

Breaking the Cycle

One Patient's Transformation



For many people, weight loss isn't just about numbers on a scale—it's about healing, reclaiming control, and rewriting the habits shaped by life's hardest moments. That was the case for one of our patients, who bravely shared her journey to better health with us, and how support from the Institute of Eternal Youth Aesthetics & Wellness in Winter Haven helped change everything.

"Before my weight loss journey, I was out of shape with a lot of bad eating habits learned through trauma. I knew I needed to make a change for my health."

After spending a full year eating healthier and working out regularly, this patient had only lost 20 pounds. While the effort and commitment were there, the scale wasn't reflecting her dedication and she felt stuck. That's when she reached out to our team at the Institute of Eternal Youth Aesthetics & Wellness. With the guidance, care, and encouragement of our providers, everything began to change.

Through our personalized medical weight loss programs, we were able to support this patient with expert recommendations, nutrition guidance, and tools that actually worked for her body and lifestyle. More than just dropping weight, she gained confidence, a healthier relationship with food, and a new outlook on wellness. This is what we love most—helping people feel like their best selves again. Whether you're just starting or have hit a plateau, we're here to walk with you every step of the way.

"I went to Eternal Youth, and I'm so thankful I did because I've now lost 55 pounds."

Before



After



"I've learned healthy eating habits and been able to relearn my relationship with food and working out. I've never felt better than I do now, and I am so thankful for Jodi and her staff."

Ready to start your transformation? Let us help you build a plan that works for your body and your goals.

Call 239-ETERNAL (239-383-7625) | Text: (844) 575-1939