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Cindy:

Hello everyone. My name is Cindy and I'm a mother of three. I have three beautiful children, they are all very close together in age. And after having each one, I breastfed them. I tried to make the best choices that I could for them. So after having three kids, like most mothers, I needed some help getting my confidence back. I worked out, went to the gym, tried different things and realized eventually that I just needed a little extra help.

I was referred by another physician to Dr. Bergdorf and came in, had a consultation with him, loved him. His staff was amazing and he did help me get that confidence back. So I would encourage anyone that is looking at that kind of thing for themselves to take that step and go out and see what they might be able to do for you.