

## Lap Band and Diets

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Connie is one individual who finally sought a lap band center in hopes of getting her weight under control.

With her traditional diet attempts going nowhere when it came to losing weight, Connie knew she needed to try something different.

Having exercised and tried a number of diet plans, Connie, 34, felt like she reached a point where she wasn't gaining weight, however she wasn't seeing it go away either.