

# Dieting

# Big drop – no op

Imagine being able to shrink from a hefty size 20 to a size eight in just nine weeks, end up with a figure that is not just slim but also beautifully contoured with smooth skin – and never even feel hungry.

It sounds like an impossible dream – but this dramatic weight loss happened to one client of a Leeds clinic offering a new diet system called Corrective Weight Therapy.

Just weeks ago Stephanie Ullman, 45, was considering surgery to make her stomach smaller – instead she went to the Cosmetic Medical Clinic in Rothwell, Leeds – and is now wearing size eight clothes.

Stephanie, a mother of four who owns a hair salon in Harrogate, is just over five feet tall and has shrunk from 12 stones to eight and a half stones. She said: “I had tried everything, slimming clubs, a private dietician, hypnotism and even slimming pills, but nothing worked. I was so unhappy about my weight I was taking anti-depressants.

“This was the last resort before surgery and it worked fantastically, I never felt hungry. It has cost me about £2,000 but it was worth that to me – and I had been quoted up to £10,000 for surgery.”

The diet is being offered by Dr Mark Palmer, a GP who also runs the private clinic which specialises in the weight loss technique.

He is the only doctor in the UK offering the treatment and had to train in Holland where the diet was originally devised.

The diet uses a combination of medically-prescribed meal replacements and machinery to make sure weight loss is dramatic, fast, safe, and that the patient is left with a smoothly contoured body, without the baggy skin that is often the legacy of a major weight loss.

At the same time the meal replacements are designed to keep the metabolism as fast as possible – to avoid it



A Leeds doctor is offering a new diet that can give the same dramatic results as stomach stapling – but without the surgery, the scarring or the baggy skin. **Jayne Dawson reports**

**FANTASTIC RESULTS:** Stephanie Ullman after Corrective Weight Therapy and, below, how she looked before

slowing down as happens on conventional strict diets. And because of the way fat is rapidly broken down on the diet, patients do not feel hungry.

Ultrasound is also used to empty the fat cells and a technique called endermologie used to stimulate elasticity in the skin, so it shrinks to the patient's new size.

But Dr Palmer warns that the treatment, which costs almost £200 a week, is only for the truly motivated.

“I spend a lot of time talking to clients making sure they realise they will not be able to eat normally during the treatment, and that they will have to maintain the weight loss afterwards – we teach them how to do this. “There is never a good time to do a diet like this, there is always some sort of social function coming up where they would normally

be expected to eat and drink, but this isn't a diet where clients can have a day off.

“It has to be followed one hundred per cent so the client's weight problem has to be serious to them.”

But for those who do commit to the diet results can be stunning, says Dr Palmer.

“If you are motivated it is a marvellous way to transform your body weight and shape.”

## Skin

Dr Palmer believes the weight loss method is better than surgery, because it avoids surgical risks and deals with the problem of the extra skin that can be left after big weight loss.

“It is very important that this issue is dealt with, I actually think it is irresponsible to offer patients surgery to achieve drastic weight loss that will leave them with disfiguring amounts of loose skin which can only be dealt with by more surgery.”

## The diet

● Before the diet begins the client has his or her metabolic rate measured using a special machine

● The body fat composition is also measured and various blood tests carried out to make sure the patient is healthy enough to undertake the diet

● The diet consists of five meals a day made from sachets of a powdered mixture, which is the key to the diet. It is made up of proteins and amino acids and well as vitamins and minerals and can be made into various drinks or foods.

● The client also eats set amounts of salad and vegetables during the day

● The precise control of nutrition keeps insulin levels low which puts the body in a state where it burns fat, not lean tissue

## The machinery

● Clients have weekly 20-minute sessions on an ultra-sound machine which causes rapid vibration of the fat cells and helps to empty them, especially in parts of the body which are diet resistant, like the thighs

● They also have weekly 40-minute sessions on a machine which stimulates elasticity in the skin to help it shrink as the patient becomes slimmer

● The Cosmetic Medical Clinic can be contacted on 0113 282 2266 or visit [www.cosmeticmedicalclinic.co.uk](http://www.cosmeticmedicalclinic.co.uk)

## “I'm determined”

Nicola Millard, 30, of Rothwell, Leeds, is just starting the diet under the supervision of Dr Palmer and is hoping to lose up to three stones. She is a married mother of two and did not have a weight problem until the birth of her eldest son Daniel, 7. She gained weight after he was born and piled on even more with her second son Charlie, now aged three.

Nicola is currently 13 stones and a size 16 and the *Yorkshire Evening Post* will be following her progress over the coming weeks as she attempts to lose weight.

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**WEIGHT ISSUE:** Nicola Millard

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