

Date: 28/02/2018

Hi,

This is just a normal guy next door from chennai.

Right from my childhood I noticed something different from in my body when compared to other boys of my age.

In the beginning it was normal, later it turned into symbol of mockery. I had huge fat in my chest which started looking like breast. To add more pain my right side was bigger than left.

Due to this I have always avoided going out & mingling with people.

The night when 7-9 boys pinched my chest during 10th vacation is still one of the worst incidents I had.

I started hitting gym right from my 12th. Things were going fine till I was working out. But to add misery I met with accident in college 2nd year. Got a hairline crack in my knee. The doctor suggested not to do workouts for atleast a year.

Bad days were back, had to wear tight b inner wear to hide the secret.

After collage joined a production company for ITI level job. As you know BE candidates dont get job that easily.

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Should stand still & assemble valves for 9 hours altogether. First month slight back ache, Second month severe, Third month disc bulge. L4 & L5 were severely damaged.

Joined a college as lecturer. Less physical work, started putting weight gradually. Now I ~~look~~ started looking like a polar bear with huge chest. 88 kgs

I lost confidence, self respect, everything. I was just 25 but was looking like 35+ uncle. I was so depressed that I stopped looking at mirror & buying clothes. I'll wear anything available & just go away.

On Sept 2014, I joined a MNC. Now I'm an IT guy working in col environment. No dress code! Wear T shirt & shorts.

All my colleagues are in casuals & I'm the odd one out wearing loose oversized shirts. I tried yoga, jogging etc. No use.

I wear specs. I was surfing the internet for LASIK. That's when I somehow got into plastic surgery & I came to know about GYNACOMASTIA & LIPOSUCTION.

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As Normal Human Being I first tried to find out all -ve's (possible) of it and side effects.

When I discussed with friends (close buddy) he also suggested not to go for it.

But I had nothing to lose. Bad shape, huge chest, overweight, to add it severe back pain.

So I went ahead saved my income & started searching for the best place to undergo Lipo & Cynacostia.

Reviews, price etc etc. I saw CPS's surgery video in YouTube. The guts to show the world what we practice attracted me.

I fixed an appt & waited for a month. I met Dr. Anvind Mahoraj. I was skeptical as this is not the guy I saw on video & he himself was plumpy.

But ^{he} explained the process, outcome & (in case) worst scenarios. I was totally convinced. This is it!

I had surgery on Jan 8 & with

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medicines & diet my chest is completely flat. My shirt size reduced from 42 to 38 & my pant size from 40 to 36. Even 34 fits me. Even my back pain is gone! I'm 18 kgs now in just 2 months.

I can't explain how it feels. I'm so active, my skin started to glow, full on confidence. Previously no one will come with me for dinner (in office) now I'm surrounded by people.

I wear tight T shirts, slim fit jeans. At least spend 15 mins before mirror admiring myself.

'Thank you' will be a small word & injustice to the help Dr Kothik, Dr Pravind & Dr Yamini has done to me.

I'll remember them in my prayers & may the light of Almighty be upon them. I wish CPS and the entire team a lot more success, goodness & happiness.

Yours faithfully,
JN Nigam