

## Health, Fitness & Beauty

### One man's transformation

(BPT) - Life is full of unexpected twists and turns, and for Brad Roberts, Chief Operating Officer of LifeMD, one such twist was his unexpected weight gain after the loss of his father. However, his story is one of determination, resilience and ultimately, transformation.

Roberts, still fit from his athletic college days and now a dedicated father of four, found solace in food during his late 30s after his father passed away. "My father was my best friend," said Roberts. "When I lost him, I started avoiding my life and internalized my sadness through eating." His weight spiraled, leading to a loss of confidence and a dramatic change in lifestyle.

Roberts decided to make a change when he realized the impact his weight was having on his family - his greatest priority. He was missing from family photos due to a self-consciousness about his appearance, and friends and family were noticing his weight gain. He realized he wasn't setting the healthy example he wanted for his children. Roberts decided to participate in a weight management program. Using



LifeMD's strong affiliated clinical network, combined with GLP-1s, a class of medications used for weight loss and diabetes management, Roberts embarked on the weight loss journey that has since transformed his life.

In his first month, Roberts lost 24 pounds. As he continued, his weight loss accelerated, and by June, he was down 60 pounds. As of this writing, Roberts has lost a total of 125 pounds, taken 12 inches off his waist, and decreased his Body Mass Index (BMI) from 41 to 28. While greatly exceeding the 15% average annual weight loss results of most GLP-1 users, Roberts attributes his incredible results to both GLP-1 medication and lifestyle changes,

with the combination of the two creating an upward spiral of momentum.

Throughout his weight loss journey, Roberts faced challenges, like the fear of injecting a medication and the frustration of not seeing immediate results. The real-time, actionable direction by LifeMD affiliated providers was pivotal. For example, at the start of his journey, Roberts was hitting a weight loss plateau, so he reached out to his care team. In talking about his eating habits, it quickly became apparent he needed to fuel his body to avoid a metabolic slowdown. Opting for protein shakes, grilled chicken, and apples while ensuring appropriate caloric intake, he was down

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six pounds before the end of the week.

Losing weight wasn't just about improving physical health for Roberts; it was also about rebuilding his

confidence and his relationships. He wanted to be an active, present father who participated in family photos, coached his kids' sports teams, and attended impor-

tant events without feeling self-conscious.

Roberts' transformation has been so profound he's

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# Rethink drinking to focus on building the life you want

(BPT) - Sponsored by Alkermes, Inc.

**By Shari Hampton,  
Alcohol-free Since  
2015 and Certified  
Life and Recovery  
Coach**

I can still remember the date. It was February 15, 2015. That was the day I decided I had enough: enough waking up with no recollection of what I did the night before, enough destroyed relationships, enough self-inflicted damage done to my body. February 15, 2015, was the day I decided to commit to a recovery journey from alcohol dependence.

I had an unhealthy relationship with alcohol for 35 years. I thought drinking made all my experiences better, and that I was living my best life ... until I wasn't. The consequences of my drinking started to pile up and included multiple run-ins with the law and being hospitalized due to alcohol-related health problems. But I found it hard to stop. I craved more to drink, which negatively impacted my health and, worst of all, my relationships with loved ones.

In 2015, I was diagnosed with alcohol dependence by a healthcare provider. It took years to find the right treatment plan for me. I tried

12-step recovery programs, three intensive outpatient programs, and other treatment approaches. Everyone's journey is unique but, for me, a combination of nutritional supplements, dietary changes, psychoanalysis, and holistic modalities really helped.

I also had a lot of support along the way. Despite my struggles with alcohol dependence and the negative impact it had on my family, they kept showering me with unconditional love. Putting all that love right back on them is a gift. Then there's my love, my partner, my heartbeat - she teaches me daily to believe in love. She is my gift for all the hard work I've put into myself, and I cannot thank her enough for encouraging me to stay strong every day.

Today, I'm focused on my role as a certified life and recovery coach, and my work is my passion. I partner with professional women who are ready to commit to a recovery path from substance abuse, emotional trauma, and grief. It feels good to give back. Helping others early in their recovery journey to embrace hope is like no other feeling in the world.

I want to help others by sharing my story and the many different treatment options available for those

living with alcohol dependence. One resource I recommend is MyRelationshipWithAlcohol.com, where anyone can learn more about alcohol dependence, watch personal stories, or fill out a questionnaire to take stock of drinking patterns. There are also resources to learn more about how to talk to a healthcare provider.

I'm grateful to have the opportunity to share my story and encourage others to think about how we can help friends and family who want to reassess their relationship with drinking.

Celebrating life and the people in it is what is important to me.

I'm currently eight years into my recovery journey and looking forward to many more.

*This article is sponsored by Alkermes®. Shari Hampton has been compensated. Her story is personal and does not represent all people living with alcohol dependence. This is not a substitute for professional medical advice. Always talk to your healthcare provider.*

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Model used for illustrative purposes only

Two-thirds of U.S. adults say either they or a family member have been addicted to alcohol or drugs, experienced homelessness due to addiction, or experienced a drug overdose leading to an emergency room visit, hospitalization or death, according to a KFF Tracking Poll. — Source: Statepoint.net

## Loss

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inspired his family and close friends to join the program. His journey demonstrates that with the right support, medication, and determination, significant weight loss is within reach for many Americans.

Roberts' story is one of overcoming personal adversity, re-establishing self-confidence, and reclaiming the joys of life. It's about living the life you've imagined for yourself and your family. "For the first time in five years, I am standing next to my children in photos and I feel confident, I feel the difference," said Roberts. "Making a change is possible with the right team, the right medication and the right support behind you." It's a story that proves that it's never too late to make a change for the better.

If you are interested in learning more about LifeMD's weight management program and how it can help transform your life, please visit: LifeMD.com.