

Think yourself thin

LOSING WEIGHT - ALL IN THE MIND?

MOST people who lose weight dieting end up putting it all back on. In fact, many people end up weighing more than they did in the first place.

Perhaps, then, the key to long-term weight loss lies not just in what we put in our mouths, but with what is in our minds.

Nick and Dimitra Arthur's innovative new approach to weight loss, *Appetite Right*, suggests just that – that a positive attitude and behavioural changes can make all the difference in achieving your ideal weight.

"A lot of people who put on weight do so because of binge eating and emotional eating," Dimitra said. "It's the main contributing factor to people overeating."

The Arthurs make a great team: Nick is the nutritionist and Dimitra the psychologist. Together they offer a complete approach involving monitoring of appetite and behaviour as well as working out the lifestyle and nutritional changes that are necessary in order to achieve your goals.

"Instead of just telling people what to eat and putting them on a strict diet, we actually provide them with the tools to allow them to learn more about their eating behaviours and become more aware about the environmental influences that trigger them to eat," Dimitra said.

"This way they can manage their weight for the rest of their lives. We want people to have a positive relationship with food, not treat food as if it's the enemy," she said. The psychologist also stresses the need for people to be aware of themselves before,



Positive attitude and behavioural changes can be the key to weight loss.

during and after eating: "You need to tune in and follow your internal appetite signal of moderate hunger and moderate fullness," Dimitra said. "If you do that you shouldn't overeat and you shouldn't put on weight.

Just by learning these simple psychological tools as well as having good nutritional advice and exercise people have been able to lose weight without actually feeling restricted. Without feeling deprived."