

# 'Love made me lose 10st'



Alison felt her wedding to Shaun was perfect – apart from her weight

When Alison Morris, 41, was jilted just before her wedding, she turned to food for comfort. Then a special man came into her life...

look at me again. But a year later, my friend arranged a date for me.

Although Shaun seemed nice over the phone, I thought, 'What's the point? He'll be put off once he sees me'. But when I arrived at the pub for our date, he gave me a huge smile.

One date turned into another, until a few weeks later he invited me to a friend's wedding in Mexico at Christmas. My heart sank. It felt too soon.

When I explained this, Shaun stayed in Saul, Glos, with me instead. It was such a lovely gesture.

As the years passed, Shaun rebuilt my confidence, and when he proposed, I said, "Yes!"

"I don't know how your ex left you," he'd say. "You're beautiful."

Walking down the aisle, I could have pinched myself. I never thought I'd see that day come.

The following March, we had a son, Alexander. I felt so happy in every way – apart from my weight.

A size-26, I was obese, and feared getting diabetes like my mum. So



before

Alison lost 10st and has never felt so good

in June 2007 I started the Lighter Life plan.

Breakfast was a pint of water and a shake; lunch was a meal bar, black coffee and fizzy water; and dinner was soup and water.

In two weeks, I lost 16lb. Spurred on, I managed to lose 5st in time for my 40th birthday. I'd never felt so good.

Sticking to the plan was tough, but seven months later I'd lost 8st 10lb – making me 9st 10lb and a size-10. My breasts shrank, too,

from 40GG to 34E, so I was finally able to ditch the 'scaffolding'! And with my newfound energy I even took up belly-dancing!

If I ever have a bad day, Shaun's there for me. Being jilted was heartbreaking, but it's made me who I am and, for the first time ever, I'm truly happy.

Carefully folded and placed on the bed, the note instantly caught my eye. The handwriting belonged to the man I'd been with for 10 years and was due to marry in four weeks time. It could have been a love letter, but it wasn't.

*The wedding is off, it read.*

In tears, I dialled his mobile, praying it was just a case of cold feet. "What's going on?" I sobbed.

"I'm just not ready," he replied.

Listening to his pathetic excuses, I couldn't believe the man I loved could end it all out of the blue.

Eating became the only way I could fill the emptiness inside me. I began grabbing croissants on my way to work. Mid-morning, I'd have biscuits, then pizza, a big dinner and more biscuits.

Over the next few months, my ex tried contacting me, but I was so angry I didn't want to know. All I wanted to do was eat.

I'd gone from 9st to 19st and, at 5ft 2in tall my health and my confidence suffered.

I was convinced no one would



With Shaun and their son Alexander