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Getting into Shape for the Wedding Mother of the Bride to Be

by Loreen Berlin

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Inside the heart of a mother preparing for her daughter's wedding is this story: For her daughter's wedding, Sue Davis purchased a beautiful dress that was, "just about two-inches too small around the back area," said Davis.

"The alteration person said, 'no way' can we fix this; it's just too small," Davis admitted. "I decided it was buy the new dress and stay big, or do something about it, so I did something about it," she said. "I looked up places on the web to slim down and came across Suddenlly Younger and Slimmer, and watched the miracle happen – even though I must say – I was skeptical, but determined to do something. I just kept telling myself to follow through with Suddenlly Younger and Slimmer's recommendations and go from there."

After 10 days, Davis said her dress fit. "And not only does my dress fit, my face looks 10 years younger too because I had the Oxygen Facial – I couldn't be more pleased."

In preparing for her daughter, Linda's, wedding recently Davis said she couldn't fit into the dress she wanted to wear, and so she shopped endless for something she could wear.

Finally, she said she found what she wanted on-line, and it was on sale, but because the dress was being discontinued, there was only one dress, and that one dress, was one size too small.

"Because I couldn't get into my dress I wanted to wear at the

wedding," said Davis, "I shopped, but couldn't find anything I wanted, until I found this one dress that was one size too small," she said. "So, I went on the Internet to see about body wraps, and called Dr. Lorraine Urbina. Dr. Lorraine was also telling me about their weight-loss program, so between the weight loss program and the body wraps, I lost enough weight to fit into the dress, with room to spare," she said.

"I even had to have the sleeves taken up so it would fit better and that all took place in about two weeks time, which is the amount of time I had to lose the weight." Davis said that it was a choice – "Go find another dress and stay fat or fit into this one, and it worked," Davis said.

Davis said she received all kinds of nice compliments at the wedding. "Everyone said I looked really good," she said.

Davis admitted that her daughter was getting nervous about her mother's dress because, "I told Linda I wasn't going to try on the dress until the Thursday before the wedding. That would leave me the weekend to shop if I needed to, because the wedding was on the next Tuesday," Davis said.

Thursday, when Davis did try on the dress, she said, "I could get into it, but it was tight, but on Tuesday, the dress was loose."

"They are really great at Suddenlly Younger and Slimmer," Davis said, "and Dr. Ghosland is such a sweet doctor. He explained the weight-loss program very well and told me exactly what I needed to do." Just a side

note on why the wedding was on St. Patrick's Day, Tuesday, March 17. "My daughter picked this day because it was my parent's 70th wedding anniversary, so she wanted their good luck," said Davis.

"It's always my great pleasure to assist a bride, mother-of-the-bride, or the bridesmaid, to fit into their dress more comfortably, while showing a more slender figure," said Urbina. "I continually study, learn new systems, shop for more effective products and incorporate the help of my medical team," said Urbina.

Urbina said they constantly hear that the "pending wedding" is two to four weeks away, and the bride-to-be, bridesmaid or mother-of-the-bride can't fit into their dress for the special day. "I want my dress to fit better, or smoother, or I want a more shapely look," say the anxious ladies, according to Urbina.

"It's a familiar request, tinged with emotions that my staff and I have heard over the years, and more so in the spring, with the bridal season approaching," Urbina said. "As a staff, we look to see how we can once again make 'the miracle happen'," said Urbina.

"Then we start, and if the patient is motivated, follows directions and has enough time, we know we can make a difference and make her happy so she has the confidence in herself for her wedding day. And now, we have the help of our Dr. Sauveur Ghosland, a girl's best friend, with his personal medical weight-loss program and his gentle caring way - that you are the only patient



Sue Davis and her daughter Linda during the daughter's recent wedding day.

(Photo by Loreen Berlin)

in the world - bedside manner, where a person feels they are being romanced with his French accent that has been used with more than 20 thousand mothers in a most professional way, over the course of his 30-year ob/gyn international medical practice, from France, Israel and now the United States for more than 20 years."

For information, call Suddenlly Younger and Slimmer Wellness Spa, 4132 Katella Ave., Ste. 202, in Los Alamitos, at 562-596-1019 or visit www.suddenlyyoungerandslimmer.com, or visit www.naturalfacialenhancement.com, or view The Wellness and Rejuvenation Show on Los Al TV3, at various times.

Dr. Lorraine Urbina, D.C., Licensed Aesthetician, and Registered Trigenics Physician, owner/operator of Suddenlly Younger & Slimmer Wellness Spa works with a medical team. Loreen Berlin can be reached at loreenberlin@verizon.net