



Clinical therapist Marion Shirran demonstrates a gastric band

– all the things my husband and kids eat.

“I just eat a lot less of it.

“I really feel like I’ve had a gastric band.

My stomach feels tight and tiny, and it’s physically impossible to eat more than a small amount of food because any more than that and I feel physically sick.”

Marion, 35, says she started piling on pounds as a teen because of her mom’s great home-cooking. Then she packed on more weight after she married husband Simon and had three daughters – Helen, 13, Emily, 10, and 9-year-old Charlotte.

“I FELT MISERABLE – AND I comfort-ate, which made things worse. I tried diet clubs, pills, even a personal trainer, but after losing a few pounds, I’d put it all on again.”

Marion started to get depressed when she realized she had ballooned to a size 20. She considered weight-loss surgery, but couldn’t afford the \$10,000 price tag. A friend told her about the hypnotherapy clinic, which cost a tenth of the operation. Plus, there was no risk from real-life surgery.

Marion was skeptical at first – but her incredible weight loss has made her a believer.

“I’m not even trying to cut out anything like most diets, but I’m still losing two pounds a week,” she said. “Simon thinks I look great, people stop me in the street and ask me how much weight I’ve lost.

“It’s fantastic!”

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It's hard to find your litter box if you can hardly smell it.