

# Your LighterLife Programme

a little book packed with  
**information and inspiration**



LighterLife®

# We did it You can do it.

For Nicky, obesity started during childhood and for Simon it was changes forced on him by Covid-19 that saw his weight rocket. After being frustrated with unhelpful messages of simply 'eat less - move more' from doctors and the government, they found LighterLife and have seen how the unique mix of Foodpacks, a Mentor and CBT Mindfulness can have a positive effect on their weight and their happiness.

## Nicky's story

Even though Nicky's only in her 30s, she's had a lifetime of food addiction. During puberty, Nicky got to her maximum weight of somewhere between 26 and 28 stone. That number is not totally clear to Nicky because her own scales did not register any weight over 20st. Nicky reached out to her doctor but was dismissed with no help at all. When Simon proposed Nicky knew she didn't want to be "an enormous bride," she explains. Initially, she just bought some LighterLife Foodpacks and lost 7st for her wedding. But, after her son Ollie was born, the weight loss didn't last. It was having a chair collapse under her in the garden that prompted a determined change of heart. This time, she admitted her head wasn't in the right place and she had to change. So, she joined a LighterLife group and met her Mentor, Sharon. And everything changed...It was working with Sharon to understand the 'why' behind her eating habits that has led to her achieving her target of 12st. "It felt amazing, and this time, I have learnt what I need to know to never go back."



Nicky & Simon  
lost 13st  
together



## Simon's story

"In the past whatever my size, Nicky and I did lots of activities around youth work with the Duke of Edinburgh award scheme. But, as her pregnancy progressed, she wasn't able to do so much, and I slowed down too. I told myself I was 'supporting her.'" When Covid-19 hit Simon lost his 37-year career in the airline industry. "A double whammy which meant I lost structure in my life. The combination of all these factors meant my weight rocketed. Eventually, I decided I had to do something about it. And, I admit it, originally, I felt very sceptical about 'just living off Foodpacks'. But Nicky knew LighterLife with the group had worked for her, so it was an easy decision for me to make too. I lost 4st in 4 months. It was a life changer. I could see why it worked and I could see how my attitude to life changed too. All for the better."

# LighterLife Plans.

## Which plan is best for you?

VLCDs have been around since the seventies and have been the subject of much research and are now recommended by the NHS along with CBT and Mindfulness behavioural change programmes.

LighterLife were the first to use this combined approach and are still the only nationally available VLCD and CBT Mindfulness Programme.

Our two weight-loss plans and our Management plan provide all you need for getting your head in the right place to lose weight and manage your life long into the future.

The **TotalFast plan** is designed specifically for those who want to lose three or more stone. On TotalFast you'll lose weight at the fastest rate possible - around a stone a month. TotalFast provides you with 100% of all the vitamins, minerals, proteins and fatty acids you need. TotalFast gives you the opportunity to step away from conventional food.

It's easier to say 'none' than 'just a small one'.

The **FlexiFast plan** can be used by either those who have less weight to lose or as part of our Management plan. You replace some meals with Foodpacks, how many and how often depends on whether you want to lose or to maintain your weight. There are hints and recipes for you for the meals you don't replace with a Foodpack.

The **Management plan** is for when you have reached the weight you want to be and is there to help you make lifestyle changes so you will enjoy your new weight well into the future.

Support for all our plans is available wherever you live and can fit in with your lifestyle. The relationship that is built with your Mentor (perhaps like the help you may get with a personal trainer), is one of the keys to your success - and is absolutely free of charge.

# What is Mindfulness and could it be the answer?

There's been an increase 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 – 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** is being in a state of awareness; it's about being focused and paying attention to thoughts and consciously responding to the urge to eat or over-eat.

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

It is 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!

## So how does it work with LighterLife.

Every Week we discuss a 'Hot Topic' in our weekly groups – subjects range from comfort eating to secret eating.

Your 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!



### **Gillian lost 8st**

“Each week in the Zoom group we look at ‘Hot Topics’ which are all about understanding more about the ‘Whys’ of weight gain. Topics such as emotional eating, changing unhelpful habits, trigger situations, that voice in the head that sometimes say’s ‘go on, just have one more’ and all the ‘cheating on diets’ stuff. It helped me make sense about what I had been doing. And how to take better care of myself. It taught me how to make the right food choices and adopt healthy eating habits for the long term.”

