

## Lap-Band Results

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Once able to fit in clothes he had not seen in years, Joseph remarked that his ultimate goal was to get down to around 230-250 pounds. Joseph added that his day tasks at work were much easier as the weight began to come off.

According to Joseph, lap band surgery is better than other similar surgical weight loss procedures people may attempt because it is not as invasive and is a lot easier to maintain with adjustments.

In Tackling Weight Loss, Joseph has been able to continuously work on getting his weight down to a healthier range.

Even though he one time weighed 425 pounds, Joseph is now on the road to a better life in more ways than one. For Joseph, lap band surgery proved to be the solution he was searching for.