

LIVING LIFE TO THE FULL

MIND OVER FATTER

It seems impossible but the key to losing weight is to change how you think about the foods you like so they make you feel ill, says life coach Janet Thompson



I WANT IT
Turning away from chocolate might be easier than you think. Picture: Getty Images/Westend61

Get a new spring look for less with this pretty Esmara oversized scarf from Lidl, which costs just **£3.99**.

The Stella McCartney SS16 collection had floral embroidery looks straight out of a botanist's sketchbook. Now Oasis have got in on the act. The Oasis Botany V Neck Dress, is **£55**, www.oasis-stores.com

Bella Freud has turned her hand to bags for Sport Relief at a less than luxury price. For every Girl or Everyone is Beautiful bag sold for **£5**, £1.50 goes to the charity. www.sainsburys.co.uk

savvy shopper
Bag the best buys on the latest looks

We love Lanvin's studded suede wedges but at **£515** at netaporter.com, they are a real luxury item. Instead, invest in Zara's micro studded leather wedges at **£49.99**.

IT was all about the pie-crust shirt at Fashion Week. Team yours with a midiskirt or cropped tailored trousers. Cotton frill striped blouse, **£29.50**, Marks & Spencer

YOU can transform your body if you change your mind, according to the creator of a new diet programme.

Life coach and nutritionist Janet Thompson has launched The Placebo Diet to help you change the way you think and feel about yourself and food.

It's geared to permanently change the patterns and habits that make you overeat and replace them with new habits that you choose yourself.

Janet, who'll be holding a weekend workshop next month at the Holiday Inn Express at Strathclyde Park in Lanarkshire, says habits and emotions drive our food choices.

Janet said: "We think of the placebo effect as purely related to medical trials.

"In many of them significant numbers of subjects get better on the placebo, purely because they believe they have been given the real thing. Brain chemistry determines how we feel and how our body maintains health and development.

"A belief can work in exactly the same way as a placebo and be powerful enough not just to make us feel happy instead of sad, but can literally change our physiology."

We asked Janet for tips on how The Placebo Diet can change your mind.

CRUSHING CRAVINGS

If you want to stop craving chocolate or another unhealthy food, anchor the taste and texture of it to something disgusting.

We've all eaten or drunk something that has made us feel

»»MARIA CROCE

sick. It's not the taste that changed but how we feel about it.

Use visualisation to see yourself in a different situation and associate the food such as a cream cake or chocolate with something awful.

When you walk past a vending machine without buying something, feel empowered and confident.

Take responsibility. You are free to choose whatever you want to eat but not free from the consequences of what you eat.

UNDERSTANDING HABITS

Don't think of breaking a habit – it's about changing it so you make your choices naturally.

If you hear the theme tune to your favourite TV soap and you

automatically go for tea and biscuits, change to picking fruit instead.

If you struggle to walk past a vending machine without buying chocolate, find a way of feeling better about walking past it.

If you want to lose weight for a wedding, think of the good of not eating something and how you'll look better.

There are three elements to initially installing a habit, first is the cue or the trigger, second is the behaviour itself and third is the reward. For your unconscious to install a habit, you must associate a reward with doing it.

The same triggers will still be there so you need to find an alternative behaviour or habit that will elicit a reward that's at least as

big or bigger than the one you got from the original behaviour.

PICK GOOD FOOD YOU LIKE

If you don't like it, don't eat it. The way to long-term success is to eat food you like.

Try different food, as it's about changing habits and finding food you like that's healthy.

Learn how to choose foods that make you feel good by changing some old associations so that you naturally do not want the old "heavy" foods and genuinely enjoy eating the foods that make you slim.

If you believe that dieting will mean deprivation, not being able to comfort yourself and not eating pleasurable things, then you will automatically self-sabotage.



USE YOUR BRAIN Janet wants to change how people think about food

info

- The Placebo Diet by Janet Thompson costs £12.99 (Hay House) and there's an interactive online package available.
- Janet Thompson is holding a Placebo Diet Retreat with a weekend workshop at the Holiday Inn Express, Strathclyde Park, Lanarkshire, from April 2-3. She will guide people through how to change your mind to want to eat less and enjoy different food and banish cravings.
- theplacebodiet.co.uk