

WEIGHT OFF!

By Linda Corby

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**How I lost fifteen and a half stone,
without putting it back on again.**

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Introduction

My name is Linda Corby and **yes** I lost fifteen and a half stone without putting it back on again.

I lost weight and you can too!!!!

Here is my before photograph:



I have a problem even looking at it now I just looked so *gross!*

Here is my after photograph:



No one unless they have been grossly overweight like I was could understand what a relief it is to get rid of all that blubber, believe me it feels great to get back to normal!!

Here is an extract from one of my day diaries from 2006, which will tell you a little more about me.

Brian and I cut back on all the junk food a few years ago. It is just the odd occasions when the cravings get the better of one, a sort of naughty but nice treat, rare wrong but yummy.

After losing Natasha I had cervical cancer, added to the three stone I had put on carrying April was the huge weight gain I had from putting the steroid cream on Natasha without using

gloves that were too rough on her sore skin, which was due to her radiation treatments. Plus of course I comfort ate.

The steroids had got into my system and given me a massive appetite. I ballooned to 26 Stone from 8 Stone, and had to resort to wearing tents, it was a bloody horrible experience all round.



I went from this at nearly nine

months pregnant. The photograph is of me on the left, Brian my hubby on the right, and my beautiful daughter Natasha in the wheel chair as by this point she had not only gained weight but could no longer walk due to her treatments. It broke my heart, but I had to keep smiling for Natasha's sake.

(Photograph was taken at the London Waxworks Museum in 1990.)

To this after losing Natasha and putting the weight on



quite gross

and very uncomfortable to say the least!

Then after 5 years of not being able to diet/cancer treatment, all due to my condition and the steroids taking years to come out of my system, I eventually took another 7 years to dump 15 and 1/2 stone to get back to something like normal.



Photograph of me at this point.

I was then on the Trisha TV morning show to try and give others encouragement to lose weight. I did it by sensible eating and exercise, nothing more nothing less, but if I ever have to eat that much cabbage stew again I am going to top myself, laughing. So yes I have kept the weight off! I feel more than a bit better for it my friend!!!!!!!!!!

I then got a bit of overdue shopping done, bread and the like.

When I got home I started working on editing a book of photographs I have been working on. It is full of black and white photo's I took in the early 1970's.

At that time when I was not on top of a horse competing, I was on the ground snapping away with a camera. I used to do this with a professional photographer friend who used to live in our home Michael.

Michael taught me a lot back then, we made a dark room in part of our home where Michael did the developing of the photographs we took at the shows or whatever in Jersey, and we would take them to the followings shows and sell them to those who wanted them.

When Michael and I went separate was we each kept the negatives of the photos we had personally taken, somewhere out there he has a stack of them, all of Michael's photos in my opinion would make an excellent book, but I have no idea how to find him to tell him this.



This photo is the one I am using for the

front cover of my book, was taken by my husband Brian, yes it is me way back then, over six months pregnant at the time, Goodness I must have been crazy, no change there then!

You might well ask what qualifications I have to tell you how to lose weight; well I'll tell you straight that I have no medical qualifications what-so-ever. I am just here to tell you straight how I managed to lose the weight I needed to. My

weight loss did not involve the use of a plastic surgeons knife.

Everything in this book are things I have personally done, tried out for myself, what worked or in some cases didn't work, how I made the breakthrough that enabled me to lose my revolting bulky weight and never put it back on.

I honestly do believe that if I could do it, and I can be a really lazy couch potato that you can follow my lead and get rid of your unwanted weight too.

It is now the most amazing feeling to be fat free; you'll just love it when you've lost your weight. The truth of it is that you can and will if you really want to. No more of putting up with rude people staring at you in the street or whispering horrible comments about your weight that somehow you always seem to overhear. No more hating waiting at the school gates or in the playground for your children to come out, and hearing the atrocious taunts you children are suffering at the hands of other schoolchildren who see you as just an ugly blob. No more not being able to fit into one aeroplane seat. Yes I have had all these experiences and more.