### **Diana lost 6st 5lb**

“The group sessions are invaluable. During our weekly sessions, we would go through Cognitive Behavioural Therapy (CBT) activities, and amazingly they are always relevant, not just to poor eating habits but to everyday situations, too! The camaraderie amongst the ladies in group is brilliant because we all have a single goal in common and have become great friends. Not only is my LighterLife group supportive, but it’s thought-provoking, too. I’ve realised that I’ve been putting my needs last for years which had sabotaged my weight loss success. I’ve now been given the tools to no longer do that to myself.”

### **Irene lost 6st 1lb**

“Understanding why I wanted to eat or what would make me overeat has helped me to stay focused on the plan and I will use those tools so I can maintain my weight for the long term.”

### **Debbie lost 6st 10lb**

“During the weekly CBT Mindfulness sessions I learned that I am an emotional eater and I have unfortunately created a toxic relationship with food. I have been governed by situations around me and fallen prey to stress, causing me to reach for food. The sessions have taught me to reward myself with different treats other than food which is important to ensure long-term success. I recognise that getting the food balance correct in my life is so incredibly important as we ultimately need food to LIVE, it’s also resulted in me having a new lease of life and mindset – I CAN do this!”

### **Jane lost 5st**

“The weekly Mindfulness sessions have also played a key part in helping me to understand my relationships with food and triggers that have in the past caused me to overeat. I have learned some valuable tools and skills to make lasting changes to my health and my well-being.”

# Your commitment.

Making a commitment is about making a promise to yourself to achieve the results you want.

**If you think you can, you can.  
If you think you can't, you can't.  
YOU CHOOSE!**

Change your thinking, and you change the result.

## **I commit to:**

- Writing down what I want to achieve with LighterLife
- Focussing on what is important to me
- Asking for help rather than turning to food to cope
- Joining my Weekly Group / Facebook / WhatsApp
- Working towards being the best possible person I can be
- Read my commitment out loud every day

## **LighterLife commits to:**

- Provide you with free weekly group meetings
- Provide you with access to your community of like-minded people via Zoom, WhatsApp and Facebook
- Provide you with Foodpack information and guidance

**Commitment is what  
transforms a promise  
into reality**

**Abraham Lincoln**

# They did it. You can too.



Denise lost  
**2st**



Gillian lost  
**8st**



Karl lost  
**4st 11lb**



Julia lost  
**4st 9lb**



# TotalFast explained.



Research on over 30,000 LighterLife clients shows that the average weight loss for 12 weeks is just over 3 stone\*. You really can lose 3 stone in 3 months.

## What do I have each day?

4 Foodpacks – any flavour, any time of the day that suits you.

Have either 4 VLCD Foodpacks (around 150 kcal each) or 3 VLCDs and 1 MRF (around 200 kcal each).

This will give you 100% nutrition for 600-800 kcal, and it's simply impossible to get this much nutrition from 600-800 kcal of ordinary food.

## The LighterLife Programme is a healthy way to reduce weight and keep it off.

## The low Calorie levels of the diet mean that everyone will lose weight.

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.



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

It's important to stay well hydrated.

Conventional 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 water wheel. To keep it running smoothly, it needs regular small amounts of fluid throughout the day.

LighterLife has various extras that can be added to water to make a change.



## LighterLife drink mix water flavourings

- Want to brighten up your water? Use our refreshing sugar-free mixers in 3 zingy flavours: Pink Grapefruit, Sunrise Orange and Fruits of the Forest.



**LighterLife Savoury Broth** – a hearty warming savoury drink for any time of the day.

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

# What else you can have.

## Other LighterLife extras are

- Mousse Mix\*, to add to sweet packs to make a mousse
- Jelly Mixes\*, just add boiling water, stir well, top up with cold water for a refreshing jelly, or stir into a sweet Foodpack for a 'blancmange' type dessert



- Fibre Mix, for those who are used to eating a higher fibre diet
- High protein Popped Chips\*\*.

