

Re-Creating Me

The Programme Book



I lost 9 stone in 9 months

I feel like a totally new person with a new life to explore.

In 2023, I felt like my life was imploding. I was dealing with a relationship split and lots of other things that weren't serving me. I tried working with a fitness coach who gave me daily Calorie and exercise targets, but that didn't moved the dial.

Eventually I accepted that, as a lifelong emotional eater, I had to change my relationship with food. Having 'just a bit' always led to more. So, at the start of 2024, I joined LighterLife.

I loved the simplicity of not having to think about any food other than my Foodpacks, and I knew that being in ketosis meant I'd be using up my fat stores and seeing results quickly.

The group sessions with my Mentor, Lisa, were invaluable. They helped me recognise the destructive behaviours I'd previously allowed to control me, and how not to let them trigger me down the wrong path.

Words can't express how I feel now. I wear a size 8/10 and love trying clothes on and feeling wonderful. My health is better, too. I walk regularly and I've even started doing mixed martial arts!

I'm happy, I've got my confidence back and I know that if 'life' things happen again, I'll respond differently – because I am different.

It's a whole new chapter in my life and I'm overjoyed how quickly LighterLife has helped me turn that corner.

Beverley



The LighterLife Programme

LighterLife provides everything you need to get your head in the right place to lose weight and manage your life long into the future. Support is available wherever you live and fits in with your lifestyle. The relationship you build with your Mentor (similar to the help you'd get from a personal trainer) is one of the keys to your success – truly priceless, in fact, because it's absolutely free.



Your TotalFast weight-loss plan

Lose a stone a month

The TotalFast weight-loss plan is totally different. It's a Very Low Calorie Diet (VLCD) combined with our unique group work, and it has always been our main focus.

It gives you the opportunity to step away from the cravings – that 'shall I/shan't I?' thinking – enabling you to reach the healthy weight you want to be and keep it there.

TotalFast includes your place in a free LighterLife group and your Foodpacks, together providing nutrition for your mind and body.

Your Management plan

Sustain your weight loss

You progress to Management when you've reached the weight you want to be. Your Management plan starts with the reintroduction of ordinary food and provides you with the support and guidance you need to manage that fragile time that follows weight loss.

How we support you:

- Free group meetings
- Proven strategies for long-term lifestyle changes
- Simple, tried-and-tested tactics for dealing with potential triggers
- Continued invaluable support from your Mentor and your LighterLife community, including your private Facebook and WhatsApp groups, and your Client Experience team



What is mindfulness

and could it be the answer?

There's been an explosion in research over recent years into mindfulness as a treatment for all sorts of addictions. Behavioural addiction around food is one of them.

Many people use food as a coping mechanism to deal with life.

We use food as a reward, to deal with stress, worry, loneliness. It's something you reach for, almost without thinking, to help you cope with your day. People talk about feeling out of control, having triggers and unhelpful habits.

Unlike mindlessness, where you repeat patterns of unhelpful behaviours as a habit rather than a constructive choice,

mindfulness means being in a state of awareness. It's about being focused, paying attention to your thoughts and consciously responding to the urge to eat or overeat.

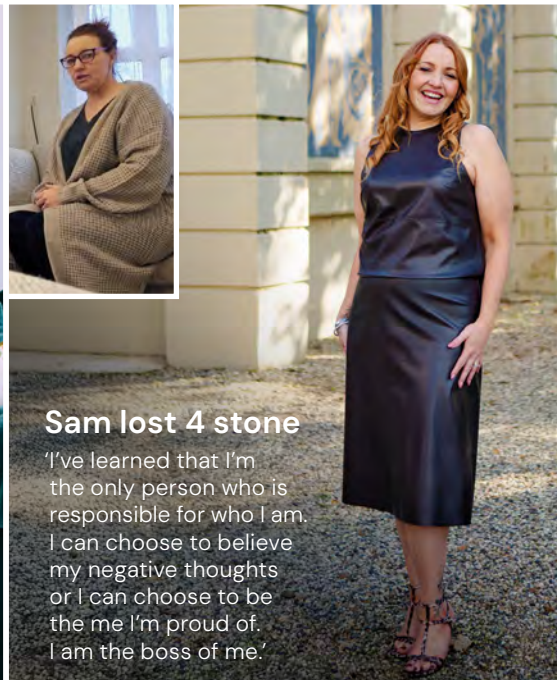
Mindfulness has been shown to have a positive effect in everyday life. It's at the root of taking care of yourself and making helpful life choices.

