

Use your mind to get those pounds off

By Craig Campbell

WHEN you see Janet Thomson turn into a furious, terrifying Peperami, you'll realise why she is such a genius at helping us lose weight!

With qualifications in Nutrition and Exercise Science, and a grounding in psychology, Janet has worked all over the world, from Saudi Arabia to the USA.

With a new book, *The Placebo Diet*, just out, she has featured on GMTV, Channel 4 and the BBC, and she may be

just who you need to shed weight.

"To give you an idea of what I do, I can tell you about one woman who came to me," says Janet.

"She wanted to lose weight for her wedding, and told me: 'The only thing I can't give up is eating Peperami.'

"She said these meat sticks were in the vending machine at her office, and they just called out to her and she couldn't stop eating them.

"Even just having one at her desk meant she would do her best work.

"She'd associated Peperamis with rewards, doing good work and then getting a treat in return.

"So I asked her: 'What does it say to you?'

"She told me it basically was shouting