

# Pathways to Perfect Beauty

REST ASSURED AT EVERY STAGE WITH THE WORLD'S LEADING EXPERTS

## The eyes have it

What do yours  
say about you?

### Weight loss

Your complete guide to surgery

### Ultimate Detox

Total colonic cleansing

### Think yourself slim

Harness the power of your mind  
to lose weight



ISSUE SPECIAL

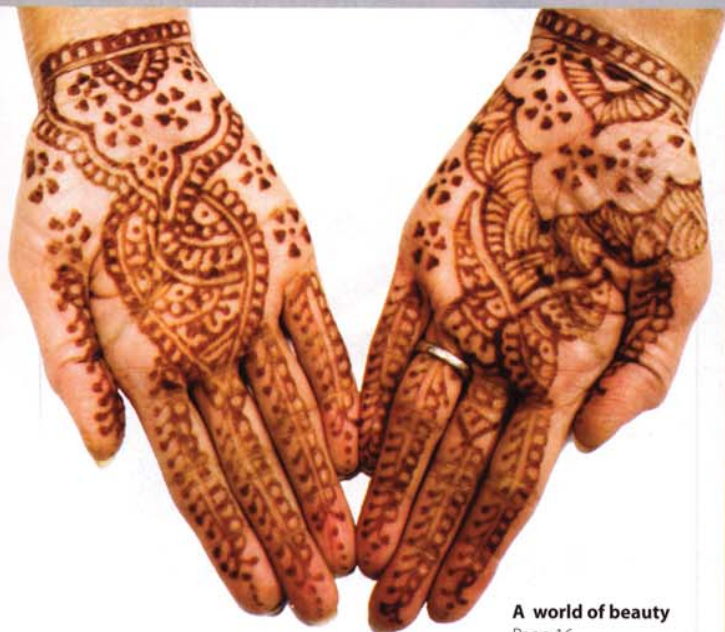
## The perfect smile

We introduce you to cosmetic dentistry

PLUS: WE TAKE A LOOK AT THE CHANGING FACES OF CELEBRITIES



# Pathways to Perfect Beauty



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# Building the new me

Meet Fiona Taylor. Overweight and unfit, she was determined to make a real effort to change how she felt about herself. Then she heard about Erak Simsson, whose expertise helped her build new confidence. Here is her intimate fitness diary.

## Let's meet Erak

A former Warrant Officer Physical Training Instructor, Erak Simsson has over 20 years experience coaching individuals and teams to improve their health and fitness and manage their weight. Erak's working approach is holistic, which for him is the gold standard of any successful weight loss. His programme combines elements of cognitive behaviour therapy, nutrition and exercise.

## Fiona's diary starts: July 2007

Right – I've got to get my act together. If I waste any more time I'll look back and think I've wasted my life, because I haven't done the best I could. Now is the time for action. No excuses left. I'm so slow and heavy and tired. I want to be different. Results are what matters, not trying. I've

**Results are what matters. Erak helped me plan how to get what I wanted**

'tried' and it hasn't got me there. I need something that's different.

### Week 1

Right! I need to learn to control my surroundings and the way I react to them. It's time to stop just accepting things and being passive. I can plan my daily meals, and I can also plan for when I eat out. I can also plan my exercise regime. I'll have to do a new plan each week, as my routine is constantly changing. But I like planning, so

it should be ok. The first thing to do is plan time in the diary to do that planning!