It's possible to change some of the thoughts that underpin addictive behaviours. By increasing conscious control, we can change habits formed over years. Mindfulness helps you build a toolbox of coping skills. Yes, you can teach an old dog new tricks!



Mandi lost 5st 7lb

'My group meetings opened my mind to how important it is to be in the moment. Not to be compelled to eat when it's a tough day – to take a moment to think about what's really going on.'



Sam lost 4 stone

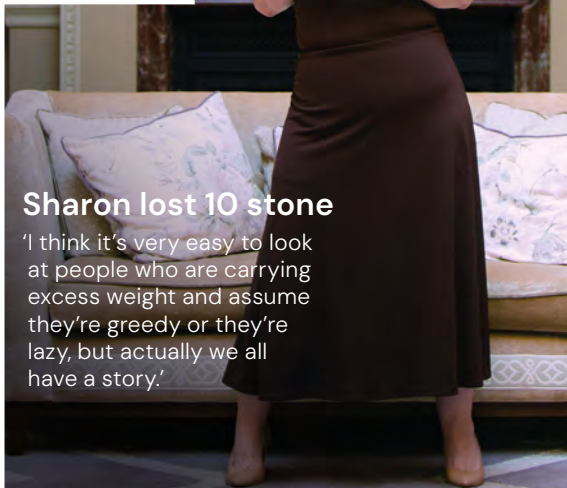
'I've learned that I'm the only person who is responsible for who I am. I can choose to believe my negative thoughts or I can choose to be the me I'm proud of. I am the boss of me.'

So how does it work with LighterLife?

Every week we discuss a 'Hot Topic' in our group sessions – subjects range from comfort eating to self-talk.

These weekly sessions with your Mentor will help you understand your behaviour around food, discover your triggers for overeating and work out new strategies for dealing with them in the future.

No more sabotaging yourself with food!



Sharon lost 10 stone

'I think it's very easy to look at people who are carrying excess weight and assume they're greedy or they're lazy, but actually we all have a story.'



Deb lost 10 stone

'After 30 years of putting on weight, I'd accepted that I was always going to be big. With the support of my Mentor and group, I've been able to identify my triggers and where I'd been going wrong.'



Darren lost 9 stone

'My Mentor, Neil, helped me challenge what I'm thinking and identify the habits I hadn't been aware of, which makes it much easier to avoid temptation.'

Your commitment to yourself

Nobody knows you like you know you. What you've learnt about yourself, particularly from your previous experiences of weight loss and weight gain, can give you valuable insights. Here are a few ideas for you to ponder as you commit to TotalFast.

- What can I say to myself to support my healthy choices?
- What have I said to sabotage myself in the past?
- Which times of the day or week are my toughest times?
- Which situations are best avoided as much as possible?
- Are there people who are best avoided as much as possible?
- Who are my go-to people for support?

Research shows that writing down how you are going to achieve the requests you want to make of yourself is more helpful than simply thinking about them. In the box (right), we have given you some suggestions for your commitment to yourself (with space to add your own). Signing is helpful too.

'Commitment is what transforms a promise into reality.'

ABRAHAM LINCOLN

- Take seriously the boundaries discussed with my Mentor
- Attend my group (if I tell myself I haven't got time, challenge this)
- Focus on ways to reinforce the belief in myself that 'I matter'
- Have the courage to ask for help
- Use my preferred method for creating my personal routine, such as reading my commitment out loud every day, journalling, and relaxation techniques
- Clarify my strategies for coping with challenging times

Signature

Date

Making a commitment to your group means we make a commitment to you

LighterLife commits to providing you with:

- Your own Mentor and free weekly group meetings
- Access to your community of like-minded people via Zoom, WhatsApp and Facebook, and to your Client Experience team
- Information and guidance to enable you to buy the appropriate products

The LighterLife team

They did it. You can too



Lost
5st 10lb



Lost
4st 6lb



Lost
8 stone



Debbie

'I'm still at my healthier weight over 16 years later!'



Rhys

'I lost 12lb in my first week. That really spurred me on.'



Rachel

'My Mentor was a huge factor in my success.'

TotalFast explained

Research on over 30,000 LighterLife clients shows that the average weight loss for 12 weeks is just over three stone.* You really can lose three stone in three months.

What do I have each day?

Four Foodpacks a day Any flavour, any time of the day that suits you.

