



WESTERN BARIATRIC  
INSTITUTE

# News Release

## **FOR IMMEDIATE RELEASE**

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## **The Journey to a 7 Minute Mile...**

**(Reno, Nevada)** – How life can change in just a couple of years... In 2005, Reno resident Cyndi Brewer was 317 pounds and was experiencing osteoarthritis, hyperlipidemia, hypertension, GERD, and asthma. Although always an active and healthy person, Cyndi's attempts at weight loss were both frustrating and futile. In December of 2006, Cyndi completed her first ever marathon, weighing 140 + pounds less than she did in 2005, and she is living her life to the fullest extent possible everyday.

What happened in such a short amount of time? In March of 2005, Cyndi underwent Roux-en-Y Gastric Bypass surgery to jump start her healthy life. Taking to heart the guidelines set forth by her surgeon and realizing that surgery was only a tool to be successful, Cyndi embraced the necessary dietary and physical changes necessary to be successful and hasn't looked back.

How has this surgery changed her life? "Things have really changed! I focus on fitness, I ran a marathon, I have another ½ marathon (the 'You Go Girl' Relay) and a relay race this spring. I will be getting married this fall and recently started my own small business. Whew! Let me add that I lost more than 140 pounds and can run a 7 minute mile! Yes, I am laughing and it feels good!"

What is Cyndi's new business venture? She owns her own chocolate company called "Bad Dog Chocolates" so that she can "be a part of an industry where everyone is happy!" The company specializes in truffles, caramels and their famous "Bad Dog Brownies." This business choice may sound like a unique project for someone who has battled weight for most of her life but Cyndi just takes the business in stride! "If I did not have bypass surgery, I would be in big trouble but the nice thing is, with the malabsorptive aspect, I can only eat a small amount and it is enough," stated Brewer.

Cyndi is one of 30 people who will be showcased in the “Miracles Happen” Fashion Show slated for Saturday, April 21<sup>st</sup> at the Reno/Sparks Convention Center which highlights the success of patients who have undergone weight loss surgery. Sponsored by Western Bariatric Institute, this free event gives former patients the opportunity to share their stories as to how weight loss surgery has changed their lives.

Cyndi will have an important role in this year’s Fashion Show as she has been selected as the “Bride” for the event. A tradition in this annual Show, one model is always chosen to wear a wedding gown in the finale of the event. With Cyndi’s upcoming nuptials, it only seemed appropriate to have her in this role!

Cyndi has worked hard to get where she is today. “It has taken hard work, everyday with maintenance and focus, but it’s totally worth it!”