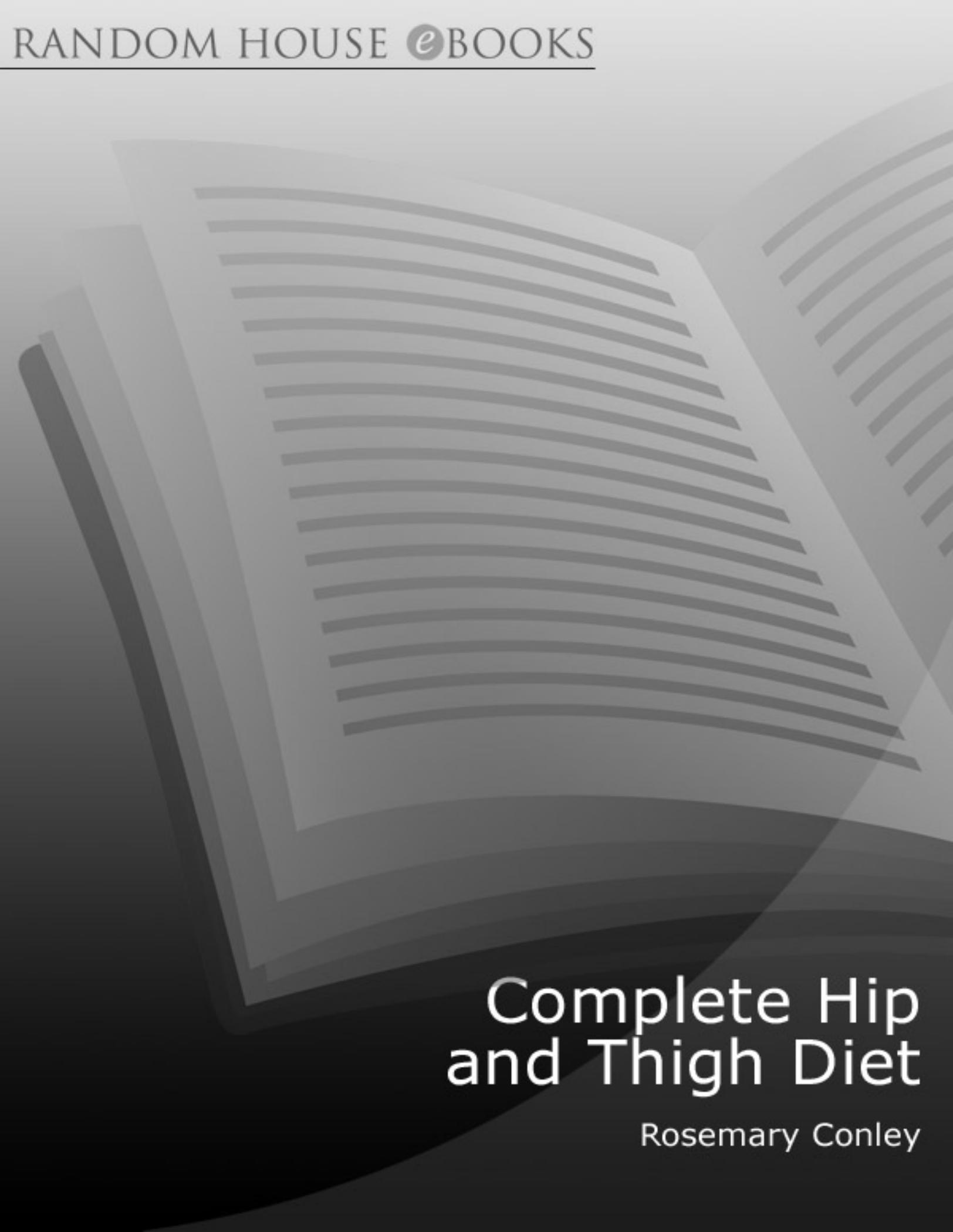


RANDOM HOUSE  BOOKS



Complete Hip and Thigh Diet

Rosemary Conley

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About the Book

As thousands of successful slimmers have testified, the Hip and Thigh Diet is, quite simply, the diet that works. Slimmers the world over have trimmed inches off those parts other diets failed to reach, transforming their shape and improving their health. And what's more - those unwanted inches have stayed away! This fully updated and expanded edition of Rosemary Conley's diet book provides further evidence of the diet's long-term success. With a wider selection of flexible menus, over 150 recipes, more options for vegetarians, maintenance instructions and straightforward fat charts, and a new programme of exercises for the hips and thighs, dieting has never been simpler. There's plenty to eat and no calories or units to count, just incredible results to enjoy!

