HOME

After She Found Out She Could Die, this Woman Lost 170 Pounds & Went after Her Dreams

By bestfolkmedicine · 12/02/2021 · 2 min read



This young woman impressed herself and everyone around her when she managed to shed stunning 170 pounds after she realized her obesity was preventing her from living a full and happy life.

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And, it was preventing her from living the future she planned. Kaylee Bonnett, who resides in San Diego, had 481 pounds when she decided to have a gastric bypass surgery in 2016.

She previously had one scheduled in 2014, but she didn't have the courage to do it.

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She Had Hypertension & Pre-Diabetes: Surgery Was Her Best Option

In 2016, Bonnett explains that she went to the doctor and the scale couldn't weigh her; she also had pre-diabetes and hypertension.

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This is when it clicked that she has to do something and this was surgery. She had long struggled with her weight. She believes that a lot of this battle is a result of accepting her sexuality.

Today, the happily married Bonnett doesn't only have a brighter future ahead she's excited for, but the support system necessary for this journey too.

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Her wife has been amazing through all of this, she notes. She supported her 100 percent and she knew that she couldn't be with her in life if she continued living like she did.

She came with her to every pre-op and post-op meeting and did the pre-op diet with her. They took walks together and she was there in the hospital to care for her after the procedure.

Kayle was also determined-she handled the pre-op goals pretty amazingly; she lost more than 75 pounds through her diet and workout.

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They went walking and hiking and she followed a 1200-calorie diet low in carbs and high in protein.

After the surgery, she's dropped down additional 92 pounds, making the total weight loss around 170 pounds.

Kayle Says She Has Gained so much Confidence & Is in Love with Her Body

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Prior to the intervention, Kayle said she felt very self-conscious when she was intimate with her wife and felt like everyone stared at her when she was out in public.

Today, she says she loves her body and explains her daily life changed a lot.

Previously, she could hardly do anything and simple tasks like going to the grocery store were tiresome.

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However, today, she's gardening, playing a LGBT softball league, and playing tennis.

Sports, gardening, and daily chores aren't the only things she's now enjoying. Thanks to her determination and her wife's support, they're now considering expanding their family.

They're more than happy to become parents. And, she's planning to drop her weight even more so that the pregnancy can be a healthy one.

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