

Client: LighterLife
Source: Woman (Main)
Date: 02 February 2009
Page: 51
Circulation: 370289
Size: 252cm2
AVE: 8512.56

Laurence's lighter wife



Laurence and Jackie before her weight loss

Jackie shed 6st in six months

Recent pictures of TV star Laurence Llewelyn-Bowen's wife, Jackie, showing off her astonishing weight loss, have wowed everyone. Jackie lost an amazing 6st in six months by using the weight loss product LighterLife, which claims rapid results.

You replace solid food with LighterLife's own liquid supplements and food packs, which reduce your intake of fat and calories while giving your body the nutrients it needs.

S. GETTY (POSED BY MODELS)

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PHOTOGRAPHS CAPITAL, FAMOU

You also attend their weekly group meetings, led by a weight-management counsellor. This will help you lose a lot of weight, but I'd advise caution about losing it this fast, especially if replacing regular meals with supplements. Rapid weight loss, plus not eating, may cause episodes of low blood sugar or hypoglycaemia. You may feel light-headed, sweaty, shaky – and hungry!

woman HEALTH CHECK

On www.lighterlife.com, you'll measure your BMI (Body Mass Index). If it's 25 or over, you're referred to your local weight-management counsellor. Dieters eat three foodpacks (liquid meals) and one normal meal a day, with the promise of

Once you start eating solids again, you may experience a feeling of fullness, even nausea – and you may also gain weight more rapidly than you would otherwise. So do introduce small meals that are low in fat and calories.

Or, you can burn off the weight by reducing calorie intake and walking – simple!