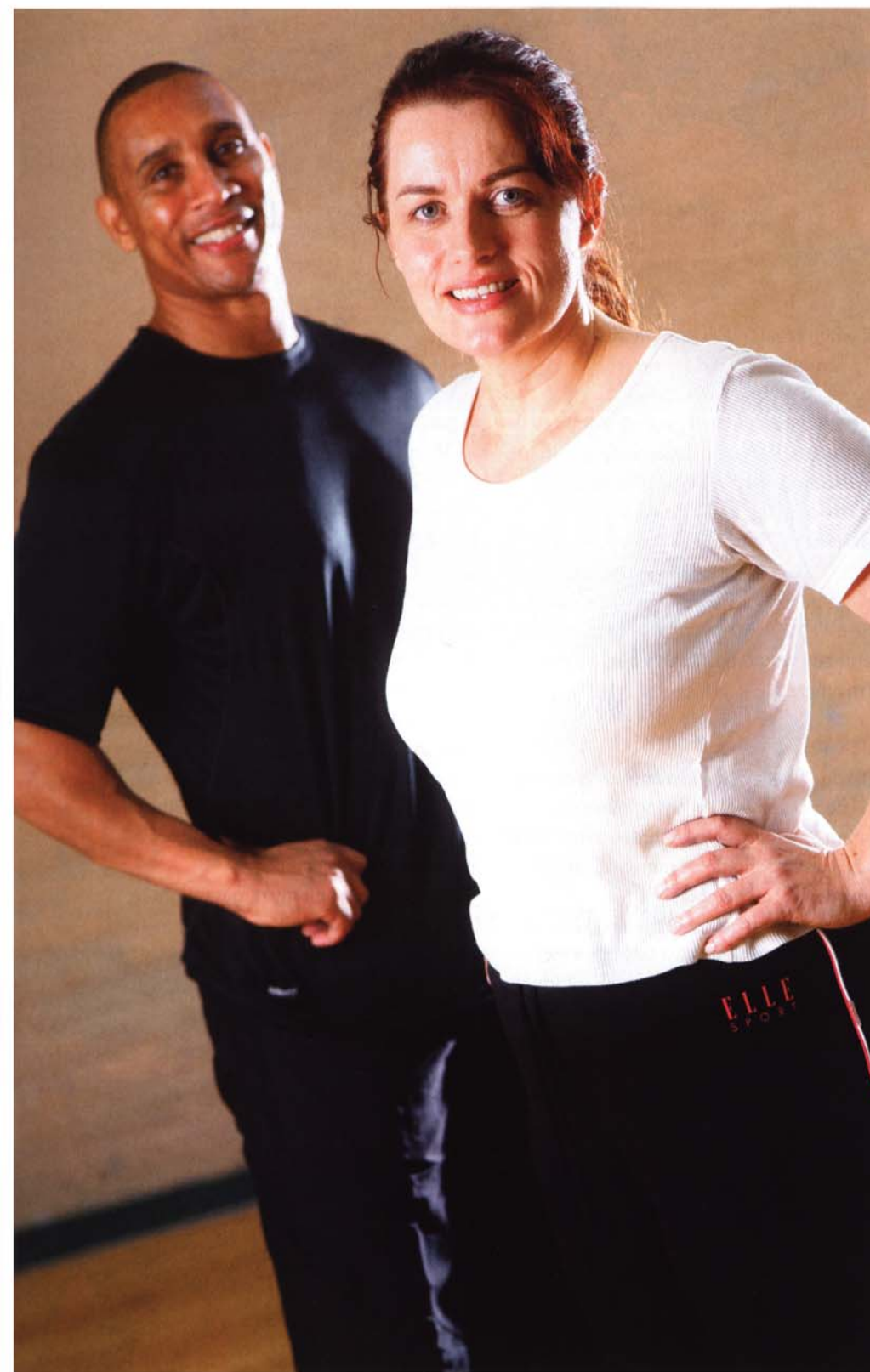
Today was my first weigh-in. I feel like I'm am not really me; it's as if the person on the outside isn't the person who's on the inside. I can see that trying to establish who and where I am now, is a fantastic step towards letting go of it – maybe I've never been able to do that before? Admitting to someone just how useless and powerless and fat I feel, is not the sort of conversation family and friends want to have with you! They all tell me I look great, that I've always been that way, I'm doing my best ... etc. They all make excuses for you!

I've discovered a great exercise! Writing down all the excuses I make for not doing the right thing – I'm tired, it's late, it's raining! And writing down new phrases – I want to, I'm going to, this is going to feel good. It's pretty powerful and I'm feeling the benefits of it already.

### Week 2

I've noticed that if I don't eat properly in the mornings, I end up craving and eating the wrong things, and too much of them. I even fell back to sleep one morning because my blood sugar had dropped after not eating properly – terrible! Activity burns calories and keeps you vibrant, sleeping does not! Another thing that isn't so good is drinking alcohol in the middle of the day – I know I shouldn't go there!

I'm going to write down what I eat every day, so I can be more aware of what I am putting in my mouth – usually I can't even remember half the things I nibble at or how much I've had. I've so far lost a pound. Look, it's ok. Remember it's not my weight that I



need to focus on, it's my control, self esteem, fitness and lifestyle – the weight loss will come with it. I'm happy with that. Oh yes, I must remember to get a heart rate monitor, so I can measure my results when running.

### Week 6

I'm doing ok. My fitness levels have improved and the self-discipline, well for me, it's amazing! I do feel tired all the time though, even though I'm sleeping much better. The exercise is hard to do, I feel so weak and out of shape still. I hope my operation to remove my gall bladder next week will sort me out. Then again, I hope I don't put on weight while I'm off the exercise. I'll have to be really careful about what I eat for a couple of weeks.

I've lost 7 pounds – great! But more importantly I've managed to do light jogging for a mile without stopping. I need to

**It's not the weight that's the focus for me, it's the control, self esteem, fitness and lifestyle – the rest will come**

schedule in some different exercises for after the op, so that I get more variety. At the moment I'm only doing light running and some free weights at home. There's lots of pressure to go back to all those bad habits, but I don't feel out of control. Nearly every day is ok, most of the time.

