

Lap Band Benefits

Lap Band Benefits

Since having lap band surgery, Lucinda has passed the word along about the benefits of the surgery to others, and notes her mom is thinking about having it done.

As Lucinda sees it, lap band surgery is not some miracle drug or fad diet. Lap band surgery is a permanent answer to losing the pounds and keeping them off the rest of one's life.

Lucinda said she needed to have lap band surgery for herself and her daughter, noting she was too young not to be in the best shape of her life.

As for her long-term goals, Lucinda indicated she would be happy being below 200 pounds once again, with her ultimate goal being about 160.

For Lucinda and many others like her, they are happy and healthy Lap Band Patients who are much better off having gone through with this weight loss procedure.