

Lap Band and Dieting

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According to Marla, she is not disciplined enough for the different diets that are out there on the market and she was in need of a quick fix. Marla added that she battled with weight issues since she had her kids' years ago and her waist had doubled since she was a cheerleader.

Since Marla had the surgery, she claims to be healthy and her goal is to lose some additional weight. Marla said she is staying true to her diet and if she eats too much her stomach will cramp.

In Marla's eyes, Lap Band Surgery was a good decision for her and she highly recommends it to other people who are battling their weight.

Now that she has had the procedure and is on her way to achieving her weight goals, Marla is just one more example of an overweight individual who had Lap Band Surgery and is shedding those pounds left and right.