

# chat Losing it...

with our Christine



## How I lost it!

I'd been on a diet all my adult life! But always put the weight back on as I go back to my old eating habits.

So when a friend told me about Gastric Hypno Balloon, I decided to give it a try.

It's an hypnosis programme with eight CDs that you have to listen to in a certain order.

I found the best time to listen was just before bed, when I felt most relaxed.

The CDs cover topics like cravings and exercise. But it's the fourth CD that's the powerful one. Here you're talked through having a hypnotic gastric balloon fitted.

And, no, I have no idea how these work – but all I can



**THEN**  
15st

## IT WORKED for me...

Esther says, 'I don't think about being on a diet, I just naturally choose fruit instead of sweets, and veg instead of fried food.'

say is they do – and after, I really did feel full after eating less food! I lost 1st in a month, and 3st in five months! I've changed the way I eat forever. Now I choose healthy food, my portions are smaller, and I walk everywhere. Best of all I feel great!

Esther Ruiz, 36, Malaga, Spain

● [www.gastrichypnoballoon.com/uk-weightloss](http://www.gastrichypnoballoon.com/uk-weightloss)

**NOW**  
12st

## SWAP IT!

Swap...  
605g serving spag bol with beef mince...  
517 cal

For...  
605g serving spag bol with Quorn Mince...  
431 cal

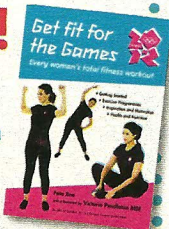
**SAVES 86 CAL!**

## Diet bites

### Games on!

London 2012: **Get Fit for the Games**, by Peta Bee, £12.99, Carlton Books

Seventy exercises over three levels of fitness: bronze, silver and gold, to help you tone up and feel great in time for the Olympics!



### Pizza time!

Pizza Express Leggara Pizzas, from £9.20 each

With more on top and less on the bottom, Leggara pizzas are about 500 calories each. Two new flavours are: American Hot and Padana, with goat's cheese, spinach and onions.



## THE SKINNY ONE

Puzzle 12  
**£100**

What has been found to be one of the biggest factors in a happy marriage?

To find out, solve the puzzle... Add a letter anywhere in each of the boxed-off words to fit the clue, eg, Crest = G + RIDE = RIDGE. Write the added letter in the space provided. Read down the added letters to spell out the prize answer.



Crest	RIDE	<input type="checkbox"/>
Glow	SHIN	<input type="checkbox"/>
Grind up	MICE	<input type="checkbox"/>
Long for	YARN	<input type="checkbox"/>
Follow	TACK	<input type="checkbox"/>
Indicate	PINT	<input type="checkbox"/>
Surprise	HOCK	<input type="checkbox"/>
Demon	FEND	<input type="checkbox"/>
Jammed	SUCK	<input type="checkbox"/>
Not ours	OURS	<input type="checkbox"/>

**£50**

What worked for you? I'll pay a full-fat £50 if I use your weight-loss story. Write to me, enclosing before and after pictures at: Losing It, Chat, Blue Fin Building, 110 Southwark Street, London SE1 0SU, or e-mail me: [chatlosingit@ipcmedia.com](mailto:chatlosingit@ipcmedia.com)

Not all diets, products or fitness regimes may be suitable for you – always consult your GP first.

Your answer:

**TO ENTER** Turn to page 64 for details.  
[www.goodtoknow.co.uk/chatmag](http://www.goodtoknow.co.uk/chatmag)