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Dropping lbs on Nutron diet

WEIGHT LOSS PLAN IS FOOD FOR THOUGHT

YUMMY mummy and top model Corina Grant Doyle has told how she lost over a stone and a half in just 12 weeks without starving herself.

The gorgeous brunette was determined to shift the post baby weight after giving birth to adorable daughter Caraleigh in June 2008.

But with a busy schedule and the sleepless nights that come with a tiny tot, crash diets and time-consuming fitness regimes were out of the question.

So Corina, in her 30s, was naturally curious when she heard about a diet plan that allows you to eat plenty, without cutting out the foods you love.

Foods

The Nutron Advanced Diet works by figuring out which foods and food types work with your body and which should be avoided.

Corina explained: "I wouldn't feel qualified to talk about the Nutron Diet unless I'd been through it and gotten great results.

"You have your blood sample taken and it is tested against up to 200 foods.

"The foods which agree with you go on a green list and those you should try to give up are on a red list.

"Then that's it. No diet bars or shakes. No motivation classes. No endless trips to the gym.

"You have to be consistent and stick to the foods you are meant to, but there's loads of choice. After that the weight will keep dropping off, it's just fantastic."

Corina, from Swords, north Dublin, met Nutron expert Kathryn Duffy with the intention of losing about two stone.

Bursting with new found energy . . . Caraleigh and Corina

Sick of yo-yo diets and temporary results, this time she wanted to do it sensibly and healthily.

Kathryn explained that on the Nutron Diet your body actually tells you how much weight you need to lose.

Feeling fit and looking great, Corina now knows 22lbs was the perfect weight loss for her.

She said: "I ignorantly thought I'd lose my baby weight quickly and be back in my clothes in a month.

"Stupidly I didn't allow for being No 2 in my own life, sleepless nights, my total lack of time management and, most of all, holding on to extra stones like there was a famine on the way.

"Knowing why you're eating non-processed foods and understanding how your body works really helps you through this diet.

"That may be obvious to a lot of people, but considering my memories of biology classes don't stretch beyond the life cycle of a liver fluke I needed it all explained.

"Because this diet balances your sugar levels quickly, after one day three I stopped sleepwalking and craving chocolate, not even a bar of Cadbury's Tiffin.

"I genuinely preferred snacking on fruit. Meal planning is key in this diet, have a fruit salad on hand at all times and decide on meals early in the day."

Back modelling, in between other projects and caring for energetic Caraleigh, Corina is now a Nutron convert.

The plan has become a regular part of life and she's still losing weight. All the while Caraleigh is gaining it.

Corina laughed: "We are both going in the right direction now so I'm a very satisfied customer.

"At the end of the day I can't make everyone do this diet – I can only be as honest as I can about my own experience.

"I reckon this diet is suited to anyone who wants to lose weight organically, who wants to help mand health issues, or who just want to keep their body working at its optimum level.

"And brides-to-be take note – this diet gives you energy and results. Don't lose weight for anyone but yourself, but if you are interested in it definitely give it a go."

NUTRON CASE STUDY 2

Food is the key to the battle

Jane Wong has suffered from eczema for over 22 years — so she was desperate to find a cure for the condition.

She heard of the Nutron diet and the claims that it not only helps with weight loss but also clears up your skin.

Jane, who weighs 9st 4lbs, was more concerned about getting rid of her eczema than the pounds.

She said: "The results of my blood test found some foods that I shouldn't eat, intolerance and food groups I had to avoid.

"Carolyn explained to you eat a lot of certain foods you can develop an intolerance and that could aggravate my eczema.

"Any refined foods were a no-no — no cheese and onion crisps were out.

"The diet had to be followed for 12 weeks and at the same time I was to moisturise my body using olive oil and drink lots of water — even though I hadn't started the Nutron Diet to lose weight. After three weeks, I hadn't seen a huge improvement where the eczema was, but my energy levels had shot up and the skin on my face was really good. I was still steadily losing weight.

Huge energy and skin improvements . . . eczema sufferer Jane

"At the end of twelve weeks my eczema is still there, but in a much better state.

"I am slightly lighter, I lost about half a stone. I realise now that when I eat certain foods, such as chilli peppers, my eczema flares up almost immediately.

"So even though it didn't rid me completely of eczema, it has helped me eat more healthily and a positive side effect has been losing weight.

