

DIET.. OR DIE

Jo sheds
half her
weight on
hi-tech system

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Joanne Illingworth tipped the scales at 20st 8lbs she knew she faced yet another miserable diet.

At just 29 she was too fat to play with her three-year old daughter and got breathless even climbing the stairs.

After a string of failed diets from the age of 14, desperate Jo thought she had no willpower left for calorie counting.

But when her GP told her that she could be **DEAD** within five years the devoted young mum was shocked into drastic action.

And just six months later, 5ft 6ins tall Jo was **HALF** the woman she used to be - after shedding a whopping 10stone on a revolutionary new weight loss programme. Divorcee Jo, from Bradford, West Yorks,

EXCLUSIVE

By **RACHAEL BLETCHLY**

went from a size 26 to a size 12 in just 26 weeks and transformed from Fat Mum to Fit Mum - to the delight of daughter, Nadia, four.

Jo told The People: "I knew I was fat but my doctor told me I was morbidly obese, I had sky-high blood pressure and I'd probably have a fatal stroke in three years.

"It was a massive shock, but I looked at Nadia and thought 'I'm not even 30 - I don't want to die and leave her'. I'd read about a clinic offering a new weight-loss program and I went along. A week later I'd lost 12lbs and in 26 weeks I'd shed half my body weight.

"Now my life is completely transformed. I've taken up horse riding, with my daughter and I'm

learning to scuba dive. I can hardly believe that this time last year I was on holiday in Turkey, crying in my hotel room because I was too fat to put on a swimming costume."

Jo, who works for a textile recycling company in Bailley signed up with a clinic in Leeds offering the new *Allizonne Corrective Weight Therapy*.

Developed by a Dutch nutritionist, it uses blood and breathing tests to work out the rate at which a patient burns calories.

They are then given high protein replacement meals and vitamin and mineral supplements, under close medical supervision.

Patients also have weekly ultrasound treatment to target stubborn fat stores plus "endermologie" which tightens the skin so surgery isn't needed to remove loose flesh. The treatment, also available at a London clinic, costs up to £200

a week but Jo claims the £5,000 she spent was worth every penny.

She said: "The real advantage was I didn't have to have self-control over what I was eating because I didn't eat food for six months. I was allowed some vegetables and salad but everything else was in packet form.

"I was hungry for two days but then my body seemed to adjust and I got used to my sachets. I'll never forget the feeling I got when I bought my first size 12 pair of trousers."

Dr Mark Palmer, who runs the *Allizonne Therapy* at his Leeds and Harley Street clinics, said: "This isn't a diet where clients can have a day off. They will not be able to eat normally during the treatment and will have to maintain weight loss afterwards."

Find out more at www.allizonne.uk.com
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CLINIC: Dr Palmer

LOST 8LB

20ST 8LB