

Just the *two of us*



After a lifetime of dieting, mum and daughter, Lindy and Jess Morgan, found a diet that worked for them!

LINDY'S STORY

My weight hadn't really been an issue for me growing up. Yes, I had some puppy fat as a teenager, but I managed to lose that without any problem. Even after my first pregnancy I lost my baby weight quite easily, but after having my daughter, Jess, it became more difficult. I had literally been eating for two, and cheese and Danish pastries were my downfall! I put on about 2 $\frac{1}{2}$ st, but I joined Weight Watchers and lost it all within a year. I was really pleased, but my sweet tooth got the better of me, and my weight started to creep up again. I found myself yo-yoing up and down, always hovering around 10st. I went back to Weight Watchers, followed various diet books – whatever the latest fad was I tried it.

When Jess was about 13 or 14 we did the junk food diet, which Jess loved, and actually, I think she did quite well on it! It probably wasn't very good for us, in hindsight, but we really wanted to slim down, so were willing to try anything. Jess had struggled with her weight since childhood, and I think that the types of foods we ate didn't help matters. There wasn't as much money around and I guess we weren't really educated in healthy eating in those days, so I'd buy chicken nuggets, Findus crispy pancakes and pizza – stuff the kids loved!

We took Jess to see a dietician when she was nine, and had to monitor her food intake on a



Jess and Lindy before their weight loss success

special chart. And together, over the years, we followed all sorts of diets, including Atkins, which we couldn't stand for more than two weeks because we don't eat a lot of meat. We did lose some weight, but it always went back on. It was so depressing. I felt terrible when I couldn't fit into my clothes and I never had any energy. I found it harder to exercise, too, because I found it was more of an effort to even move!

New discoveries

By 2008 I reached 11st 4lbs and I was well and truly fed up with my size. Jess and I had tried what seemed like every diet under the sun, and now we were looking for something a bit more scientific. I was talking to my masseuse at my local clinic one day and when I told her what we were looking for, she suggested we see a nutritionist from a company called Food Detective, who was based there. I didn't realise she would be looking at food intolerances until we turned up for the consultation, so I wasn't sure what to expect. But a blood sample was taken and a medical questionnaire filled out, and by the time that was completed my results were back!

The test discovered that I was intolerant to oats, wheat, rye, cow's milk, cocoa beans and gluten, amongst others, and I realised that these were foods that I ate a lot of. So, to begin, Jess and I were advised to follow a detox diet for a month to cleanse our livers and then followed our own individually tailored plans devised by our nutritionist to suit our intolerances. We could also change them slightly every now and again if they weren't working for us, or if our weights started to plateau. That certainly stopped us from getting bored!

Quick results

The hardest part was cutting out bread and cheese! But I think because we were so determined we just got on with it and didn't worry about it too much. I never felt hungry either – if anything, sometimes I felt like there was too much to eat! But the results were amazing. I noticed a difference after just two days and I began to lose about a pound a day for roughly three months, which was brilliant! Then, whenever I plateaued, I'd just adjust the diet to get the scales moving again. My aim was to get into a healthy BMI range, so I helped things along by starting to exercise. Our nutritionist encouraged this, so Jess and I would go out walking every evening for about half an hour.

Now I have so much more energy and I don't feel bloated anymore. I'm very happy with my weight! I definitely feel better in myself and am more upbeat in general. It was great to have the



vital stats

NAME
Lindy Morgan
AGE: 54
HEIGHT: 5' 3"
PAST WEIGHT:
11st 4lbs
CURRENT WEIGHT:
9st 4lbs
TIME TAKEN:
5 months

menu then

BREAKFAST: toast and marmalade, cup of tea, orange juice
LUNCH: bacon and brie sandwich, chocolate log liquorish bar, Diet Coke
DINNER: Waitrose Thai chicken curry ready meal
SNACKS: fruit, dairy yoghurt

menu now

BREAKFAST: homemade smoothie with soya milk and yoghurt
LUNCH: New Covent Garden Soup Co. Pea and Ham soup
DINNER: marinated salmon or chicken with veg
SNACKS: apple, nuts, de-caffeinated tea, water



support of Jess because we were doing this together, and I was so happy that she had found something that was working for her. Obviously, her weight has been a worry for me for a long time, but seeing the pounds fall off her was so motivating. I think it would have been much harder for me to do this alone, especially the exercise part – it's been nice having someone to do it with.

JESS'S STORY

As I child, I think my problem was just that I ate too much! I certainly had a healthy appetite. Once a week we'd have a McDonalds meal and we ate stuff like pizza and ready meals – a lot of processed stuff. Pizza was my favourite! At school I wasn't the most active person, but I wouldn't just sit around for hours on end. But I probably wasn't burning off enough energy as I should. All my friends were slim and I hated it. By the time I was 14 I was a size 14 and finding school uniforms to fit proved difficult. I was desperate to experiment with fashion, but it just wasn't an option for me. Sometimes it just made me want to eat more – it was like a vicious circle that I couldn't get out of.