Instead of ordinary food, each day you choose 600–800 kcal from:

- Either 4 x VLCD Foodpacks
- Or 3 x VLCD Foodpacks + 1 x Meal Replacement Foodpack
- Plus a range of optional daily LighterLife snacks

This provides you with at least 100% nutrition and a low carbohydrate intake of 50–75g a day, in 600–800 kcal.**

It's impossible to get this much nutrition from 600–800 kcal of ordinary food. Independent expert research has found that ordinary food diets below 1200 kcal are incapable of supplying all the vitamins and minerals required for good health.

The LighterLife Programme is a healthy way to reduce weight and keep it off. The low Calorie levels of our TotalFast plan mean that everyone will lose weight.

*Each of our clients' results and stories are unique to them and their experience of LighterLife. Your own results will be personal to you and may vary.

**This is the minimum nutrition required to ensure you stay within the Calorie and carb limits of your TotalFast plan.

Water This can be tap water, soda water and still or sparkling mineral water.

It's important to stay well hydrated. Ordinary food contains quite a lot of water, so when you're eating less, you'll need to drink more to make up the difference.

If you don't drink enough, you can become dehydrated – signs like tiredness, dizziness and hunger are some of the side effects of dehydration. Drink to thirst to stay comfortable – a glass an hour is a guide.

Think of your body as a waterwheel. To keep it running smoothly, it needs regular small amounts of fluid throughout the day.

LighterLife has some optional extras you can add to water to ring the changes:

- **Drink Mix water flavourings**
Brighten up your water with our refreshing sugar-free mixers in three zingy flavours – Pink Grapefruit, Sunrise Orange and Fruits of the Forest
- **Savoury Broth** This is a warming savoury drink for any time of the day



What else can you have?

Other LighterLife extras

- **Mousse Mix*** – stir into sweet Foodpacks to make a thick, smooth mousse
- **Jelly Mixes*** – add to boiling water, stir until dissolved, top up with cold water and leave to set in the fridge. When mixed, can also be stirred into a sweet Foodpack for a blancmange-style dessert
- **Fibre Mix** – for those used to eating a higher-fibre diet
- **Popped Chips**** – made to a high-protein recipe

You can also have

- Black coffee (any non-flavoured type)
- Black tea (any made from the leaf, such as breakfast tea, peppermint tea, green tea, Earl Grey)
- Salt, pepper, red Tabasco sauce, tablet sweeteners, any type of stevia sweetener

What you can't have

Everything else is off limits.
That means:

- No other food – not even a slice of lemon in your water
- No alcohol
- No herbal teas made from the fruit
- No flavoured coffees
- No other drinks – no diet drinks or shop-bought flavoured water
- No chewing gum
- No spoonable sweeteners (except stevia)

* These contain gelatine, so they're unsuitable for vegetarians. Sorry!

** May bring some people out of ketosis



What's in a Foodpack?

Maximum weight loss, maximum nutrition

Real food

Foodpacks are made out of the same stuff as ordinary food.

They contain the highest quality ingredients and have identical nutrition levels.

We have two categories of Foodpacks:

- **VLCD Foodpacks** These each contain around 150 kcal, 25% of all the vitamins, minerals and essential fats your body needs each day while losing weight, and low levels of carbohydrate.
- **Meal Replacement Foodpacks** These each contain around 200 kcal, around a third of your daily requirements for vitamins, minerals and essential fats, and slightly higher levels of carbs.*



You can choose from a wide range of sweet and savoury flavours, bars and ready-to-mix pot meals.

*Our Meal Replacement Foodpacks are higher in carbs than VLCD Foodpacks, so having more than one a day on TotalFast could tip you out of ketosis.

The keto advantage

TotalFast is low enough in Calories and carbs to switch your body into burning fat (stored food) for the bulk of your energy – a natural metabolic state called ketosis.

Each pack has enough high quality protein to keep lean muscle (including the heart) healthy while you're losing weight.

What's more, ketosis generally suppresses appetite. On TotalFast, any hunger you do notice is likely to be about what's happening in your head and not what's going on in your body – which is what you explore in LighterLife meetings.

Our VLCD products give you all the nutrition you need in four Foodpacks a day. It's simply impossible to get all the essential vitamins and minerals you need each day from 600–800 kcal of ordinary food.

And they are the best quality. Research presented at a European Congress on Obesity showed that out of 11 VLCDs on sale in the UK, LighterLife was the only company to have the right amount of nutrition in the Foodpacks.

Ordinary food diets are so often lacking in nutrients. Whichever LighterLife plan you do, you'll be getting plenty of...

The fat-soluble vitamins A, D, E and K, which can be stored in your body fat, liver and kidneys.

