

'I rediscovered myself and felt free'

Size 18 and approaching my 40th birthday, I was disillusioned by why I couldn't lose weight. I wanted a long-term healthy solution and I just knew that there had to be a reason why I couldn't shake the weight.

I read about the MassAttack program in a parenting magazine. Narelle was really my last hope.

As a mum, running a household of three children and the family business meant I was flat out. I was also a bit

of a 'stress head' and a heavy smoker - something I knew my health could do without!

I guess the biggest eye opener for me was that my ovarian issues were causing my weight gain. Once I started eating the right foods for me, the weight began to fall off.

Getting on top of my health meant I had new energy. I was more motivated to exercise and began getting more out of the time I spent at work and with the children. I had loads of stamina to get things done. Most importantly, I felt that I had rediscovered myself and felt free.

Joanne, Melbourne, VIC

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Ovarian Disorders

One in four Australian women suffer from ovarian disorders.

Polycystic Ovarian Syndrome

PCOS is an imbalance of the ovarian function that can elevate insulin levels and encourage the body to store fat rather than burn it. Cutting out high-sugar foods, MSG and caffeine will encourage weight loss.

Ovarian Cysts

Symptoms may include breast tenderness, pressure and fullness or pain in the abdomen, a dull ache in the lower back and thighs, painful periods with heavy, irregular bleeding and weight gain.

They contribute to 'insulin resistance' which results in your body converting more energy into fat. They often occur due to imbalances with the female reproductive hormones.

Narelle Stegehuis runs MassAttack and Bump Fertility. She is a naturopath specialising in women's health, fertility and weight loss. Call 1300 133 536 or visit her websites:

www.massattack.com.au

www.bumpfertility.com.au