

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

“We've lost over 86 POUNDS together!”

Epps Green and daughter, Kelli tell their stories!



**EPP'S STORY...** At 223 pounds, I was motivated to start Dr. Dent's program at Florence Wellness & Weight-Loss Center. I wanted a healthier life and more self-esteem.

I chose the plan in which I ate high-protein foods such as eggs, chicken, turkey and salads. I ate foods with as few carbs as possible. The carbohydrates that I did eat mainly came from the salad dressings. Shakes were sometimes substituted for a food meal if I was on the go or just felt like a chocolate shake.

The hardest part about sticking to the plan was getting started with an exercise routine. So, for my exercise, I walked and did yard work.

I was motivated by having a partner, good friends and the helpful staff at Dr. Dent's office. Seeing results and feeling better about myself also made me want to keep going.

The best thing about losing the weight is seeing the change in my body and clothes. Clothes that used to be tight and pushed to the back of the closet are now baggy and are thrown out of the closet.

In addition to feeling better about the way I look, I discovered that I had a vitamin deficiency. Fortunately, during my examinations, Dr. Dent recognized this and started me on an energizing supplement. Without his discovery, I could have lost weight time and time again, but it would have come right back.

My advice to others is to, first, get checked out by a physician such as Dr. Dent. Then, when you lose weight, enjoy it! Do things for yourself. Get a new look, a new hairstyle or wardrobe. Celebrate your accomplishment by resolving to never go back to where you came from.

I currently weigh 167 pounds, a total loss of 56 pounds. But, I'm not finished yet. I'm continuing with the lifestyle change and eating foods low in carbohydrates.



**KELLI'S STORY...** I was motivated to lose weight because I had gone from about 130 pounds to 157 pounds in two years. I like to spend time at the beach and was not looking forward to moving up another size.

I participated in the meat and vegetable, high-protein, low-carb program at Florence Wellness & Weight-Loss Center. I ate lots of eggs and all sorts of vegetables and meats. For a meal substitution if I was busy or just felt like it, I enjoyed protein shakes. Fast food wasn't even an obstacle. I could order burgers and just not eat the bread. Some restaurants already sell burgers this way.

I didn't have a set exercise routine. If I felt like getting on the treadmill, I did. If I didn't feel like it, I didn't. But, I worked long hours at a busy restaurant, so I did get in daily walking.

The hardest part of sticking to the program was avoiding the sweets that stared me in the face constantly. After about two weeks, though, my obsession with chocolate and cookies was dwindling.

I was motivated by the fast results of the program. I really stuck with it hard-core and lost eight pounds the first two weeks. The best thing about losing the weight is going shopping. I actually like trying on clothes now. Plus, all the compliments are a real self-esteem booster.

Just like Mom, my participation in Dr. Dent's weight-loss program led to the discovery that I had a problem – an underactive thyroid, which was also causing other issues. Since the diagnosis, I'm on medication, and I feel great. If I hadn't gone to Dr. Dent and discovered the hypoactive thyroid condition, I could have yo-yo dieted my whole life and the weight would have come right back every time.

My advice to others is to get a partner, get serious and get to work with Dr. Dent and his staff. The more effort you put into the program, the more results you get. Be serious and do it for real this time.

With a total loss of 30 pounds, I currently weigh 127 pounds. I have a few more pounds to go, but I'll get there.

## 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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