Water-soluble vitamins, which can't be stored (any excess gets flushed away when you wee), so you need to ingest them frequently. They comprise vitamin C and the B vitamins: thiamin (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), biotin (B7), vitamin B12 and folic acid (folate).

Minerals – inorganic substances your body needs for many different functions. Some are required in relatively large amounts: calcium, chloride, potassium, magnesium and phosphorus.

Others – trace minerals – are needed in smaller quantities, but are still essential. These are chromium, copper, fluoride, iodine, iron, manganese, molybdenum, selenium, zinc.

Teeth

vitamin D, calcium, fluoride, magnesium, phosphorus

Thyroid

iodine, selenium

Nerve & muscle function

sodium

Skin

vitamin A, riboflavin (vitamin B2), niacin (vitamin B3), biotin (vitamin B7), iodine, zinc

Bone health

vitamin D, vitamin K, calcium, magnesium, manganese, phosphorus, protein

Digestion

chloride

Intestines

fibre

Nails

selenium, zinc

Vision

vitamin A, riboflavin (vitamin B2), zinc, omega-3

Brain health & mental function

pantothenic acid (vitamin B5), iodine, iron, magnesium, zinc, carbohydrate, omega-3

Hair

biotin (vitamin B7), selenium, zinc

Heart

thiamin (vitamin B1), omega-3

Red blood cells

riboflavin (vitamin B2), pyridoxine (vitamin B6), vitamin B12, iron

Muscles

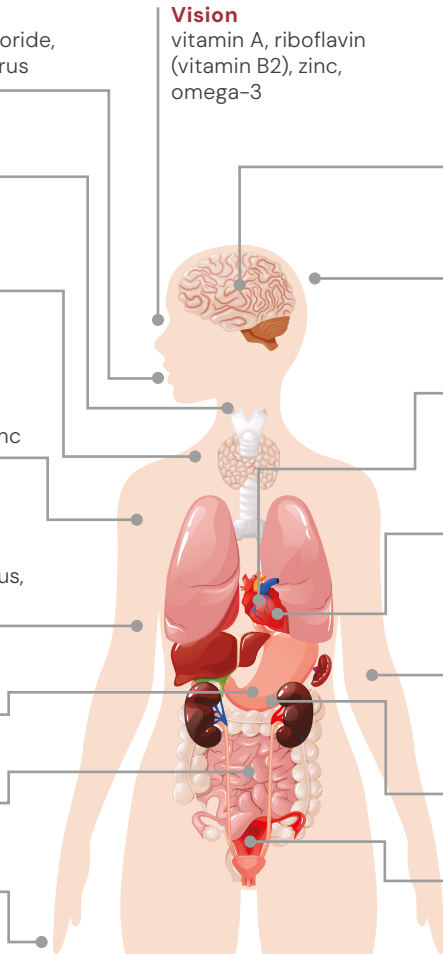
vitamin D, calcium, magnesium, potassium, protein

Amino-acid metabolism

molybdenum

Fertility & reproduction

selenium, zinc



Surely you can't live on 600 Calories a day?

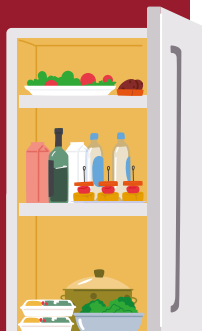
On a physical level, weight management is down to energy balance.

If you take in more energy than your body uses each day, it stores the extra as fat. Take in less than you need, and your body will switch to burning that stored fat so that it can continue to function. With one pound of fat representing 3,500 kcal... well, you do the maths!

LighterLife Foodpacks are low enough in carbs and Calories that they encourage your body to switch to burning fat stores as its main source of energy.

So you're not just living off Foodpacks. What four Foodpacks a day give you is 100% of your daily nutrition, ensuring all the essential nutrients your body needs for good health in 600-800 kcal. At the same time, your body burns stored fat to make up the Calorie difference, helping you lose weight effectively.

And, unlike some diets that leave you short on vital nutrients, LighterLife keeps you fully nourished as you slim down.



Your body gets its energy from three places – from recently digested food, from its glycogen stores and from its fat stores. It's a bit like having a choice of fresh food, food from the fridge, or food from the freezer.

- Your body prefers to use glucose (sugar) from carbs in recently eaten food as its main source of energy.
- When this energy is used up, your body raids the 'fridge' – that's your glycogen, a limited carbohydrate store in your liver and muscles.
- After your glycogen is used up (which takes a few days on LighterLife TotalFast), your body starts to take energy from its 'freezer' by breaking down your stored body fat.