## You can also have

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

## What you can't have

Everything else is off limits, including:

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



\* 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 types of Foodpack:

- VLCD Foodpacks (VLCDs) are around 150 kcal each
- Meal Replacement Foodpacks (MRFs) are above 200 kcal each



On TotalFast each day you can choose from either:

**4x 150 kcal VLCD Foodpacks**

or

**3x 150 kcal VLCD Foodpacks  
+ 1x 200+ kcal MR Foodpack\***

There is a range of sweet and savoury flavours, bars and pot meals.

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

## Keto Advantage

Our TotalFast plan 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. Ketosis generally suppresses appetite.

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

On TotalFast any hunger you do notice is likely to be about what's happening in your head not what's going in your body – which is what you explore in LighterLife meetings.

Our VLCD products give you all the nutrition you need in 4 Foodpacks a day. It's impossible to get all the protein, fibre, carbs, essential fats, vitamins and minerals you need from 600 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 in your body (any excess simply gets flushed away when you wee), so you need to have them frequently. They comprise vitamin

C and the B-vitamins – thiamin (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), vitamin B12, biotin 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, phosphorus. Others – trace minerals – are needed in smaller quantities, but are still essential: chromium, copper, fluoride, iodine, iron, manganese, molybdenum, selenium, zinc.

**Teeth**

vitamin D, calcium, fluoride, magnesium, phosphorus

**Vision**

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

**Hair**

biotin, selenium, zinc

**Brain health & mental function**

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

**Thyroid**

iodine, selenium

**Digestion**

chloride

**Heart**

thiamin (vitamin B1), omega-3

**Intestines**

fibre

**Red blood cells**

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

**Nails**

selenium, zinc

**Amino-acid metabolism**

molybdenum

**Nerve & muscle function**

sodium

**Fertility & reproduction**

selenium, zinc

**Muscles**

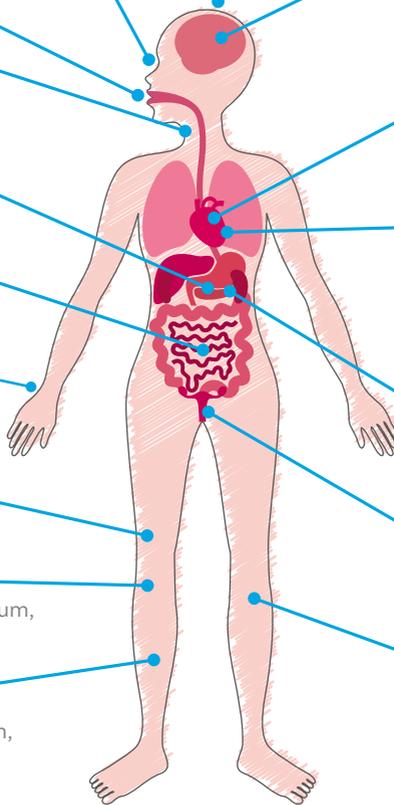
vitamin D, calcium, magnesium, potassium, protein

**Skin**

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

**Bone health**

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



# 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 and, until you're fully in ketosis you might well feel physically hungry and experience some mild carb-detox symptoms such as a temporary headache and nausea.

The Ketosis switch 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 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 this 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.

Stay hydrated and if necessary take your usual painkillers.

Whilst you'll be visiting the toilet lots... peeing out lots of stored water in your glycogen,

don't get concerned if you have fewer bowel movements 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 experience 'ketosis' breath because of the presence of acetones. Again, drinking plenty helps, cleaning your teeth frequently and you can also use mouthwash and breath freshener sprays.

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!

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 ... lots of support and tips as well come from your group, amazing FREE virtual mindfulness sessions, LighterLife private Facebook group members - who have experienced their own first week and are there to support you too, and your own experienced Mentor.

“ I thought I'd be hungry but when ketosis kicked in, I was absolutely fine.

Losing the weight so quickly kept me going, and in no time, I was feeling amazing and much more energetic.

