# Wales Woman Loses 11 Stone 10 Pounds with Gastric Bypass Surgery



Anastasia Morris, a 32-year-old logistics administrative assistant from Llanymynech, Wales, has successfully lost 11 stone 10 pounds following gastric bypass surgery. Once tipping the scales at a staggering 32 stone, Anastasia's weight issues began in her late teens. Consuming as much as 10,000 calories a day, she indulged in takeaways and dined out frequently. Despite trying numerous diets, she struggled with maintaining weight loss.

In August 2023, motivated by mobility challenges and the desire to engage fully with her son Euan, aged 12, Anastasia opted for a £17,500 gastric bypass surgery. The procedure reduces stomach size and reroutes the intestines, making it easier to feel full after eating smaller portions. Following a mandatory seven-week diet of calorie-controlled milkshakes, she underwent the surgery and began her transformation.

Post-surgery, her diet drastically changed to manageable portions of healthy foods, leading to consistent weight loss. As of now, Anastasia weighs 19 stone 10 pounds and is down to a size 22. She continues to aim for her goal weight of 10 stone, finding joy in her newfound ability to participate in activities like theme park rides and long family walks without the previous physical limitations.