"The weighing scales now read 8st 12lbs. I'm pleasantly surprised."

NUTRON CASE STUDY 3

Fitting back into old clothes

Photographer Chris Doyle knew he had to do something drastic when his body mass index told him he was obese.

Within 12 weeks of starting the Nutron Diet he had lost 1st 8lbs and — most importantly for Chris — reclaimed his old wardrobe.

He said: "I knew I needed to lose weight but kept ignoring it. It wasn't just the fact that my buttons were popping.

"I could see it in my face, hear it in my breathing and feel it every time I put on a favourite old shirt.

"I had an annual check up with the health nurse in work and my BMI said I was obese.

"I knew I was heading down a slippery slope to 'fat guy who used to be fit'.

"Something had to be done. I was weighing in at 15st 8lbs.

"After a chat to Kathryn I had blood tests to determine which food and drinks my body was allergic with.

"From the day I got my results the weight began to come off. Week by week I lost between two and four pounds.

Shedding the pounds . . . snapper Chris

"By week 12, I had shed 22lbs but I couldn't get under 14 stone no matter what I tried to eat or not eat.

"Another visit to Kathryn and she explained that my body had reached the correct weight for my frame and build and that was why I wasn't getting skinner.

"My suit and shirts fit again. Nutron really helped me lose weight and I continue to use it.

"At least I know if I break out and have the pizza and beer at the weekend I can kick back into the list on Monday."

For more information on the Nutron Diet check out www.nutron-advanced.com or call 091 797803.

fashionfile...

Ditch PJs for lounge look

WITH winter on our doorstep, the recession and X Factor on the telly, staying in is the new going out.

So sales of pyjamas are rocketing.

Cosy PJs are now a fashion must-have, with nearly half of women snuggling up in a pair. Teens and young professionals are driving the trend for wearing them OUT of the bedroom – just like Kerry Katona, *left*, and Cheryl Cole, *right*.

But living in your jimjams isn't very stylish – much cooler to invest in chic loungewear.

Here MELISSA SHEDDEN shares her tips on home comforts.

DOs

HOT FOOT IT: Team with stylish slippers or woolly Uggs boots to finish the lounge loves look.
CASHMERE CHIC: Invest in luxe pieces for the long term.
COLOUR ME PRETTY: Dress for your body shape.
Taller figures should go for darker hues such as navy, while boyish figures can create curves with bright colours.

DON'Ts

FAKE IT: Faux uggs and polyester robes may look the part but prepare to sweat. Go for breathable fabrics such as cotton and wool instead.
PARADE YOUR PJS: Ladies, leave the floral jimjams behind closed doors. Go for cosy tracksuits as outerwear instead.
MAKE IT A HABIT: Ditching style for comfort is OK on Sundays, but make an effort the rest of the week.

7 of the best WINTER SPORTS SOCKS

A GOOD pair of socks can make or break your workout.

Some can lead to blisters while others will benefit your feet by helping to absorb shock as you run. So it's important to know which pair is best for you.

Here NICKI WATERMAN dons her trainers and tries out the latest in sock designs.

1 **BEST FOR COMFORT**
Mustio Signature Stripe Long Walking Sock, €14, mustio.com: These will help keep feet cool and dry and the padded heel will keep blisters at bay.

2 **BEST VALUE FOR MONEY**
M&S Quick Dry Sports Socks, €6 (two pairs), marksandspencer.com: Shock absorbent cushioning will protect high-impact areas.

3 **BEST HOLISTIC**
TeeToe Yoga And Pilates Trainers Sock, €7.50, toesocks.co.uk: Durable, and they have moisture-controlling properties.

4 **BEST ANTI-BLISTER**
Hilly's Twin Skin Anklet, €12, Snug, with two layers.

5 **BEST FOR ALL SPORTS**
Thorlo Experia Socks, €12, thorlo.com: Superbly cushioned with soft, sculpted pads in the forefoot and heel, these socks fit like a glove.

6 **BEST FOR RUNNERS**
ASICS NIMBUS SOCKS, €12, asics.co.uk: With a left and right foot design to help get a perfect fit, these are cushioned and comfy.

7 **BEST FOR HIKING BOOTS**
1000 Mile Wool Ultra Performance Socks, €9, specialistsocks.co.uk: The padding encases the foot like a security blanket.