

Florence's Only Certified Bariatrics Center Florence Wellness & Weight-loss Center

under the direction of **J. MARSHALL DENT, M.D.,**
FLORENCE'S ONLY BARIATRIC PHYSICIAN

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

“I've lost 55 POUNDS!”

Angela Buie tells her story.



HER STORY... I was motivated to lose weight the day I looked into the mirror and realized that I didn't recognize the person looking back at me. I actually forgot how to take care of myself. With no energy and at 213 pounds, it was time to get my act together.

When I went to Florence Wellness & Weight-Loss Center, I chose the Low-Carb, High-Protein Diet Plan. I liked it because there was plenty of meat and veggies, lots of water and no caffeine. The hardest part about sticking to it was the first two to three weeks. I had to let go of a lifetime of eating habits. However, I think cutting out caffeine was the hardest part. The headaches that came from caffeine withdrawal lasted about three days, but I knew it would get easier. And, it did!

Then, there was the exercising! I started walking outside, but the weather prevented that a lot. So, I just learned to move more. As the weight started coming off, it got easier and I was moving more. I had so much more energy! I just had to remember to stay focused on me. For once in my life, I had to be a little selfish.

I was motivated to keep going as I started getting thinner. I was shrinking right before my eyes! I liked the way my clothes fit again. I felt great!

The best thing about losing the weight was when I looked in that same mirror as before and recognized the person I saw. I liked the image that was looking back at me. I realized that about fifteen years ago, I had lost that person, and I was glad to see that she was back. I have taken control of my life, and I know that I can accomplish anything. All I had to do was set my mind to it. I knew what I wanted; I just needed the professional help to learn to eat healthier. With the support of Dr. Dent and his staff, I have achieved my goal.

My advice to others is to realize that we are what we make of ourselves. Just take control of your life; don't let it control you. And, do it for yourself – just you!

Now, I weigh 158 pounds. I've lost a total of 55 pounds!

Angela Buie is a single mother of three amazing children and three beautiful grandchildren. She is a Patient Account Representative with McLeod Health/Physician Billing. She enjoys reading and spending time with her family. And, she enjoys going out to eat – something she wouldn't have admitted to a year ago.

Top 10 reasons to choose Florence Wellness and Weight-loss Center

1. The ONLY board certified bariatric physician in the Pee Dee
2. The ONLY certified Bariatric Center in the Pee Dee
3. The most cost effective program in the Pee Dee
4. Individual programs tailored to your needs and the flexibility to change programs
5. Thorough metabolic laboratory evaluation on every patient
6. The knowledge and experience to offer hormone balancing to enhance weight loss
7. Bonafide maintenance program once goal weight is obtained
8. Each patient seen by physician every visit
9. All inclusive plans (no hidden cost)
10. Flexible hours and late hours to better accommodate your schedule

MOST COST EFFECTIVE WEIGHT LOSS PROGRAM IN THE PEE DEE!

Programs as low as \$45 every 2 weeks, including Lipotropic Injections, Vitamins, and Appetite Suppressants

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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