Now I do not have to put up with any of that excrement in my life. Hopefully soon you won't have to either!!!

After I initially lost my weight I was on 'Trisha' Morning UK TV, and featured in 'Woman' Magazine.

You'll love the breakthrough I made by fluke, and you are going to find it hard to believe what the secret ingredient of my continued success is. I am going to tell you further into this book because I feel this secret should be known by everyone!

Getting Started:

When my daughter Natasha passed on from cancer I was devastated. I had put weight from giving birth to my youngest daughter April, and from the steroid cream I had put on Natasha without using gloves because they felt rough on her skin, then also from the treatment I had for the Cervical cancer I came down with. Of course there was also the comfort eating.

I ballooned to over twenty six stone and I would not be here today writing this if I hadn't done something about the weight.

The first thing I did was to start sensible eating, by that I mean cutting out all the junk food, crisps, chocolate, biscuits and cakes. I tried various tablets from the Doctor but couldn't get on with any of them. I attempted to exercise but ran out of breath and will power very quickly.

Now the first thing I actually did that worked was to persevere, and the only way I could keep this up was by making lists of everything I did, and everything I ate, every day.

[I strongly suggest you do this!](#)

Breakthrough.

I was getting really fed up with feeling like nothing was happening. I felt as though I was starving all the time, my weight just wasn't going; all I could think about was food, and it was driving me crazy. O.K I was losing around a 1.1lb a week, but I needed to lose more in order to stay motivated.

Each day I kept my record of what I had eaten, and made note of how far I had managed to walk, which was up from half a mile a day to a mile.

I decided that I had to find a way to speed up my weight loss or give up and die. My husband Brian and I had many discussions on how I could do this. Brian came up with the idea of using the cabbage diet that they use in hospitals for heart patients that a friend of ours had given us a copy of.

Here is the link to it on the net. [Click Here:](#)

Now for two weeks all I ate was the cabbage soup, and Brian joined me as he also needed to lose some weight, note I did not use the 7 day plan, I literally just had the soup, and I only drank water, nothing else as I was desperate, my stomach was making noises you would not credit, it didn't just grumble it howled constantly, but I could feel my stomach

shrinking daily, and feel it starting to deflate when I ran my hands over it. At the end of two weeks I had lost 30 lbs, yes you read that right 2 stone 2 lbs. Brian had lost over a stone, he didn't stick as rigidly to the soup as I did, but he cooked it in the pressure cooker for us.

We continued on a lot of the time using Brian's own new menu for the cabbage soup, as we found the bland recipe boring.

Here is Brian's own recipe.

- Take any and or all the vegetables that you personally enjoy.
- Clean them chop them up and put into a pressure cooker.
- Add a tin of consommé or two if you are making a large quantity in one go.
- For a treat one can add small quantities of lean meat or chicken.
- If you like spice, just add it.

Cook to taste.

The more you cook it the better it tastes.

Play around with the contents of your soup and you will find the more of it you eat

the more weight you should lose, well at least that is what I found. So I cannot see any reason why you shouldn't have the same results.

Fad diets won't help much when it comes to learning how to manage your weight for life. I use Brian's recipe every once in a while and find it is a great help in keeping my weight under control.

Well now the weight had started to shift it gave me the motivation to continue. I was now managing to walk three miles a day, alright amble, but I was making the effort, as five ton of lose skin hanging off me when I had lost the weight didn't appeal to me either.

Once you start to see results it will motivate you as well!!

At this point I took all my measurements and secretly wrote them down in a little book once a week. Bust, waste, hips, thighs, etc and I suggest that you do this, as sometimes as I discovered for myself that we lose inches rather than weight, odd although true!

Below is how I set my measurements out. My original measurements were a size huge tent.

After a year of going on and off the cabbage soup I was a no longer a size 26, believe me that was a massive improvement!!!

I could actually see my feet again.