Think of it like this... you've eaten too much food in the past, perhaps pizza. Your body has turned those excess Calories into fat and stored them in as fat in its deep freeze. On TotalFast, it's now getting that pizza back out of the freezer and cooking it up for energy.

During this process, ketones are produced.

On TotalFast, ketones are used by your brain as its main source of energy, rather than glucose.

One type of ketone (acetone) can be exhaled and may cause your breath to smell fruity or like nail polish remover ('ketosis breath'). It doesn't usually last long, and it's a great sign that you are in ketosis!

What to expect during your first week

It takes a few days for your body to switch from mainly burning carbs to mainly burning fat for energy. Until you're fully in ketosis, you might feel physically hungry. You might also experience some mild 'carb-detox' symptoms, such as a temporary headache and nausea. Staying hydrated helps and, if necessary, take your usual painkillers.

You'll probably be visiting the toilet lots, too – peeing out all the water that is stored in your glycogen – but don't be concerned if you have fewer bowel movements. This happens simply because you're not consuming as much bulk as you were. Being on TotalFast neither creates nor cures constipation. If you normally have constipation, use an over-the-counter medication, or increase your fibre intake with our Fibre Mix (which won't affect ketosis), and drink plenty.

Some clients experience 'ketosis breath' – this is because of the presence of acetones. Again, drinking plenty helps, as does cleaning your teeth frequently. You can also use mouthwash and breath freshener sprays.

Before you get started on TotalFast, your Mentor will chat with you and together you can create a specialised plan to help you get through your first week – then the second, and so on. You'll also get lots of support and tips in our amazing free mindfulness sessions on Zoom, from your group and your fellow LighterLife Facebook group members. They have all experienced their own first week and are there to support you too – and your Mentor will be with you every step of the way.

Going into ketosis is a bit like climbing up a cliff. All you have to do is take it one step at a time. Once you're at the top of your cliff, you'll be in ketosis and burning off that excess fat. You won't be feeling physically hungry, and you'll already be noticing your weight loss and the benefits it brings. But if you let go and fall off your cliff by falling off your TotalFast plan, you'll need to start climbing all over again. So set your sights on the amazing view of your new lighter life from the top of your cliff, hold on tight and keep going for it!

'In the first few days I was tired, but I got through it... and after that I had more energy than ever before.'

NATALIE LOST 7ST 2LB



Myths & facts

Myth

If I lose weight quickly I'll only end up putting it all back on quickly too.

Fact

There's no evidence to suggest that regaining weight is more common on a VLCD like TotalFast than on ordinary slower diets. The rate at which people put weight back on has nothing to do with the type of diet they've followed – it simply relates to the amount of food they eat after weight loss. Research has shown that people who take part in LighterLife groups are more likely to keep the weight off. Our unique Management groups are all about developing a sustainable lifestyle and new ways of dealing with life's challenges without using food, and they offer you support for as long as you need it.

Myth

If I lose weight fast, it will muck up my metabolism.

Fact

'Metabolism' refers to the chemical processes in your body keeping you alive. The heavier you are, the higher your metabolic rate (just as a large car needs more fuel than a small one). On any diet, there's a small, temporary reduction in your metabolic rate. When you increase your food intake after you reach your weight-loss goal, your metabolic rate resets at a higher rate again. However, it won't be quite as high as it was, because you've lost weight, and a lighter body needs less energy to function than a heavier one. So if you go back to eating the amount of food you used to have when you were bigger, you'll regain weight. In our Management plan, a carefully structured reintroduction to a full range of food will help you match your intake to your lighter body's reduced energy needs (because you're a smaller car now).

Myth

I'll feel hungry only eating 600–800 kcal a day on TotalFast.

Fact

You're not living just off those Calories. Every pound of fat stored in your body contains 3,500 kcal. You get all the nutrients you need from your four daily Foodpacks and most of the energy you need from burning up your stored fat.

Plan how you will deal with 'food situations'

Failing to plan is planning to fail.



At home

- If you're cooking for others, freeze meals in batches to limit your time in the kitchen, or prepare meals you're not so keen on.
- Don't cook the amount you're used to – there's one less mouth to feed (yours). Serve fixed-portion foods such as chicken breasts or whole jacket potatoes where it would be obvious if you swiped a bit.
- Freeze or bin leftovers – out of sight is more likely to be out of mind.
- Plan the family's meals ahead and shop online with a list.
- Make yourself scarce at meal times – have a bath or read a book while others eat.
- If you live alone, empty your fridge and cupboards.

Read page 14 to see how powerful your thinking is – what you think is what you get!