I've decided to write down things I am learning, either about myself or in general. Hints and tips, little things that really do make a difference.

### Week 10

I've learned I feel better when I drink a lot of water – I feel more awake and clearer-



Erak's programme offered the support I needed to put me back on track'

‘Had to go and buy new training kit as all my track bottoms were just falling off me!’

mindful and lighter somehow. Need to put a permanent bottle in my bag for when I go to meetings. Need to find other activities so that weight loss isn't my only focus.

My fitness is starting to improve after the op as well. Things seem so much easier than before. Perhaps I can go back to the gym? That would also surround me with like-minded, healthy people.

Dropped a dress size definitely. Hardly any of my work trousers fit anymore! I'll have to buy new ones soon. No I'm not keeping them in case I go back to the bad old days. I'm never going to stop doing the things I'm doing now, no matter what. I've also learned that it's only by changing and adapting my routines that I eventually find something that feels right and comfortable for me.

For example, it's best if I workout daily and stay completely away from 'bad' foods. That suits my mentality. It helps me stay focused, which is something I struggle with. When I go off track, I do so big time and it's such an effort to get back on. I only found this out by trying to exercise three times a week, and eating a tiny bit of something naughty. It just didn't work for me. I'm either fully committed or not at all. I'd decide to take another day off from exercising because 'I can always do a longer session tomorrow' or I'd have another bit of chocolate because 'I'll work it off later'!

**Week 12**

One week after my birthday and I've put on weight. After having such a great week the week before. But do you know, I didn't actually enjoy indulging on my three days off! I guess I was testing myself – and I found I wouldn't have missed it if I hadn't had it.

My eating habits certainly aren't perfect and I do get frustrated when I slip up, but I don't eat like I used to – and I don't want to either – so that's great! Pastry and cream



and white bread really turn my stomach now. I also noticed that I did say no repeatedly to things that people were trying to get me to eat, I was persistent with my 'no thanks' which was really good as I usually give in to please others – NOT ANY MORE. Also, there was one day I felt really down, tired and demotivated – it happens sometimes, but I did the exercise session anyway... that for me is fantastic! I've been swimming too, and I do 50 or 60 lengths. I could not have imagined I would be like this but I'm loving it! I'm amazed.

**Week 15**

Well I don't believe it – lost another 5 pounds and I don't even feel I'm trying. I love the running. I'm doing at least three miles three times a week, sometimes more. It's great. I even miss it after 48 hours!

Had to go and buy new training kit as all my track bottoms were just falling off me! The weights are hard as I feel weak still, since the op, and it's a strain, but I can see that I'm getting stronger already and I believe that if I keep at it, it will begin to feel like the running – completely natural and something I want to do. I still keep away from really unhealthy food, but I'm not as careful as I could be sometimes, that's the only thing that lets me

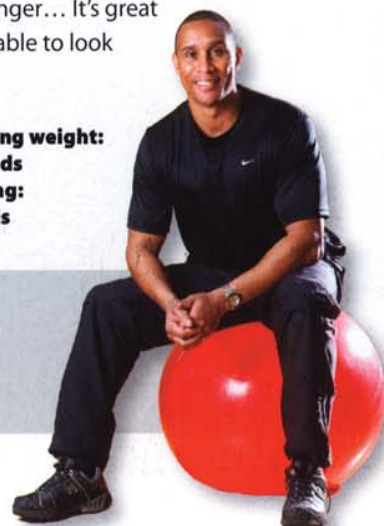
down. I don't feel good about that and I need to get that sorted out. How?

Still, as long as my fitness improves and I am losing the fat stuff, that's important, but my self control and doing the best for myself still needs a bit of work. Sometimes I think its comfort eating – my social life could be better. I'll make a list of things I can do instead, like having a hot bath. I'm also thinking of going back to salsa classes, as that will make me feel motivated and allow me more self expression, which I think is what I need. Hopefully, make a friend or two there as well.

I've just written a whole new load of affirmations to keep me on the healthy track eg don't eat white flour; don't eat biscuits; I'd like to lose another stone...

I know I won't hit my target weight by Christmas, but that doesn't seem to matter. I know that one day I will make it. I know too that one day I'll be able to run better, lighter, faster and longer... It's great to finally be able to look forward!

**Fiona's starting weight: 13st 10 pounds**  
**Final weighing: 12st 3 pounds**



Erak Simsson BSc(Hons) Cert Ed  
 For more information about the *Coach Me Slim & Trim* fitness and weight management programme, visit:  
[www.coachmeslim-trim.co.uk](http://www.coachmeslim-trim.co.uk)

PHOTOGRAPHS BY JAMES CHEADLE