Sharon

”



# 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. (There are 37,000 Calories in every stone of fat you carry).

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

**You're not just living off Foodpacks you get 100% daily nutrition from the Foodpacks and you're using up food you over-ate before and stored as fat to make up the difference.**

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 carbohydrate in recently digested 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 turns the excess Calories into fat and has stored the fat in its deep freeze, and now it's as if it's getting this pizza back out of the freezer and cooking it up for energy.

**During this process, ketones are produced.**

Unlike some diets which don't give you all the essential nutrients you need for good health, 4 LighterLife Foodpacks are formulated to meet your daily nutrient requirements, so that you can lose weight quickly and still be well nourished.



# 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 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, and 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** Won't I be hungry only eating 600 to 800 Calories a day on TotalFast?

**Fact** You are not living off just those Calories. Every stone of fat you have has 37,000 Calories. You get all the nutrients you need from 4 Foodpacks a day and most of the energy you use comes from using up that 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 same 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, read a book while others eat.
- If you live alone, empty your fridge and cupboards

Read page 22 to see how powerful your thinking is – what you think is what you get!

There may be a week when there is little or no weight loss. This is down to water level fluctuation. You will still be burning fat. Measure yourself, your body will be shrinking.

The body's water levels can fluctuate for a number of reasons; hormonal, weather, doing more activity, not drinking enough, medication, infection

(a pint of water weights a pound and a quarter, a 12st body contains over 80 pints of water)

**Just stick to the plan, drink regularly, and the scales will continue to go down.**



## 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 have one but do check beforehand. And consider that while a meal can take a couple of hours, people are only eating for a fraction of that time; mostly they're chatting 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/drinking – simply say you're not hungry, have toothache, on a health kick, you're driving or order fish on the bone and just play with it
- 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.

# Fasting is good for us.

Thousands of years ago, our ancestors would have fasted – not necessarily by choice, but because there would have been days when they just couldn't find food to eat. Fasting still plays a key part in many religions to this day.

Scientific studies show that intermittent fasting can result in great health benefits, such as helping with cell regeneration and reducing the risks of type 2 diabetes.

You can use our **FlexiFast plan** to lose weight, or as part of your long term weight maintenance plan.

## To lose weight

On your FlexiFast days you either:

- Replace all your meals with 4 LighterLife Foodpacks – giving you all the nutrition you need for a total of just 600-800 kcal each FlexiFast day, or
- Replace two of your meals with two, three or four Foodpacks, and have just one conventional meal.
- Or mix and match to fit in with your lifestyle — some days have 4 Foodpacks and no conventional food, and other days replace one or two meals with Foodpacks.

## To maintain weight

You Flexifast on some days, or replace a meal or two on some days and not on others.

Experiment with a regime that suits your lifestyle and eating patterns.

You can also have:

- Water, coffee and tea with milk, LighterLife Drink Mixes & Savoury Broth
- LighterLife extras: Fibre Mix, Mousse Mix, Jelly mixes, Popped Chips

For the best results with your FlexiFast plan, join a CBT Mindfulness group, where you can develop the tools to really understand your relationship with food and drink, and with yourself

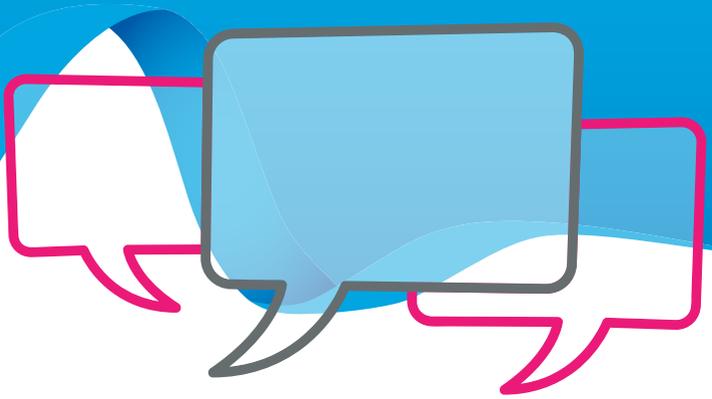
What you eat for your non-FlexiFast meals is up to you. Obviously, you need to make different choices if you are FlexiFasting to lose weight rather than to maintain your current weight. You get at least a quarter of your nutrition from each Foodpack.

