



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 one method of shedding unwanted kilos. Most of us, however, rush to try the latest exercise or diet trend, expecting to magically become slimmer 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 being and regaining weight, Sue went to Donna Jones for 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 Donna 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 7kg and about 200 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 18 months," she says. "In the past, from just dieting alone, after 18 months, I would have put all the weight back on!"
The expert There are 165 hours in a week, and if you see a trainer for only three hours or so, that leaves another 162 hours during which you need to make your own choices in order to get results. Sue made the right choices in every area - with her eating, exercise and attitude - to complement her 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 tolerance and insulin resistance, Melanie turned to dietitian Geraldine Georgios.
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 conditions.
Results Melanie has lost 10kg, and is now smaller than when she was 16 years old.
The expert Georgios 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 Georgios.

Slavica Bozjakovska, 54

Tried Acupuncture
Before trying acupuncture Slavica tried several diets, but found them confusing. She sought the help of Marina Christou, a doctor of Chinese medicine.
Why "I'd tried a lot of diet programmes in the past that were unsuccessful. I'd even 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 programme, 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."

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 eating and her body. So she turned to Renee Newton, psychologist and co-founder of the BeLIFE weight-loss programme.
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 diet."

Denise Brutto, 59

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 Lyndal 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 no-no dieting road again, and it was time to get to the real reason why I was overweight. That was when the thought of a hypnotherapy came up. So I made an appointment, and almost didn't keep it because my head was

"When we're anxious, food doesn't digest properly and leads us to overeat."

going "No, don't go!", but something deeper was telling me I had to do it. It took me 34 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 feel inner peace and relax. "Other people have noticed I have slowed down when I eat," she says. Denise also has relaxed holiday memories. "Before becoming aware of, and releasing, those old feelings, I was pushing them down with food."
Results A 7kg loss in six weeks.

The expert The weight loss benefits of hypnotherapy is to reach calmness and reduce buried memories, says Briggs, explaining her treatment method as gardening. "Together we get rid of the weeds, plant the seeds and nurture the soil." She says hypnotherapy works by helping to find places of deep relaxation where fat cells weight loss. "When we're anxious, food doesn't digest properly and leads us to eat quickly, and to overeat." ■

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