- NECK CHEST/BUST UPPER
- ARM
- LOWER
- ARM
- WRIST WAIST HIPS THIGH CALF ANKLE

I am hoping that this book will not only inspire you to try and lose your weight but also explain to you in a manner you can understand how I lost weight & how you could do the same, but also show you how to change the way you think and how you could get a better lifestyle in general through losing your weight.

Half your battle is a matter of your mind set: You will have to get out of the habit of looking at everything in your life from a negative mind set, instead of thinking as your glass as half empty, think of it as half full, believe me once you have mastered this all types of events in your life will take on a much better. Try reading articles by [Dr Teq](#) who in my opinion does some very interesting and helpful articles on all sorts of health issues. He is a friend of mine and I know he is publishing an article on this soon!

Here are a handful of tips that I discovered in the first year of my weight loss:

1) Start by drinking ten glasses of water a day, this will flush some of the fat out of your system. It actually helps flush it through your system before it inevitably clings onto you and produces fat in the first place. Drinking water also helps stop your appetite.

2) When you are eating a meal remember to stop before you actually feel full, give it half an hour, because it takes half an hour for your brain to work out if you are full or not, so your brain doesn't know straight away if you have eaten enough.

3) There is no such thing as the wrong food in my opinion, what you have to do is reprogrammed yourself to understand that it is more a case of too much of any food will make you gain weight. This is where a lot of people get it wrong, they try stopping eating things completely that they like, then they crave them and give up.

4) A little of what you fancy can do you good, and you cannot just stop eating, the body then thinks that you are starving it and starts to store up everything in fat reserves, which is the opposite of what you want it to

do. You have to eat in order to lose weight. The trick is fooling your body that it is full, but by eating plenty of the right things such as fruit and vegetables, then you will lose your cravings for the wrong ones.

5) You should eat four times a day, and you should eat as much fruit as possible, anything other than bananas, those should be a treat.

6) Remember my willpower is shit, so if I could do it I know others will also be able to!!

7) A lot of the problems everyone has when trying to lose weight is in our heads, which is why you have to learn channel your mindset in the right direction. I will tell you about how to do this in more detail later in the book.

Here is an excellent site for some basic and very useful information that might help you. [Click Here.](#)

Anything you can do to keep your mind off food is a good thing, and gives you a definite boost to your weight loss. I did a lot of walking to help me lose weight, and it helped keep my mind off food, the benefits of walking are:

- 1) It helps to control body weight
- 2) Will reduce high cholesterol

- 3) Lessens the risk of coronary heart disease and stroke
- 4) Drops body fat
- 5) Improves your blood lipid profile
- 6) Reduces the risk of cancer of the colon
- 7) Lower your blood pressure
- 8) It helps to control body weight
- 9) It will enhance your mental well being.
- 10) Helps flexibility and co-ordination therefore reducing the risk of falls
- 11) Increases your bone density, therefore helping to prevent osteoporosis
- 12) Lowers your risk of non insulin dependant diabetes
- 13) Helps osteoarthritis.

If you are with a partner you will find that having sex will help, as this will definitely take your mind off food. Plus of course it is a fun exercise.

But if you find you cannot resist please remember to drink two glasses of water first then wait fifteen minutes before nibbling at anything. You might well find that you don't really want to eat whatever has taken your fancy at this point. This does work, just try it out!

Always have fresh fruit at hand. I often use a juicer in the mornings to make sure I get my full quota of fruit, I also keep a bowl of fresh fruit in the kitchen and one in the lounge, this way when you get the urge to nibble you have something handy to eat that won't pile the pounds back

on!!

Although it means sitting on my bum a lot, I also spend a lot of time writing on my computer, books, articles, chatting to friends, whatever. I find that when I am concentration on my writing I get so involved with what I am writing that I forget all about food!

Try writing a novel, everyone has at least one good book in them, believe me there is no better feeling than holding your first published book in your hands. It is a wonderful sense of achievement and a real confidence giver. You never know you could become the next J.K. Rowling!