Out and about

- Invited out to eat? Have a Foodpack before you go or take one with you. Most places will be happy for you to do this, but do check beforehand. And while a meal can take a couple of hours, people are only eating for a fraction of that time. Mostly they're chatting and enjoying each other's company, and that's Calorie-free fun.
- Our bars and FastPots are ideal if you're travelling.
- If you don't want to explain why you're not eating, say you're not hungry or have toothache. If anyone comments on you not drinking, say you're on a health kick, having a 'dry' month or simply that you're driving.
- Holidays and social events are not an excuse for ditching your Foodpacks – unless you choose to make them so. This is important. You are important.

If you have a week with little or no weight loss on the scales, this will be due to water fluctuations. A 12 stone body contains over 80 pints of water and a pint of water weighs a pound and a quarter. Water levels can fluctuate for several reasons – hormonal changes, the weather, being more active, illness, medication or not drinking enough.

Rest assured that as long as you are eating only your Foodpacks, you'll still be burning fat. Measure yourself – you'll see your body is still shrinking. So stick to your TotalFast plan, keep yourself well hydrated, and the numbers on the scales will continue to go down in the longer term.



Change how you think

Do what you've always done and you'll get what you've always had.

Understanding your 'why' is one of your keys to change and knowing your 'how to change' is another.

LighterLife groups are about getting off the dieting roundabout. Our unique mindfulness approach works with the challenges of weight loss and healthier living. It's the result of decades of research and practical experience in helping more than a million people.

We go beyond what you put in your mouth and help you explore how your thinking affects your eating behaviour, giving you the tools for losing weight and keeping it off.

Each meeting includes a Hot Topic session where you and your fellow members chat about all that roundabout stuff. Here's just an overview of the subjects covered in our weekly LighterLife groups.

Comfort eating

Ever described yourself as a 'comfort eater'? Hot Topics such as **Hangry** and **Why boredom is boring** explore what comfort eating really means. And who couldn't do with help managing life when **Stressed is desserts spelt backwards?**

Voice in your head

Do you spend a lot of time listening, planning, debating and arguing with yourself about what you 'could' eat, what you 'shouldn't' eat and what you can 'get away with'? **The voice in your head** Hot Topic throws a spotlight on these conversations.

Secret eating

So many clients tell us the car or their bedroom are their go-to places for secret eating. That's just what we look at with the **Hidden moments** Hot Topic.

Rocking the boat

Why is it when you're feeling great that some people want to throw a spanner in the works? Our **Rocking the boat** Hot Topic explores why losing the weight means you rock the boat for other people and gives you some new tools for dealing with these situations.

Body Matters

As well as the Hot Topics, each group meeting also covers Body Matters information to dispel common dieting myths. This will help to get your body working with you rather than fighting against you.

The power of your thoughts



Sarah lost
3 stone

'THE WEEKLY GROUP WAS LIKE A SHARED COMMUNITY. LIGHTERLIFE HAS BEEN ABSOLUTELY LIFE-CHANGING FOR ME.'

We know there's more to long-lasting weight loss than what you're putting into your mouth. It's about what's going on in your head.

Imagine a table in front of you. On it are a chopping board, a knife and a bowl of lemons. Imagine choosing one of the lemons, picking up the knife and cutting the lemon into quarters. Take out any pips. Bring the lemon up to your mouth. Smell the lemon. Then bite into the flesh. Chew it slowly. Imagine the juice running around your mouth and running down your throat. Now swallow it.

You've just imagined chewing and swallowing the lemon. What did you experience? Could you taste the lemon? Did your mouth water? All you were doing was imagining eating a lemon. It was a fake lemon – you knew it wasn't real – and yet your body still believed it was. For many people, just thinking about eating a lemon creates the same physical changes in the body as if the lemon were actually real.

What you've just done here shows how powerful your thoughts are. They can be as powerful as reality, and whether you're aware of them or not, they drive your emotional responses and your actions.

Thoughts are like the strings on a puppet. Twitch them one way, and the puppet does one thing. Pull them another, and the puppet does something different. We want to help you achieve your goals with confidence as you pull your own strings (your own thoughts and feelings) in more helpful directions – because you are both puppeteer and puppet.

Management is all about learning to live your lighter future

It's so easy to think, 'Now I've lost the weight, I'll just keep it off.' But how has that worked out in the past? LighterLife Management is about developing the tools and skills to maintain your new weight for good.

First, it's vital to follow your six-week reintroduction to ordinary food. This way, you build up your knowledge of how you feel physically when you eat different foods and how you feel emotionally.

