

Weight Issues

Melanie, 43, from Lamberhurst, Kent gained weight after both her parents became terminally ill and died within two years of each other. Her weight shot up from 10 stone to 12 stone 13lbs and she felt permanently tired and suffered bloating and puffiness around her face.

“It was devastating losing both my parents so close together and over the next five years. I put on nearly three stone and can only put it down to the amount of stress I was under – I didn’t really eat any more than before - just the wrong type of foods.”

“My sister recommended a programme called Zest4Life which was run by a nutritionist at my local gym and I decided to give it a try. I ate foods like fish, salads, berries and nuts and within nine months, without too much effort I’d lost a stone. Unfortunately, I still felt quite bloated and lethargic and my weight loss appeared to have hit a plateau and I was left wondering if I’d ever get back to 10 stone.”

Melanie’s nutritionist told her she suspected she was suffering from a food intolerance and recommended Melanie take the Food Detective™ test. “The test revealed I had intolerances to tea, yeast, cashew nuts, freshwater fish including trout and salmon, soya, rice, eggs and strawberries – ironically many of the foods I’d been eating more of since I started the healthy eating plan!

After eliminating or reducing most of the foods from her diet Melanie began to feel better and her facial puffiness and fluid retention problems seem to disappear within weeks. “I seemed to get a lot of my energy back and suddenly lots of people were noticing how much weight I had lost. I’m now down to 11 stone 5lbs and losing more every week.”

Melanie