Now I cut out tea and coffee for a long time. I do drink them again now but it was the only way I could really cut down on my sugar intake initially. I suggest that you restrict yourself to three cups a day to start with then down to two if you cannot manage to cut them out altogether.

Replace the tea and coffee with other things such as Pomegreat Juice which is an acquired taste that believe me you will love and is very good for you. Just take a look at this site for information on this juice: [Click Here:](#)

This is another site that I advice you to surf, especially if you have a heart condition: [Click Here:](#)

Some straight talking here!

The best and only real way to lose weight and keep it off is by sensible eating, and exercise. Hard as this might sound to you this is a fact.

If you lose weight by doing crash diets as soon as you stop the crash diet, guess what, you got it, the pounds pile straight back on, along with probably a load more pounds, because your body thinks it has to store up even more for a rainy day, just in case you starve it again.

Tip: Did you no that your brain takes three months to actually stop craving for any addiction? Well it does, so never sop sensible eating until this time period is over, this way your body will adjust properly to your weight lose!

It is worth the wait when you are losing the weight, and you will be really surprised at how quickly the time really does go.

When people star to notice your weight lose it will give you a brilliant boost, but beware at this point not to think to yourself that you can slack off being sensible with what you eat, as what you are doing is reprogramming yourself with an eating style for life, which will give you a much healthier body.

Now this is the point where your mind tries to take you back to your old eating habits, stop think, be in control, you really don't want to go straight back to being Mrs or Mr Blobby now do you!

**These are some of the things that helped
me lose my weight!**

I set myself realistic goals, made a firm decision on how much weight I wanted to lose, having checked with my Doctor what my healthy weight should be, and then I worked steadily towards my goal. You should check with your Doctor what your ideal weight should be before starting out.

I wasn't be too hard on myself you shouldn't be either!

I aimed at losing a couple of pounds a week, sometimes I lost more and at other times I didn't lose any. Like anyone else I occasionally fell off the band wagon and ate some chocolate, but I didn't let this get me down.

We all have days when we eat too many unhealthy foods. I just focused on healthy foods the subsequent day. On the weeks you don't lose weight, it's probably that you've hit a plateau, you have taken years putting fat onto your body so the fat will take time to dissolve, just keep going and you will beat the battle of the bulge like I did!.

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I ate lots of healthy high fibre and carbohydrate snacks

to keep me full. This did help me a lot to resisting unhealthy foods as it stopped me feeling as though I was starving myself. Everyone will lose their resolve and like you hunger makes me think more about food. I made a point of remembering to drink lots of water to fill my stomach up.

I rewarded myself from time to time with something nice like a new dress or hair do, anything but not food! I eat reasonable portions, you have to watch this, and a good idea is to change the size of the plate you use, make it smaller and do not overload your plate!

I did get as much support from family and friends as I could you should too!

If you have a friend that brings you the wrong foods as a treat then make a point of dumping these wrong foods in the bin in front of them, they are not being nice, and if you do this, and I did, they will get the message pretty quickly!

What is in your head matters!

Before you will ever start to lose weight you will have to be in the right frame of mind to do so. If you are not then you will not succeed.

It is a fact that in the wrong frame of mind you cannot succeed with anything in life, let alone losing weight!

Now I had to change the way I thought about things altogether before I could manage to lose my weight, you might have to also?

My beliefs, habits, attitudes and values meant that my expectations of myself were unobtainable in reality.

I had to change the way I thought and retrain my mind to think in a different way in order to succeed and lose the weight.

I had to start believing in myself, the excess weight had taken away my confidence in me as a person, and I had to get back to being the person I was inside before I became
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obese. I had to stop putting myself down thinking 'I can't do this' and change it to 'I can do this!'

If you want to lose your weight you have to change the way you think just like I did, then and only then will you get the results in life that you want!

When I changed my way of thinking, I transformed my world for the better forever. I believe that you can do this just like I did!

