

“I hid under my clothes for 15 years. Now I can go into any store, try on a size 8, and it fits.”

Amber

AMBER	BEFORE HMR	AFTER HMR
Weight	237 lbs.	137 lbs.
Blood Pressure	Borderline	Normal
Exercise	None	Walk 5–7 miles most days and exercise class twice a week



Amber spent so much time caring for others—including her ailing in-laws and occupational therapy patients—she forgot about herself. Due to “stress” eating and a lot of fast food, this 5’5” mother-of-two soon reached 237 pounds.

“Life happens and you’re in denial about your weight,” she recalls. “You buy bigger and bigger clothes and say, ‘I’m not that big.’ Then you see a photo of yourself and you’re like—‘Woah! That’s me!’”

Amber says, “I’ve tried diets. I’ve tried Atkins and have gone on and off Weight Watchers, but there’s a little too much flexibility with your choices.” She adds that “I didn’t have the discipline to say no to some of the food choices.” Amber decided to try the HMR Healthy Solutions program, losing 100 pounds in 15 months.

The biggest surprise about HMR?

“I didn’t expect to be able to eat as much as I did because on all the other diets, I was limited on how much I could eat. But with HMR, I could eat all day long—every two–three hours, and that’s pretty much what I did to stay full. I wasn’t nearly as tempted as I had been on other diets.”

“I was a size 24, shopping at plus size stores. Now, I can go to any store and a size 8 fits. I love the way I look and feel. It’s given me a lot of self-confidence.”

“I used to feel like there was a thin person inside of me, trapped under all this weight. Now, it’s like I’ve emerged from a cocoon and I’m a butterfly. It’s exciting. It’s fun. And I tell people, ‘If I can do it, you can, too.’”

The HMR Program for Weight Management at Tennessee Weight Loss and Surgery Center is a state of the art weight loss treatment that provides intensive lifestyle education, personalized attention and follow-up, and an emphasis on long-term weight and health management. HMR offers a variety of diet options appropriate for anyone wanting to loose 10 - 200 or more pounds.

For more information, call 303-3503 to schedule a free, no obligation information session.

