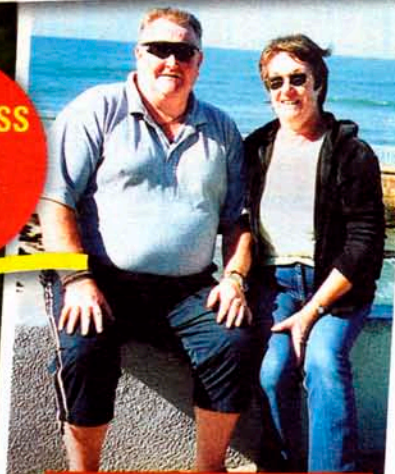


'I ZAPPED MY BEER GUT AND LOST 6 STONE IN JUST 12 WEEKS'



TOTAL WEIGHT LOSS
6st 5lb

Before 21st 7lb
After 15st 2lb
Target weight 14st 2lb
Height 5ft 9in
Waist before 46in
Waist after 36in



John with wife Anita: this pic of him looking like a 'beached whale' spurred him on to diet

* John Wilson, 53, from Leeds gave up his beloved ale and lost a whopping 10 inches from his gut using a revolutionary new slimming method

I've never been slim my whole life. As a kid I played football, cricket and rugby but I still put on weight, so I never saw the point of trying to do anything about it. As an adult, I kept getting fatter. I never cared though, I was too busy having a good time. If my trousers got too tight, I'd just buy a bigger pair. Booze was a big part of it. I was down the pub the proverbial eight days a week, and I liked a curry. A session would start with a pub lunch washed down with five or six beers. Then I'd move on to three or four double vodkas, followed by a couple of double whiskeys. To round off the night, I might buy a bottle of champagne. I was getting bigger, but so what? Life was for living. I was too idle to exercise. Working as your typical white van man, I never walked anywhere and my meals were usually a packet of sandwiches or a

bacon roll from the petrol station. When I was 34 I married Anita. She never said a word about my weight, bless her – she married me for fatter or for poorer. She didn't cook me fatty meals, but the weight still went on, thanks to the drink. On a Saturday, I'd go out to watch my local cricket team and come home with 15 pints inside me. I just ignored doctors' health warnings.

JOHN'S DIET BEFORE

Breakfast: Nothing, or maybe toast or eggs
Lunch: Steak and chips, or ravioli with bread down the pub
Dinner: Nothing if down the pub
Snacks: Sandwiches or bacon rolls from the petrol station
Drinks: (If down the pub) 5-6 pints of beer, 3-4 double vodkas, couple of double whiskeys and a few glasses of champagne

JOHN'S DIET NOW

Breakfast: Sachet replacement meal
Mid morning: Sachet replacement meal
Mid afternoon: Sachet replacement meal
Dinner: Salad with lean chicken, fish or dairy. Plus supplements

But then, last October, Anita and I went on a Caribbean cruise with mates who kept bringing up my size. It cheesed me off, but so did realising I couldn't walk for more than 10 seconds without sweating. When we stopped off at Jamaica, Anita and I had our picture taken, and I looked like a bloated whale. I didn't care about being fat, but it got me thinking – I loved my life but if I carried on the way I was, I might not be around to enjoy it for much longer.

I'd already seen an advert in the local paper for a clinic in Leeds doing a new weight-loss method called Body Contouring, so, earlier this year, I booked in. It wasn't cheap, but it meant I wouldn't be tempted to cheat.

The consultant promised the results would be worth every penny. "We'll have you down to 90 kilos (14st 2lb) in 26 weeks," he told me. It sounded impossible, but I like a challenge. There was another incentive. A blood test revealed I had type-2 diabetes – caused by my size and lifestyle. That was a real shock. For phase one, I only ate food made from special sachets. Some were disgusting – imagine powdered scrambled egg – but I quite liked the fruit-flavoured meal replacement drinks. I never felt hungry at all, but the worst thing was sitting in the pub sipping water.

BODY CONTOURING WEIGHT CORRECTION

WHAT IS IT?

It promises to shift pounds incredibly quickly without lowering the body's metabolic rate. It also claims to prevent saggy skin after weight loss – important since this treatment is only for people who are clinically overweight (minimum BMI of 25). With clients shifting around a stone and a half a month, it's being touted as an alternative to stomach stapling and gastric band surgery.

WHAT'S INVOLVED?

First, clients have various blood tests, such as cholesterol and blood glucose and a computerised measurement of how many calories they burn each day. Each week, they have an ultrasound session which breaks up stubborn fat stores. It's similar to hospital treatments that use ultrasound to break down kidney stones, but at a different frequency that targets flab.

This is followed by endermologie – a vacuum treatment that stimulates new collagen and elastin fibres in the skin to stop sagging.

WHAT'S ON THE MENU?

Dieters mix up five sachets daily of high-protein powder – choose from savoury meals like 'pizza' or fruity drinks. They can also eat carb-free veg (eg salad, peppers). When they've lost 75% of their target, they can gradually start cutting down on the sachets and re-introducing food groups like fat and starch. To avoid deficiencies, dieters take vitamin and mineral supplements.

WHAT'S THE DAMAGE?

Initial consultation £75 plus tests, treatments £110 a week, sachets and supplements, £15 a day. Call 0113 282 2266; see cosmeticmedicalclinic.co.uk

To speed up the weight loss I went to the clinic for a weekly treatment that literally burst my fat cells. My gut was zapped with ultrasound waves, which break up the fat so my body could get rid of it. After that, I'd have vacuum suction to stop my skin sagging. None of it hurt. In the first four days I lost 12lb and after a month I was 2st 7lb lighter. Twelve weeks on and I've lost over 6 stone and I've only got 1 stone to go. The difference is incredible. Little things really matter to me, like being able to cross my legs under the dinner table – before, I was so fat, I couldn't get close enough because my belly was too big. There's been good news about the diabetes too – my blood glucose level is now completely normal.

I've thrown away all my fat clothes and I'm shocked by old pictures of myself. I'd have pegged it if I'd carried on the way I was. Once the diet is over, I'll still have a drink or two but I'll use my loaf and I won't go back to my old ways. Today it's as if I'm living in a whole new body – and I'm going to look after it.