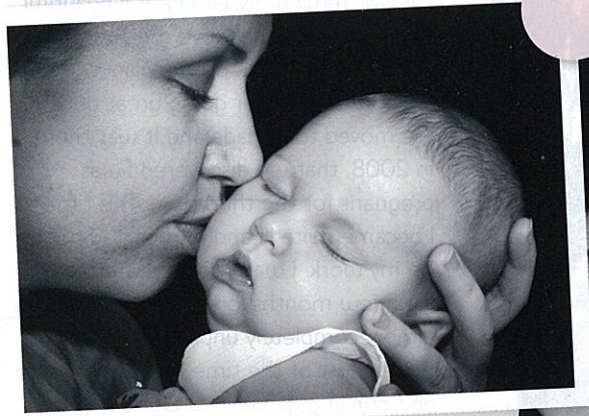


# I lost weight to have A BABY



A low-GI diet and regular exercise helped Tina deal with PCOS and conceive Tahlia.



## TINA, 28, BUSINESS OWNER

'My husband Tim and I always knew we wanted children, so when we married in 2004, we thought the next step was to start a family.

After our first year anniversary, I had my contraceptive implant removed, and after several months, I noticed things weren't quite right with my body. My weight went from 65 to 79 kilos and my acne became much worse. And although my periods hadn't returned, all the home pregnancy tests I took were negative.

In July 2006, after a year of trying and a few blood tests later, my GP diagnosed me with Polycystic Ovarian Syndrome (PCOS). I read up on it and discovered that my weight gain, a symptom of PCOS, could be hindering my fertility, so I stepped up my dieting and exercise, but only managed to lose a couple of kilos over the next month. I was heartbroken at the thought of not being able to have children, but the fertility specialist we saw the following month assured us that PCOS patients normally respond well to fertility treatment. That month,

I started taking medication, to help with my weight and to induce ovulation.

We continued trying to conceive for the next three years, with and without fertility treatments, and in August of 2009, I began a program which combined general exercise, mostly walking regularly, and a diet supplied to me by Mass Attack (massattack.com.au). The program was designed for women with hormonal issues. The food was mostly low-GI, so I was never hungry and I found it easy to stick to the diet because I really wanted a baby.

*"I noticed that things weren't quite right with my body. I went from 65 to 79 kilos and my acne became much worse"*

Within four months I lost 10 kilos. I took two more cycles of fertility treatments before I discovered I was pregnant. We were over the moon!

The first trimester was difficult as I had such severe morning sickness I was hospitalised for days at a time for dehydration, and I lost another five kilos. Fortunately, the sickness disappeared at 16 weeks and luckily, my second and third trimesters were a breeze.

I was induced on September 26, 2010, eight days after my due date. After a straightforward, five-hour labour, I gave birth to Tahlia Elizabeth Marie at 9.29am the following morning and I couldn't believe I was finally holding the baby I'd tried so hard to have. Tim and I would like more children in the future, so I'm sticking to my diet in the hopes that next time we won't have to try for so long." ►