

‘I did it my way’

HOW 5 WOMEN LOST WEIGHT

Dieting isn't the only way to slim. Personal trainer Donna Jones suggests some successful options

When it comes to losing weight, there's more than just one method of shedding unwanted kilos. Most of us, however, rush to try the latest exercise or diet trend, expecting to magically become slim overnight. But, as these five women discovered, sometimes losing weight demands a more novel approach ... or at least a dedicated one.

SUE TURPIE, 43

TRIED A personal trainer

After years of losing then regaining weight, Sue came to me for personal training.

WHY "I realised that I had to take a holistic approach to my weight loss, and not just look at my diet."

HOW Sue trained with me once or twice a week, and kept up her own fitness routine – walking, the exercise bike and exercises such as push-ups. She watched her diet with the help of Weight Watchers and by keeping eating diaries.

RESULTS Sue lost 19kg and about 100 total centimetres from her body. By

learning about fitness she was able to find the mental attitude to embrace the necessary changes to lose weight and keep it off. "I've now kept my weight off for more than 14 months," she says. "In the past, from just dieting alone, after 14 months I would have put all the weight back on ... and more!"

THE EXPERT There are 168 hours in a week, and if you see a trainer for only three hours or so, that leaves another 165 hours during which you need to make the choices on your own in order to get results. Sue made the right choices in every area – with her eating, exercise and attitude – to complement her hard-training efforts, and that's why she achieved such great results. I pointed Sue in the right direction, but she took the path on her own.



MELANIE FERGUSON, 26

TRIED A dietitian

After discovering she had impaired glucose intolerance and insulin resistance, Melanie turned to dietitian Geraldine Georgeou.

WHY "I wanted to lose weight for my wedding, so I joined a gym, and was working out about eight times a week for six months. I toned up, but actually stayed the same weight. Then, after the wedding, I tried one of the popular high-protein, no-carb diets, and felt terrible – I had no energy, I felt shaky and had headaches. And I only lost one to two kilos." She knew she had to look more deeply at the problem.

HOW A personalised diet was drawn up that addressed her condition.

RESULTS Melanie has lost 10kg (two dress sizes), and is now smaller than when she was 16 years old.

THE EXPERT Georgeou says deeper investigation uncovered that Melanie's weight gain was associated with her impaired glucose tolerance, a metabolic condition. "I see many people going through this vicious cycle of denial, restriction, overexercising and then giving up and bingeing." This is why getting to the bottom of what's making someone overweight saves time and work. "If Melanie had just picked up a diet book, and hadn't had an individualised meal plan to suit her medical situation and lifestyle, she may not have experienced the results she achieved," says Georgeou.

DENISE BRUNO, 54

TRIED Hypnotherapy

Denise had once tried hypnotherapy to lose weight, but failed to maintain the results. For her second attempt she turned to hypnotherapist and counsellor Lyndall Briggs.

WHY "After Christmas I put on the usual extra holiday kilos, and was considering a diet again. I was looking at the Low-Carb and South Beach Diets, but something was telling me I shouldn't take this yo-yo dieting road again, and it was time to get to the real reason why I was overweight. That was when the thought of a hypnotherapist came up again. So I made an appointment, and almost didn't keep it because my head was going 'No, don't go', but something deeper was telling me I had to do it. It took me 54 years to work out I had to face things, but now I feel I have got there in the end."

HOW Through hypnotherapy Denise says she's learnt to find inner peace and relax. "Other people have noticed I have slowed down when I eat," she says. Denise also has released buried memories. "Before becoming aware of, and releasing, these old feelings, I was pushing them down with food."

RESULTS A 7kg loss in six weeks.

THE EXPERT The weight-loss benefit of hypnotherapy is to teach calmness and release buried memories, says Briggs, who likens her treatment method to gardening. "Together we get rid of the weeds, plant the seeds and nurture the soil. Listening to a CD every day as a follow-up acts like a watering can and fertiliser." She says hypnotherapy works by helping to find places of deep relaxation that facilitate weight loss. "When we're anxious, food doesn't digest properly and leads us to eat quickly, and to overeat". ▶

SLAVICA BOZAIKOVSKA, 54

TRIED Acupuncture

Before trying acupuncture Slavica tried several diets, but found them confusing. She sought the help of Marina Christov, a doctor of Chinese medicine.

WHY "I'd tried a lot of diet programs in the past that were unsuccessful. I'd been having acupuncture treatments, then realised I could use acupuncture to help with my weight loss because through the treatments with Marina I would not only have acupuncture as such, but support, encouragement, a diet program, and time to reflect and deal with the issues surrounding my weight problem. I knew this was a good approach because of how strongly my appetite was suppressed in the early stages of my acupuncture treatment."

HOW "Acupuncture helped clear my energy blockages, and gave me an energy boost and fewer cravings," says Slavica. "It also helped me understand why I overate and what I was hiding behind my eating patterns." She says that her weight began to just "slip off".

RESULTS She's lost 22kg in three years, and kept it off.

THE EXPERT Dr Christov says each person has a proper weight depending on their height, bone structure, shape and geographic location, and if under or over their proper weight, they're out of balance. She starts by 'digging out' the real reasons for this. "Then once I recognise and acknowledge the root of the problem, I can begin to implement acupuncture techniques to free up all the energetic blockages within the body," says Dr Christov.

RENEE NEWTON, 29

TRIED A psychologist

Renee had been overweight since she was 14, and says she spent every day of her life consumed by guilt and confusion over dieting and her body. So she turned to Benn Newton, psychologist and co-founder of the BetaLife weight-loss program.

WHY "The more I tried to starve myself, the more I binged. After trying every diet I realised that the mind plays such an important part in how you look and feel."

HOW "Through therapy I was able to break negative patterns I'd developed, such as binge eating, and I realised it was okay to have a bit of chocolate, and that it wasn't going to make me fat," says Renee. She learnt to respect her body, and how to get in touch with her emotions. "I don't use food to deal with my emotions anymore. I don't hide them behind a tub of ice-cream."

RESULTS "I lost 23kg in six months, and got my life back."

THE EXPERT "Counselling gets to the real reason why a person is overweight," explains Newton. "Most people don't know the true reason why they are overweight, which is shown time and time again in the case of the yo-yo dieter."

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