

## ...RECORDED AN ALBUM

**Debs Sanderson, 54. Start weight in September 2006: 20st 3lb, size 32-34. Weight today: 11st 9lb, size 16**

Since having my son at 28, my weight has yo-yoed. I've lost weight by various means including dancing, slimming clubs and even slimming pills, but always regained it. Then in 1991 I was diagnosed with multiple sclerosis. I felt like my life had stopped, I was mentally and physically wrecked. Friends avoided me and I felt increasingly isolated.

Over the years my symptoms worsened and I became less mobile. When my mother died in 1998, I would just sit at home, feeling miserable, eating and piling on weight. Eventually I reached 23st and I needed a wheelchair.

But one day I found the courage to say enough is enough. Sitting at home crying wasn't going to change anything.

I'd always loved singing, but being so big was affecting my breathing. I managed to lose 3st on my own, and signed up for singing lessons to learn breathing control. I loved it, and decided to record a CD of jazz classics, just for myself, at a local studio.

I was so excited by the results I wanted to take it further. But show business is superficial. If the studio ever played my CD to people, I'd dread them discovering the woman behind the voice. At more than 20st, I didn't look like a star – I couldn't have performed live.

Desperate, I asked my doctor for surgery. He refused, but a friend recommended joining a slimming club ([www.lighterlife.com](http://www.lighterlife.com)), and I threw myself into it. It was different from other clubs as it involved cognitive behavioural therapy, which really helped me figure out why I'd been overeating. Within a year I'd lost 9st. Thanks to my weight loss, I now no longer need walking

sticks or wheelchairs. My voice is stronger than ever and I've never felt fitter – despite MS I now swim and practise tai chi. I'm about to do a sponsored walk for the MS Society, a huge achievement for me.

Best of all, I'm recording my third album with Danny, a producer, who has worked with Whitney Houston! What started as fun has changed my life. People are buying my albums and I've nearly got the self-confidence to sing in public. Now I don't just sound the part, I look it, too!



**Don't procrastinate. As soon as you decide you want to lose weight, get started.**

- For information on multiple sclerosis, visit [www.msociety.org.uk](http://www.msociety.org.uk).
- To listen to or buy Debs' music, visit [www.myspace.com/deborahsanderson](http://www.myspace.com/deborahsanderson).
- Fancy recording an album? Visit [www.shushstudio.com](http://www.shushstudio.com).

**Before**

