

Hi, I'm Nora. On June 24, 2008 I took the big decision of having the surgery that will change my life, self-esteem and start loving myself...

That day changed my life in a radical way, I had the gastric sleeve surgery it was frightening but I was excited, I had a weight of 114kg (250lbs), it was frustrating that I couldn't find help on pills, teas, creams, tried a thousand diets and more, at the end I was the same or worse, my self-esteem was lower everyday and when I saw myself in the mirror it wasn't any pleasant, I couldn't find clothing and it was bigger every time that took me to depression, that June 24 change it all it was a drastic change my eating habits changed completely, I went from eating industrial quantities of food to eat small portions it was hard to believe that I was satisfied also the excess of food made me feel bad. It's been 5 months since the surgery and my life has completely changed, now my weight is 82kg (180lbs), my face, my body and the best of all my clothes are different, now when I see myself in the mirror I feel pretty, I know I'm still on the go and I'm not done with my goal but I'm reaching it, before, reaching my ideal weight was just an illusion in my mind, see myself attractive and my self-esteem growing bigger every day. I'm really thankful with all my heart to Dr. Fonseca, he helped me reach the illusion and hopefully a long and better quality life.