Second, commit to attending your meetings. A study of nearly 5,000 LighterLife clients who had been in Management for at least a year and kept going to their meetings showed that

they maintained the significant weight loss they had achieved on TotalFast.

Our website has lots of information about managing your weight. This includes mindfulness techniques, information on nutrition, the benefits and pitfalls of physical activity and experimenting with lifestyle changes to help you form new habits that will result in you keeping off your lost weight.

Keeping the weight off

LighterLife has always placed great importance on supporting clients through long-term Management.



Gary lost
6 stone

in 6 months

+ has been successfully
maintaining since 2010

Gary has been keeping the weight off for 15 years and counting.

'Management trained me in mindful eating, portion control and nutrition – it's one of the things that separates LighterLife from the others.

'These days, I usually avoid processed foods. While I still sometimes have an old favourite, I know how to balance it by eating better the next day.

'I'm so thankful I decided to turn my life around and become a fit, healthy person with so much zest for life and the energy to play with my grandchildren.'

Jools has been maintaining her healthy weight since 2018, with the constant support of her 'amazing' Mentor.

'Without LighterLife's unique approach, I would never have been able to set myself free from my repeating pattern. The emphasis on CBT and being given the tools to navigate life after weight loss through the ongoing Management plan immediately appealed to me.

'You can't simply eliminate food from your life. Instead, you have to redefine your relationship with it to maintain your weight loss. Six years down the road, I've successfully done just that, and it's so liberating.'



**Jools lost
4st 9lb
in 5 months
+ has been successfully
maintaining since 2018**



**Stella lost
4st 4lb
in 4 months
+ has been successfully
maintaining since 2010**

Stella's been a size 8-10 since 2010 and believes that continuing to attend meetings has been crucial in helping her maintain.

'My love for fashion is another thing that I can now enjoy and shopping has become fun again. Since losing the weight, I look at what I eat and why I am eating it.

'I cannot recommend it enough and although it sounds cliché, LighterLife has truly changed my life. It isn't just a weight management plan; it's a new way of life.'

LighterLife closed groups

As well as free weekly Hot Topic group meetings, we also offer a free closed-group option with our 12-Week Subscription – designed specifically for people who want to lose three or more stone.

In a closed group, no one else joins after the first session, so you work with the same group of people for a minimum of 12 weeks.

This gives you the opportunity to really get to know each other and create a supportive space where you can explore why you've gained and lost and regained weight in the past, with like-minded people who share your experiences.

With no more than 12 members, your closed group is big enough to give you a team to work with and small enough to give you a personal workspace.

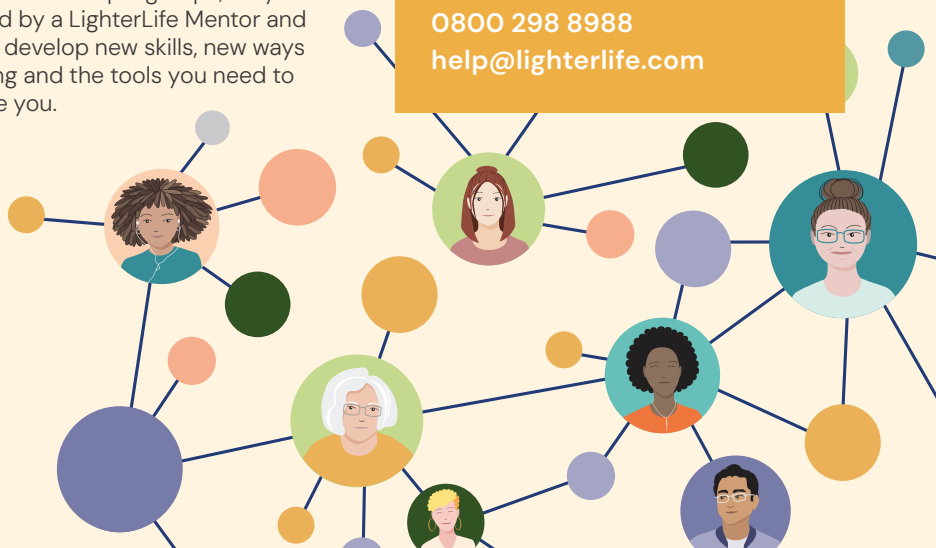
Just like our Hot Topic groups, they are facilitated by a LighterLife Mentor and help you develop new skills, new ways of thinking and the tools you need to re-create you.

Your Client Experience team

Got a question? Feeling uncertain about something? As well as speaking to your Mentor, you can also get in touch with our Client Experience team.

