

DIET EXTRA



I went from **FAT** bride to **THIN** bride!

Sarah Price was a size 24 when she first said 'I do'. But when she walked down the aisle for the second time, she hardly recognised herself...

Holding my two wedding photos side by side, even I'm sometimes shocked by how different they look. In one, I'm wearing a simple lace gown that shows off my slim size 10 figure – and my smile shows how happy I am. But in the other, although I'm still smiling, it's strained. For, squeezed into a size 24 dress, the swathes of fabric only just contain my chunky arms and round tummy...

I've always had a sweet tooth. As a child, I'd sneak bars of chocolate into my bedroom so my mum wouldn't see. By 11, I was 13st, and was used to sniggers from classmates.

My sister, Amanda, then 16, would try to protect me from the bullies, but Amanda was petite and beautiful, and I wished I looked more like her.

It wasn't until, aged 15, when I met Lee at a local disco, I started to feel happy. He didn't seem to mind my round tummy and we spent as much time together as possible. By the time I turned 19 I was 19st, but I told myself it didn't matter – after all, I had Lee. And, a year later, he



proposed. Amanda had just got engaged, too, and as wedding costs mounted, she suggested we have a joint one.

At a size 24, I must have been crazy to agree to a double wedding with my size 8 sister, but at the time I thought it was a great idea,

and we spent weekends picking out our dresses. I can still remember the pang I felt when I saw Amanda try on her understated white gown. She looked beautiful, whereas



I'd been forced to have my dress custom made, to fit my ever-expanding waistline. Our wedding, in September 2000, should have been the most incredible day of my life. Instead, I spent it feeling awkward and uncomfortable. Still, as unhappy as I was, as the years passed, I always found an excuse not to lose weight. First, I was too busy with my job as a travel agent, and then, when I gave birth to our son Harrison in October 2006, followed by Marshall in June 2008, being a good mum was all I could focus on.

Making changes

By the time I was 27, even my size 28 trousers were a tight fit. At just 5ft 4in, I weighed 22st. Running around after lively toddlers became impossible, even carrying them upstairs to bed left me breathless. So in January 2010 I started looking for a way to lose weight. Counting calories hadn't worked for me in the past, so when I came across an advert for 'gastric mind treatment', I was intrigued. The procedure, based at a clinic

in Spain, used hypnosis to trick your brain into thinking you'd had a gastric band.

Of course, I was dubious, but at £730, it was a fraction of the cost of a real band, and, without the surgery risk, I signed up.

Two weeks later, I flew out to Spain. During the session, I was taught about portion control and healthy food swaps. And as I took slow, deep breaths, I imagined my stomach shrinking.

I knew I hadn't had a real gastric band, but I felt like something inside me had changed. Back at home, I lived off a diet of soup and porridge. After six weeks I introduced yogurts and salads. With each mouthful I ate, I could feel myself growing full, and I'd always have food leftover.

By Christmas 2010, I'd lost 7st, and 18 months after the hypnosis, I weighed 9st.

Smiling again

With my new body I became more outgoing and made plans with friends, but Lee stayed the same – happy to stay in on a Friday night. I tried to encourage him to come out with me, but he wasn't interested, and soon we began to grow apart. In April 2012, we got divorced.

Single for the first time in 16 years, I should have loved my freedom – but I hated it. So in June 2012, when

I met Adam on a night out, I was thrilled. He seemed so genuine and kind, and we started dating.

As we got to know each other, I showed him my old 'fat' photos. Far from being horrified, he said he was proud of me for doing so well.

Within weeks, I introduced him to the boys, who adored him, and a year later we got engaged.

I looked everywhere for the perfect wedding dress, and finally found The One – a classic white gown with a lace veil.

We married in July 2015 in my hometown of Cardiff. When I slipped into the dress and saw my reflection, I burst into tears.

I never knew I could look so elegant. Walking down the aisle for the second time, I felt as happy as I looked.

I've managed to maintain my size 10 figure and I don't even miss the sugary sweets I used to crave – in fact, I actually enjoy eating healthily.

Now when I look back at my wedding photos, I'm filled with pride. Losing weight made me a completely different person – someone who smiles all the time, and really means it. ©

*** Sarah had a Gastric Mind Band treatment at the Elite Clinic in Spain. Visit gmband.com for more info.**