

Renée's Success Story

When Renée first came to see Geraldine she was frustrated, sceptical and eighty kilos. She had been diagnosed with Insulin Resistance Syndrome four years earlier and although since then she had taken her Metformin tablets religiously, exercised in the gym five times a week and had already visited several dietitians, she could not lose weight consistently and keep it off.

Renée had grown up in a fairly healthy family where her mum talked daily about the five food groups and eating in moderation so she felt like she already had a good understanding of what she should be eating and how much, yet she had been overweight her whole life.

She came to the first visit extremely sceptical of what more she could be doing to lose this weight. After 29 years of being overweight she had begun to accept that perhaps it was not possible for her to lose the weight, even though it is what she had spent her whole life dreaming about.

When Geraldine gave her the initial diet plan she was surprised. It actually contained more food and much nicer food that she had been eating for so long whilst on the other diets that she seemed to be perpetually starting. In fact it had lots of her favourite foods. She felt she could stick to the plan and though she was sceptical, Geraldine promised her she would lose the weight if she followed it correctly so she promised she would give it a go.

She was amazed when four kilos came off in the first few weeks! Spurred on by the weight loss she continued with the plan and at each monthly meeting with Geraldine she saw she had lost more and more weight. She looked forward to the meetings as Geraldine made her feel so comfortable. Knowing that Geraldine also suffered with Insulin Resistance made it easier to talk about as she knew they had both been through the same struggles.

Six months on she has now lost 14 kilos and is loving her new figure. None of her size 14 clothes fit any more and even her size 12 clothes are baggy. Her husband now jokes about having to buy a whole new wardrobe for her but loves to see how much happier she is. Friends and family are amazed in the change and are asking her what her secret is. She is now down to 66kgs and wants to lose another 3 kilos before her 30th birthday. She knows she just has to stick to the plan and it will come off easily.

She has learnt so much by meeting with Geraldine. Even though she had always eaten healthy foods, now she knows the exact right combination of carbohydrates, protein and fat to eat with every meal. She knows how to choose the right sausages or which desserts are better than others (even though you might get the same satisfaction from both) and she's surprised that each visit prepares her with even more tools to continue to lose weight and more importantly continue this new way of eating for the rest of her life!

If you've got a Designer Diets nutrition success story to share, email info@designerdiets.com.au. If your story is published we will send you a bottle of Veuve Clicquot French champagne to celebrate your success!

