

# Getting off the diet roller coaster

I'd spent the last 20 years on a diet roller coaster, yet I was overweight. I was frustrated and could probably have paid cash for an apartment with all the money I'd spent on weight loss over the years! It was time for answers.

I thought I knew everything there was to know about diets because I'd done every diet imaginable. But no matter how much I exercised or cut calories, I was still overweight. Pre-packaged meals didn't work. I always ended up relying on them far too heavily. I would become complacent and I didn't think it was healthy to eat them all the time.

I began to see and feel results for the first time after going

The key to successful weight loss is first identifying the cause of the weight gain. Hormonal imbalances can be a significant factor in women gaining weight.

Symptoms of hormonal imbalance include:

- Fatigue
- Low libido
- Insomnia
- Acne
- PMS
- Period problems
- Mood swings
- Hot flushes
- Headaches
- Bloating

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](http://www.massattack.com.au)

[www.bumpfertility.com.au](http://www.bumpfertility.com.au)

on the MassAttack program run by Narelle Stegehuis.

I had fresh energy to keep up with the kids and was sleeping better. Best of all, I was losing weight in places I have never been able to budge.

I love the fact that MassAttack is a one-on-one program and it was easy to see why my previous dieting and exercise regimes did not work. It's just not as simple as eating less and exercising more. It's critical to address the source of your weight and health concerns.

A big motivator was the compliments from friends and family.

If someone hadn't seen me for a while, they would always comment on how great I looked, it made me feel really good.

As a teacher and mother of three, it was important for me to fit my health into my lifestyle. I wanted to set a good example for my kids. I loved the fact that I was eating fresh "normal" food. It was like being set free.

The benefits have been much more than losing the weight. The best part is that I keep losing more and more weight and I feel fantastic. It's a real change in lifestyle, but it's for the better.



I used to be the type of person who would hide at parties when everyone was on the dance floor. Now I'm out in the middle and you can't stop me!

*Mandy Johns, Geelong, VIC*

