

Transcript: Maintain Your Progress

Yeah I think a lot of patients, they come and you tell them that they're going to have to do their part but they don't even hear it. And they just want the quick fix and they don't realize that they do have to do everything they're told. I mean, I've probably had five sodas in the past 12, 13 years. They tell you don't drink carbonated sodas. Don't drink while you eat because it will flush your pouch empty and then you're going to be hungry quicker. I don't drink while I eat. You do what you're told, it's the same things and new information has come out so I take that new information and add that into the regime of what I'm doing, but I work at it every day.