You can use our Foodpacks to replace a meal on any other day as a convenient, healthy option, too.



**“The convenience of the Foodpacks fit perfectly into my busy lifestyle. I know that on my fasting days I’m getting all the nutrients I need.**

# LighterLife clients' comments.



“Where have you been all my life?”

**“I wish I’d found this years ago.”**

“I have wasted my life dieting and failing – now you have given me the answer.”

“They should tell you this stuff in school.”

**“Thought I would be hungry, but no.”**

“I’m amazed how much money I have left at the end of the month – enough to buy a new wardrobe.”

“I am getting back into my old clothes, and loving it.”

“People tell me I look years younger.”

“I can run up the stairs.”

**“My knees don’t hurt any more.”**

“I thought this was expensive, until I realised what I spend on ‘treats’ and secret stuff.”

**“My kids are so pleased I’m not the fat mum at the school gate anymore.”**

“I saw the before and after pics and thought it’s OK for them, it won’t happen like that for me.... Well it did!”

# Management is all about learning to live your Lighter future.

It's so easy to think that, **'now I have lost the weight, I'll just keep it off'**. Management is about learning how to maintain your new weight

**First** - It's important to follow the six-week reintroduction of ordinary food – that way you build up your self-knowledge about how you feel physically when you re-introduce 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 one year and kept going to their meetings, maintained the significant weight loss they achieved on TotalFast in the long-term,

The LighterLife website has lots of information about managing your weight long into the future, including 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

**6st**

in 6 months

+ has been successfully maintaining since 2010

**Gary has been keeping the weight off for more than a decade and counting.**

"I joined my LighterLife CBT Mindfulness group and the other men and I had some great banter on our weight-loss journeys. Management trained me in mindful eating, portion control and nutrition and it's one of the plans that separates LighterLife from others. These days I look to avoid processed food, still enjoy some old favourites but I know how to counteract it by eating better the following day.

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

**Zoe has been maintaining her new figure since 2008 and still going strong.**

“In 2017 I fell pregnant with my son, Oscar, but I wasn’t worried about the baby weight because I knew LighterLife would be there once I was ready, and they were.

Not only do I now look healthier than before, but I feel it too. During my weight-loss journey, I realised that food wasn’t just my indulgence or escape, it had become an addiction. With LighterLife I’ve learned mindfulness techniques that provided me with the tools I needed to deal with this and work through it.”



Zoe lost **6st** in 6 months + has been successfully maintaining since 2008

**Stella’s been a size 8-10 since 2010 and believes 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 LighterLife 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.”



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

# What does a Mentor do?

Clients tell me that 'Lighterlife changed my life', and that's why I'm evangelical about it, because for me, it didn't just change my life, LighterLife probably saved my life. It's not all about the Foodpacks – although those little nutrient-stuffed bombs are the firebreak to the daily constant internal chatter about food and weight.

LighterLife is the only diet that recognises the real battle is not on the plate but in the mind. Losing weight is 'easy' (at least in theory) – just eat less and move more – the numbers come down, the compliments fly, the new wardrobe is purchased. For a while life is good then life happens, old habits take over and one random morning you wake up and you're heavier than you've ever been and so it begins all over again. But good intentions and ordinary diets end up in yo-yo dieting.

**“That’s what we all want isn’t it - not just to lose weight, but not to find it again!”**

That's where I come in. I've been there too. I weigh 8st less than I did five years ago. I share my LighterLife learning and my lived experience to help others understand more about their current relationship with food and drink that's intertwined at every level of their existence. To experience the freedom of choice that such awareness brings to weight management – because that's what we really want, isn't it? Not just to lose the weight but to not find it again!

My job is to help you 'tool up' mentally for both weight loss and weight management. It takes courage to keep weight off and that first step into a LighterLife group is the most courageous of all. Are you ready?

