

# Losing it... FLAB-FIGHTERS



## I thought myself thin!

**I've got a gastric band – in my head!**

**By Marion Corns, 35, from Whiston, Merseyside**

**S**pooning another delicious pile of paella onto my plate, I grinned guiltily.

*Last helping!* I vowed. It'd been like this ever since we'd moved to Spain in 2005.

I thought sun and salads would help me lose weight.

It'd had the opposite effect! I'd been a size-18. Now I struggled to fit into size-20s.

'I feel awful,' I moaned to my husband Simon, now 44.

My self-confidence was at rock bottom.

I wanted a gastric band but I couldn't afford the £7,000!

Then a friend said hypnosis stopped her smoking and the clinic helped with weight loss.

'They hypnotise you into believing you've had a gastric

band fitted!' she told me.

*What? Sounded mad!*

Still, it had to be worth a go!

I made an appointment to see saw hypnotist Marion

Shirran at the Elite

Clinic in Fuengirola.

It was expensive –

£680 for five sessions

– but much cheaper

than surgery.

And safer, too.

'It'll never work,'

Simon sniffed.

But on 1 July

2008, I had my

first session.

And when

I had my

dinner...

'I'm

stuffed,' I

said, after

just a few

spoonfuls.

I hadn't

even had my

'band' fitted

yet – I needed

three weeks

of hypnosis

first. And

Marion

explained

that, as with

surgery,

I must

diet for

three weeks before my big 'op'.

And, in that time, I'd lost 9lb.

Now it was time for my mind

band to be fitted!

As Marion put me under,

I slipped into the darkness.

*I heard the sounds of a*

*hospital, smelt that sterile*

*smell, just like I was being*

*prepped for theatre...*

When I woke up 30

minutes later, my stomach

felt tight. Just as if I'd

had surgery.

And, like

surgery, I

could hardly

eat a thing.

The

weight

fell off.

Ten

months

on, I've lost

three stone.

I wear a size-

12/14 and have

loads of energy.

I'll need more

hypnosis to have

the 'band' released

so I can eat

normally again.

But I'll never go back

to the weight I was.

Not now I know...

*It's all a case of mind*

*over fatter!*

Written by Heather Meyer/Georgina Horton/Christa Capel

