enjoy the most. I had some intense cravings, but they only lasted about two to three weeks.

My family (especially my husband, Leon) and my good friends (especially Marsha Jackson) and also the staff at Dr. Dent’s office, along with Mrs. Jean Dickens and the staff at the Florence Wellness & Weight-Loss Center motivated me to continue on my weight-loss journey. Compliments are good for me.

The best thing about losing weight is the way I feel now and the way I look. I was able to stop taking some medications that I was taking prior to the plan, as well. It’s all win-win for me.

You can lose the weight, too, if you really want to. There is help out there. You just might need to try something new like I had to.

Today, I weigh 128 pounds, which is a total loss of 52 pounds.

Debra James and her best friend and husband of twenty-six years, Leon, have two sons, Phillip (24) and Marcus (21). Debra and Leon are Pastors of Abba Father Ministries Church in Marion. They are also the Owners and Operators of Great Deals in Marion.

J. Marshall Dent, M.D. is now certified by the American Board of Bariatric Physicians, making him 1 of only 10 Board Certified Bariatric Physicians in SC.

Complete Women’s Health Care

J. Marshall Dent, M.D.

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

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See Dr. Dent’s article on pg.114