

getting back my groove

losing those final inches and becoming a happy mommy

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inside my closet I kept all my outfits that I wore before giving birth to my children. Most of them were business suits and cocktail dresses. One day I just knew I would be able to fit into them again. Ten years later I decided I was going to stop beating myself up about losing those last inches, those last 10 or so pounds. I tried going to Pilates, adhering to the South Beach diet, and even running laps during my kid's Running Club at school. Nothing worked, and whenever I noticed those bulges while wearing jeans, I just changed into sweats.

Between chauffeuring kids to sports practices and baking cookies for bake sales, who's got time as a mom to really spend the time losing weight. I can barely find the time to take a walk to my nearest Starbucks. Plus I always felt my kids were the priority. I decided it was time for a shortcut.

So, I made the decision to go to Final Inches and get Laser Liposculpture. For someone who wanted to do everything naturally, including enduring major pain during childbirth after receiving Pitocin, getting the procedure was a major medical decision. Laser Liposculpture was the best thing I ever did for my self-esteem.

Not only did I achieve almost immediate slimming results, but also I just felt so much better about myself. You know it's really nice to get compliments from friends telling you how good you look, even better when they're coming from your husband. And once again being able to wear those outfits in the closet was so self-satisfying. Even better is buying new outfits to show off the new body!

A positive side effect from my procedure was that I really did take better care of myself.



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I started to wear more make-up, got my eyebrows waxed and watched my meal portions. The medical staff at Final Inches also noticed my high blood pressure. My treatment was delayed because of this and I was worried I wouldn't be able to follow through. So I really watched my diet and regularly took my medication because I was scared of not getting the body I wanted. It took the desire of obtaining the outward appearance I wanted to force me to work on my inner health.

Whether or not you decide to get Laser Liposculpture or try the Biggest Loser route, as a mom you owe it to yourself and your family to be happy about yourself. And quite frankly, most of us are not happy with our appearances. Stop being negative about yourself and just do something about it. Your kids will notice if you're not happy with yourself, and moms need to be a good example on how important your self-worth is.

I still feel my kids are my priority, but spending time on myself is a necessity too in keeping my sanity as a mom. I take the time to get massages and have lunch with friends. A happy mom is the key to a happy family. The best Mother's Day present you can give yourself this year is positive self-esteem. Every mother deserves it, and so does her family. ✨



Anastasia Beverly Hills for brow shaping, anastasia.net

Final Inches for Laser Liposculpture, finalinches.com

The Organic Pharmacy for beauty products, theorganicpharmacy.com