

## Finally, a Life without Limitations!

For decades I had dreamed of a life that did not revolve around food. A life in which I wasn't obsessed with my weight, or restricted from activities by my size, or isolated due to embarrassment. But this was not my life. My life consisted of waking up each day planning what I was going to eat, and going to bed each night dreaming of the foods I would eat the next day. Most days consisted of fast food and binge eating. Bite for bite, the cycle was the same every time: euphoria, pleasure, reward, numbness and disappointment. The lasting disappointment always faded into guilt and shame, ultimately propelling me through the drive-thru line at the very next meal. I was living on a constant diet of pizza, cheeseburgers, fried food and sugary desserts. This cycle of reclusive bingeing isolated me from others.



Numerous attempts were made at trying to lose weight. I've been on every type of diet imaginable, even starved myself for weeks at a time, only to lose a few pounds and gain back more. I've even tried both prescription and over-the-counter diet pills. My frustrations over my temporary results only lead me back to binge eating. I ate with reckless abandon until I couldn't feel the emotional hunger I was trying to dull anymore. I was severely depressed and my self-medication was food. At 31 years old, weighing 275lbs, I knew I was killing myself. I had run out of time. It was no longer just me that my choices were affecting, but my son as well.

**This is when I started researching surgical options. I came across Dr. Frantzides profile on [ObesityHelp](#). I was very impressed with all of his positive reviews and years of experience. At the time, I was uncertain if bariatric surgery was an option for me, but I knew that something had to be done, as I could no longer fight obesity on my own. After my initial meeting, I was convinced that bariatric surgery was the right decision for me and that Dr. Frantzides was the right surgeon for me. Dr. Frantzides was very confident, encouraging, compassionate, and he far exceeded my expectations. He took the time to answer all of my questions and concerns and assured me that I was in good hands. I walked away from that meeting knowing that I couldn't have asked for a better surgeon.**

**The date of my surgery was December 7, 2017. It has now been one year since my surgery, and I have lost a total of 117lbs following Dr. Frantzides instructions. In this very short time, my life has already drastically changed for the better. I no longer use my weight as an excuse to isolate myself. I finally know what it feels like to live without depression. I have energy that I've never had before and I have confidence that I did not think could reside in me. Food is still important, but it is no longer my obsession. I have learned to eat food for fuel and pleasure, rather than punishment. I no longer binge. I am finally learning to enjoy life without limitations.**

**I am more than satisfied with my experiences with CIMIS and encourage anyone who is unsure about whether to pursue surgery or not, to just give Dr. Frantzides a call. Weight loss surgery is a personal journey, but it's a shared journey. I know the struggles of being overweight and feeling hopeless. I've been in your shoes. Now walk in mine. Surgery has given me the dream life that I never imagined would be my reality. Dr. Frantzides has truly given me a second chance at a new life. More importantly, he has given my son an improved mother, and for that I cannot thank him enough.**

**Rocky**