So, if you need a quick chat over the phone or a speedy response by email, a private message or information via our Facebook community, our Client Experience team are here to support you every step of the way.

Get in touch
0800 298 8988
help@lighterlife.com



Type 2 Diabetes takes a DiRECT hit

A landmark Diabetes UK-funded clinical trial (DiRECT) shows that a total dietary replacement (TDR) diet similar to the TotalFast VLCD can put diabetes into remission for at least five years.

We don't want to blow our own trumpet, but we already knew this. We were working with doctors at the Royal Salford Hospital's lipid clinic back in the 1990s, showing that VLCDs could be used to reverse type 2 diabetes, and we have been helping clients with type 2 diabetes go into remission for decades. It's good to know the rest of the world is finally catching up with us.

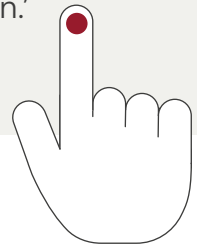
Another similar TDR study, the DROPLET trial, found that people lost on average 10.7kg (1st 9lb) in eight weeks – over

a stone more than people receiving standard diet advice. Trial manager Dr Nerys Astbury said that removing ordinary food was liberating: 'People reported that they didn't feel hungry. I think these people are overweight because they have an unhealthy relationship with food. We take food out of the equation.'

Now where have we heard that before? Ah, yes, we've been saying that for over 30 years.

'Formula diets are the only treatments currently available that can reliably achieve 15kg weight loss and consequently diabetes remission.'

**PROFESSOR MIKE LEAN,
DiRECT TRIAL**



Why the NHS is now working with formula diets like TotalFast

The obesity epidemic has spread around the world, with more people now overweight than underweight. Obesity levels have rocketed from 1.5% in the 1960s to more than 25% today, accompanied by a barrage of conflicting messages about how to lose weight and improve health.

VLCDs such as TotalFast enable people to lose around a stone a month and enjoy significant health improvements, including in their blood glucose, cholesterol and blood pressure.

We've been promoting the benefits of VLCDs for over 30 years. We've presented and published our research, funded PhD students, lobbied governments and talked to the media. Finally, the reality of what a successful obesity treatment looks like is getting through.

The NHS is now broadening its weight management advice to include formula diets like TotalFast and TDRs.

A recent large-scale NHS diet trial using a 12-week TDR plan found that 32% of those who stuck to their plan were in remission from diabetes a year later.

Dr Clare Hambling, the NHS's national clinical director for diabetes and obesity, said, 'These findings show a large number of those who completed [the programme] have seen life-changing benefits.'

We are now working with the NHS, piloting the delivery of TotalFast with CBT and mindfulness. Quite simply, there is not a more effective weight-loss plan.

What our clients say...

I thought I would be hungry, but no!

I can run up the stairs.

They should tell you this stuff in school.

People tell me I look years younger.

I saw the before and after pictures and thought, 'It's OK for them... it won't happen like that for me.' Well, it did!

My knees don't hurt now!

I've wasted my life dieting and failing. You have given me the answer.

I'm amazed how much money I have left at the end of the month – enough to buy a new wardrobe!

I wish I'd found this years ago.

I'm getting back into my old clothes and loving it.

I thought this was expensive until I realised what I spend on 'treats' and secret stuff.

My kids are so pleased that I'm not the fat mum at the school gate any more.

Where have you been all my life?

Who are LighterLife?

The LighterLife story began over 35 years ago, when 12 people met as research subjects. They were a diverse group. The only thing they had in common was that they all understood what it was like to have weight problems, to live as obese people.

A barrage of scientific tests were carried out on them at universities and hospitals around the UK, to prove that a nutritionally complete Very Low Calorie Diet (VLCD) resulting in losing a stone a month does not in any way damage metabolic rate or body composition.

While waiting for the tests, they all got talking. Between them, they had followed every diet you can think of – and they had all put the weight back. They were dieting experts and dieting failures. They agreed that what they needed from a successful diet was:

1. Fast weight loss – it makes it easier to stick to when you can see the result
2. Some way of someone else testing that they had stuck to the diet
3. A way of understanding why they had put the weight back on

Over the next few years, LighterLife created the Total plan:

1. A nutritionally complete VLCD
2. A urine test to check for compliance
3. And small group work, facilitated by specialist Mentors, to help our clients develop the insights that enable them to change on the inside as well as the outside.

LighterLife is a programme devised by women with a weight problem, to help people with similar issues.

Bar Jackie Beech

**‘More than a company,
we’re a community’**