I used to get stomach migraines, so when I was nine my parents took me to see our doctor to find out the cause. I was referred to a dietician as part of the process, who advised us to monitor my weight, but I continued to steadily get heavier. By the time I was 15 I weighed 10¹/₂st, and that's when my mum and I decided to join Weight Watchers. We followed their Points system, but after a couple of months I got bored. I just couldn't stick to it and I hated going to the meetings. I'd have my weigh-in and then run away!

Over the next few years, mum and I tried lots of different diets – whatever was the newest one on the market, we'd give it a go. From Carol Vorderman's Detox Diet to Atkins and the South



Beach Diet, we've done it! If there was a book about it we'd buy it – our collection is pretty extensive. I remember trying the junk food diet when I was a teenager where I ate a lot of burgers!

New approach

I didn't enjoy being overweight and while no-one put pressure on me to slim down, I definitely put it on myself. Sometimes I'd wake up and feel really motivated and on other days I just felt that shedding the pounds was totally unachievable. My moods were as up and down as my weight.

But in August last year, after a lifetime of fad diets and no real solutions, mum and I started considering diets with a more scientific approach – something that could be more specific to us. We thought this kind of plan could have more chance of working. So, we started doing some research on the internet, looking for plans that required taking a blood test to make a tailor-made diet. When mum's masseuse recommended Food Detective, we jumped at the chance!

At the consultation, the nutritionist took a finger prick sample of blood, which was diluted and added to a reaction tray of food protein extracts. Then detector and developer solutions indicated whether I was intolerant to them or not. As I waited for my results I filled out a health questionnaire, which asked about my medical history as well as my eating habits – it was very thorough! But the results were startling – I was intolerant to a lot. My main intolerances were durum wheat, rye, wheat, gluten, cow's milk, whole egg and yeast. I also had minor intolerances to corn, rice, cocoa beans, peanuts, carrots, soya beans, maize, grapefruit, olives, oranges and lemons, strawberries and tomatoes! Because I hadn't heard of food intolerances before this, it wasn't something I'd ever considered having myself, so I was really quite shocked. Even the nutritionist was surprised at how quickly the reactions happened!

Positive start

To kick things off, she put mum and I on a strict one-month detox plan to clean out our livers, and even though it meant cutting out a lot of our usual foods, I felt quite excited by it all. I thought to myself 'it's only for a month, I've tried so many different diets, I might as well give this a go!' So I felt very motivated. Also, knowing mum was doing it, too, was really encouraging. Like mum, my target was to get within a healthy BMI range and I'm currently at 24.6, which is at the very top of it. A few more pounds and I'll be towards the middle!

I saw quite dramatic results within that first month due to just the detox – I lost about 10lbs. That really spurred me on. And when I began my



own tailored plan the weight continued to come off. The nutritionist adjusted it whenever I plateaued, so that would usually get the scales moving again. I was really pleased that I had found something that was finally working! That said, it's not been a complete breeze; cutting out caffeine has been the hardest thing. And the plan can be quite restrictive, especially when I go out to eat at restaurants, but I don't deny myself the occasional treat when I fancy it.

Having mum alongside me every step of the way has been fantastic. I don't think I would have even signed up for this in the first place without her! Now I've lost weight I definitely feel much happier and more confident – and I certainly don't hide away as much as before. I'm also hoping to drop another dress size, but I'm looking forward to going shopping and buying size 10 clothes! I'm trying not to buy too much stuff now, but it already feels great fitting into size 12s!

For more information on Food Detective visit food-detective.com

vital stats

NAME:

Jess Morgan

AGE: 31

HEIGHT: 5' 6"

PAST WEIGHT:

15st 6lbs

CURRENT WEIGHT:

10st 13lbs

TIME TAKEN:

one year

menu then

BREAKFAST: brown toast with Marmite and banana

LUNCH: New Covent Garden Soup Co. Broccoli and Stilton soup

DINNER: stuffed pasta and salad, yoghurt

SNACKS: toast

menu now

BREAKFAST: homemade smoothie with soya milk and yoghurt

LUNCH: homemade vegetable soup

DINNER: Chicken and vegetable stir-fry

SNACKS: fruit, nuts, mini tub of hummus with celery sticks

Lindy

Blouse £25, Marks & Spencer

Jeans £39.50, Per Una at Marks & Spencer

Shoes £24.99, T.K. Maxx

Bracelets £3, Primark

Dress £29.99, shoes £24.99

both T.K. Maxx

Bracelets £3, Primark

Jess

Blouse £35,

Marks & Spencer

Jeans £20, New Look

Shoes £24.99, T.K. Maxx

Necklace £23, Primark

Top £25, shoes £19, both

New Look

Leggings £5, necklace

£2.50, both Primark