I tell you how I started changing the way I thought. I bought a dress and got it home to find that it was too small for me, and found myself wondering what I should do with it? Rip it up and lose the money I had paid for it, take it back to the shop for a refund, consequently having to admit to some skinny shop assistant, that I was too fat to wear it or keep it and lose more weight?

My original answer before I changed my way of thinking would have been to take the dress back to the shop and get a tent sized one which I hated instead, braving the I told you so look from the skinny shop assistant, but what I actually did was to lose enough weight in a month to fit into that dress easily.

I didn't realize until much later, like years later, that what I had done was given myself the go ahead to believe, consciously or unconsciously in myself and my ability to lose the weight.

If you allow yourself to believe in yourself and believe that you can do and have the things in life you want, and go for

your goals whatever they might be. You cannot expect to lose the weight instantly, everything takes time, but it won't take half as long if you have the right mental outlook. In fact nothing is impossible if you have the right mental outlook.

Believe in yourself you can do anything if you really want to. Obviously you won't be able to turn into a Blackbird and fly away, but if you take things one small step at a time I believe you can do whatever you dream of!

When I find myself in the middle of negative thought, I stop and say "no" to this thought, and I make a point of replacing this thought with a positive thought. Try it for yourself, this really does work!

I stopped thinking my glass was half empty and started thinking my glass was half full, and everything in my life became an opportunity. Instead of looking back to the past I am now always looking to the future.

I made a list of all the good things in my life, and went forward with my weight loss, looking at it as every pound that I lost being another step to my better future. I could see the light at the end of the tunnel and it was getting brighter step by step.

Write down your aims in life not just your weight loss, but

everything you want to happen in your future. This is what I did. I gave myself permission to succeed at the things I really wanted in life. I accepted in my conscious and unconscious mind that all things were possible. I could finish and publish my autobiography, and I did it is called 'Bad Blood' available in print from: [Click Here:](#)

I could build websites myself and work out how to make my autobiography available for affiliates to also sell on line, and I have here is the affiliate link to prove it: [Click Here:](#)

If you have a book to sell you can do this too! [Click Here:](#)

I am only giving you the above examples of a few of the things I have done, just to show you that if you do as I have done by thinking in a positive frame of mind, that not only will it help you lose your unwanted weight, but could possibly put you in the right direction for a better brighter life, as it has for me.

Think about your future in your minds eye 'Dare to Dream!'

Do not relive your past in your minds eye unless it is a happy good memory 'The past is gone, do you really want it back?'

Try this:

- 1) When you get up in the morning smile to yourself and relax.
- 2) Imagine all the good things you want in the future in your minds eye.
- 3) Now spend the day imagining that you already have all the good things you imagined in your minds eye.
- 4) Do this especially when you go to bed, as the last things we think about before we fall asleep are what our subconscious brain will continue to visualize while we sleep.
- 5) Play happy music, and watch comedy on TV.

What I found out later.

I had no idea at the time I began practicing what I now know is called positive thinking, what I was really doing. A friend had told me about this method and said it was a very old secret her mother had told her about. She had no idea why it worked she just knew it did.

Now I know that this secret works, because it works for me, and I was one of the most sceptical people you could ever wish to meet!

Some years later an unknown well wisher sent me the details of a website called 'The Secret' I have a copy of the video of 'The Secret' have had since last July 2006. I was gob-smacked by what happened to me after I had watched this video. Here is the link to my day diary for that month:
[Click Here:](#)

As you will see it really did work for me! It worked on the same principle my friend had told me about, but it was very explicit as to how things worked.

This site is well worth viewing in my opinion; you've just got to see what everyone is raving about. [Click Here:](#)

I bought the Secret Book. [Click Here;](#)

Then I bought this little gem: [Click Here:](#)

Both helped sort my head out at the time, maybe they would help you as well? At any rate I have never looked back, my life has just got better.

I wish you well and will look forward to hearing your

success stories. **‘May your**

weight come off you,

and your life is

healthy, happy, and

wealthy!’