

Testimonials

Joanne: Losing weight naturally with hormonal imbalance

I was a size 18 and approaching my 40th birthday. Clearly I needed to lose weight. But how was I going to break the weight loss cycle – lose weight, gain weight and lose weight again? 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 losing weight was so hard!

I read about the MassAttack natural weight loss program in a parenting magazine. Narelle was really my last hope. I didn't know much about naturopaths and I thought the concept of a naturopath on line was a little strange, but I called her up and chatted. After chatting for a while, I thought hey I'll give it a go. It was always nice to call up and have a chat - I really felt supported.

As a mum, running a household of three children and the family business meant I was flat out. The fact that Narelle's weight loss program was online, made it really easy. I found that I could login and send a message or reorder my supportive nutrients once the kids were asleep and the support was fantastic. I guess that's it, if you feel good about yourself and are healthy you can be a better mum and wife.

I was also a bit of a 'stress head', not sleeping well and a heavy smoker - something I knew my health could do without! I guess the biggest eye opener for me was that hormones and my fibroids were causing my weight gain and making weight loss difficult.

It was such a revelation to me that hormones caused by women's problems lead to weight gain. I had friends who had problems, one had PCOS and fibroids and was constantly battling with her weight . My hormones were causing my weight gain. Once I started eating the right foods for my hormones, 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's achievements:

- » From size 18 to size 12
- » Understanding her right foods
- » Now less anxious & has given up smoking
- » Healthy on the outside and in



Marina: Losing Weight Changed My Life

I liked that they saw things differently at MassAttack. To Narelle weight gain was a symptom of imbalance - which is why the simple formula of eat less and exercise more didn't work for me. As a naturopath Narelle saw things differently and her online naturopathic program applied a common sense approach to weight loss. She encouraged me to take responsibility for my own health and I really liked that.

Never in my dreams had I imagined that one day I would be salsa dancing in Cuba. A couple of years ago I was over 100 kilos and knew I just had to lose weight. Not only was I feeling fat but I was fatigued, moody and depressed. I was seriously unhealthy.

So I went on a strict low fat diet and exercised at the gym five times a week. A month later I had only lost a few kilos, it really made me lose heart. It struck me ... what do I do now ... diet and exercise alone is not going to work!

I then heard about MassAttack at my gym and decided to give it a go. Narelle believed that hormones caused weight gain and were sabotaging my weight loss efforts. Narelle taught me what I needed to know about getting my body into fat burning mode, instead of fat storing mode. She was so inspiring... Narelle believed in me and showed me what to do - I just had to get on and do it. She helped me to feel like a woman again.

It didn't feel like I was being strict with myself, all the food I could eat was very tasty, it was more about changing the way I thought about food and understanding what were the right foods for me. It's easy to stick to, because you feel so much better.

Who ever thought I'd be salsa dancing? I'm light on my feet now, and I can move around the dance floor. Next month I'm off to Cuba!"

Marina's achievements:

- » Lost 5 dress sizes
- » Understands what foods are right for her



Mandy: Cravings sabotaged my weight loss and caused rapid weight gain but a natural weight loss program worked

My biggest battle was cravings for sugar and carbohydrates. It was uncontrollable. If I knew there was a packet of sweets in the house I would have to have one, then two, then after that before I knew it, the bag was gone. It is hard to describe, but when it was happening it was out of control. I knew it was self destructive and that it needed to stop but it really felt like it was a chemical addiction. I tried hypnotherapy and he said - there is nothing more that I can do to help you ... so where do you go from there?

In the past I had even tried pre-packaged meals - and that 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. The worse thing is they made me lose interest in food. It was like food was controlling my life and meal times were a night mare.

My cravings for carbohydrates and sugars meant I'd spent the last 20 years on a diet roller coaster. I would gain weight, lose weight then gain weight again. Weight loss ruled my life, yet I was overweight. I was frustrated because nothing that I did to lose weight worked. Worse still I 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. After searching for a while I found a natural weight loss program run by a naturopath online. She worked out it was hormones causing my cravings and making me fat. It was great, her support with dealing with my cravings really helped me, and she worked out that it was a hormone and chemical thing and gave me herbs and supportive nutrients to help. They really worked!

It was not just about the weight - it has about me getting well again. It was a real eye opener to realise that hormones were causing my weight gain. I was amazed to realise that PCOS, and Fibroids caused weight gain and I really learnt a lot about weight loss on the MassAttack program. 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.

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's achievements:

- » From size 24 to size 12
- » Fresh energy to tackle her busy lifestyle
- » Feels fantastic - she's a 'new woman'
- » No longer 'hiding' at parties



Venus: PCOS caused my weight gain but a natural weight loss program helped me to lose weight with PCOS and fall pregnant again naturally!

Having PCOS meant that I struggled with my weight for years. I would gain weight, go on a diet to lose it, only to gain weight again. Losing weight was a constant battle with PCOS and I had almost given up. I managed to fall pregnant with PCOS but thought losing weight and getting my body back after having my baby was never going to happen.

Having PCOS definitely made losing weight harder for me, but the MassAttack natural weight loss program made it seem almost too easy. I think knowing what I could eat & what to stay away from definitely made my life easier.

After only two weeks of being on the program I started to feel better again. It was pretty clear that this natural approach to weight loss was working. Knowing what foods to eat to balance my hormones was really the key to losing weight naturally for me.

I lost all the weight I needed and I am happy to say that I lost it naturally. The best part is I fell pregnant again, and this time it was so much easier! With my first pregnancy I found falling pregnant so much harder, but I know changing my diet, losing weight and balancing my hormones really improved my fertility.

Natural weight loss was something that I always wanted to achieve but it always seemed impossible. With PCOS losing weight was always a constant battle and struggle. At times it felt like my metabolism had stopped completely.

Working alongside a naturopath was great and I really feel that we got to the cause of the problem and discovered what was making me feel unhealthy and causing weight gain.

I felt that I wasn't wasting money on something that "might work" or the "next fad or trend". It's great that I now know what foods fit with my hormonal profile and how to eat to balance my hormones. I know this is why I was able to lose weight with PCOS.

I am really proud of myself now - I'm back to my pre-pregnancy weight & feeling healthy.

Venus' MassAttack achievements:

- » Falling pregnant with PCOS
- » Getting back to pre-baby weight
- » Knowing what to eat
- » Feeling healthy