Caroline



## What Mentors Say

**I help my clients be courageous weight warriors**

**This is the most rewarding career ever**

**I've got first-hand experience of all this stuff**

**It's so worth it – you're so worth it**

**I walk beside you through your journey**



## Type 2 Diabetes takes a DiRECT hit.

The trial, called DiRECT (Diabetes Remission Clinical Trial) was funded by Diabetes UK, and run from Newcastle and Glasgow Universities. Prof Lean goes on to say “Formula diets have proved extremely safe and effective in helping people to lose substantial amounts of weight.”

Now we don't want to blow our own trumpet - but actually yes we do. 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 go into remission for decades. It's good to know the rest of the world is finally catching up with us.

On another similar trial - the DROPLET trial, it was shown that people lost on average 10.7kg (1st 9lb) in 8 weeks, which was over a stone more than people receiving standard diet advice, and they kept the weight off for a year.

## Why the NHS is adopting LighterLife's way of thinking.

The obesity epidemic has spread around the world with more people being overweight than underweight. Obesity levels have rocketed from 1.5% in the 1960s to more than 25% today. Throughout there have been decades of conflicting messages about how to lose weight and improve health. VLCDs such as LighterLife's TotalFast enable people to lose around a stone a month. People also see significant improvement in various metabolic measures such as glucose, insulin, blood lipids levels and blood pressure.

The success of trials such as DiRECT and DROPLET for weight reduction and remission

“VLCDs are the only treatments currently available that can reliably achieve 15kg weight loss and consequently diabetes remission”

Prof Mike Lean, DiRECT trial

Trial manager Dr Nerys Astbury said that removing ordinary food in this way 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”, she said.

Now where have we heard that before? Ah, yes, LighterLife's been saying that for more than 30 years.



of type 2 diabetes have led to the NHS recommending Very Low Calorie Diets (VLCDs) and Total Dietary Replacement (TDRs).

A VLCD is when you only eat between 600-800 Calories a day. It's almost impossible to do this with food and get all the nutrients you need, but with TotalFast food replacement plan, you can.

For over 30 years, we've been promoting the benefits of VLCDs. 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. As a result, LighterLife's combination of a VLCD with CBT Mindfulness work is now currently working with the NHS piloting the delivery of its Programme.

Quite simply, there is not a more effective weight loss plan.

# 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.**

## Body matters

As well as Hot Topics there's also Body Matters information to dispel common dieting myths. It will help to get your body working with you rather than fighting against you.

## Secret eating

So many clients tell us the car or their bedroom are their “goto” places for secret eating. That's just what we look at with **Hidden moments**.

## 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, debating, arguing and planning with yourself about what you “could” eat, what you “shouldn't” eat and what you can “get

away with”? **The voice in your head** throws a spotlight on these conversations.

## Rocking the boat

Why is it when you're feeling great some people want to throw a spanner in the works? Our ‘Hot Topic’, **Rocking the boat**, explores why losing the weight means you rock the boat for other people as well as learning new skills to deal with these situations.

## The importance of changing how you think

Our unique 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 500,000 people. LighterLife groups are about getting off the dieting roundabout. 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 friendly weekly LighterLife groups.

Our mindfulness approach goes beyond what you put in your mouth and explores how your thinking affects your eating behaviour, giving you the tools for losing weight and keeping it off. It's time to be different.

Sharon lost 5st 5lb

“I’m a  
completely  
new person!



## The power of your thoughts.

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. Your thoughts 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.



“

I love working for myself, setting my own hours and helping people achieve their goals - being a LighterLife Mentor is the best!

-Zoe

## Be a LighterLife Mentor

Have these stories inspired you to be one of our Mentors? Are you interested in being your own boss, earning a good income and changing people's lives for the better?

LighterLife Mentors come in all shapes, sizes, ages, genders and ethnic backgrounds; and it doesn't matter where you are on your own personal journey. Our experience shows us that clients make the best Mentors - we are looking for people who have some understanding about who we are and who you are.

Mentors are the shop front of the business working both face to face and over Zoom with clients. Training initially starts with four training days via Zoom, followed by various workshops and get togethers.

If you think you would like to find out more about training as a self-employed Mentor, email us at [recruitment@lighterlife.com](mailto:recruitment@lighterlife.com)