About the Author

Rosemary Conley is Britain's most successful and best-loved health and fitness expert. She is the bestselling author of more than a dozen health, fitness and diet books, with sales in excess of 5 million copies. She has appeared on numerous radio and television programmes worldwide, and has her own bestselling magazine and videos. She lives in Leicestershire.

ALSO BY ROSEMARY CONLEY

Rosemary Conley's Hip and Thigh Diet

Rosemary Conley's Inch Loss Plan

Rosemary Conley's Hip and Thigh Diet Cookbook
(with Patricia Bourne)

Rosemary Conley's Metabolism Booster

Rosemary Conley's Whole Body Programme

Rosemary Conley's New Hip and Thigh Diet Cookbook
(with Patricia Bourne)

Shape Up for Summer

Rosemary Conley's Beach Body Plan

Rosemary Conley's Flat Stomach Plan

Be Slim! Be Fit!

Rosemary Conley's Complete Flat Stomach Plan

Rosemary Conley's New Body Plan

Rosemary Conley's New Inch Loss Plan

Rosemary Conley's Low Fat Cookbook

Rosemary Conley's Red Wine Diet

Rosemary Conley's Low Fat Cookbook Two

Eat Yourself Slim

Rosemary Conley's Gi Jeans Diet

Rosemary Conley's Step by Step Low Fat Cookbook

Rosemary Conley's The Ultimate Gi Jeans Diet

Slim to Win Diet and Cookbook

Rosmary Conley's Amazing Inch Loss Plan

Rosemary Conley's

**COMPLETE
HIP AND THIGH
DIET**



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Acknowledgements

I would like to acknowledge with grateful thanks the readers and followers of both my original *Hip and Thigh Diet* and the subsequent *Complete Hip and Thigh Diet* who so kindly wrote marvellous letters telling me of their success on the diet, and those too who so thoughtfully completed questionnaires, which gave me a great deal of valuable information. Special thanks must go to those dieters who, having lost very significant amounts of weight, sent their 'before' and 'after' photographs for use within my TV programmes and who allowed me to quote from their stories here. I am also very grateful to those who submitted recipes for inclusion in this book. Without all these wonderful people this book would not have been written.

A warm thank-you as well to the following: JVF Consultants Ltd, whose expertise enabled us to reproduce on our computer the data from the questionnaires; my editor, Jan Bowmer, particularly, for her continued help, encouragement and support throughout the lifetime of the *Hip and Thigh Diet*; Dennis Barker, for producing such eye-catching covers; and Judy Collins for her help in sub-editing this latest book. Special thanks must also go to my secretary, Diane Stevens, not only for her endless hours of typing but also for her thoughtfulness and total co-operation.

Introduction

DEAR READER,

In January 1988 my *Hip and Thigh Diet* was first published and it was followed, a year later, by the *Complete Hip and Thigh Diet*.

The latter book included an extended diet and a great many testimonials confirming the effectiveness of this revolutionary diet plan, which I had hit upon completely by accident in February 1986 when diagnosed as having a gallstone problem. I was forced on to a low-fat diet, which not only enabled me to avoid major surgery at that time but also had the extraordinary side-effect of reducing my hips and thighs by a great many inches. I developed the diet which provided the basis for my *Hip and Thigh Diet* books.

At that time I had no idea that the book would remain in the *Sunday Times* bestseller list for five years. Along with other titles that I subsequently published, my books regularly enjoyed the number 1 position. At one point I had four titles in the top ten at positions 1, 2, 3 and 7! In November 1991 the *Sunday Times* decided to drop diet books from their general paperback bestseller list, perhaps because they were fed up with my books appearing on it with such monotonous regularity. I was, however, informed that *Complete Hip and Thigh Diet* was still riding high in the *real* list! In mid 1992, diet books were reinstated under the 'manuals' section, and at the time of writing, *Complete Hip and Thigh Diet* is at number 3.

I think it is reasonable to assume that the reason a diet book continues to sell consistently in such high numbers

and for so long a time is simply because *it works*. I continue to receive thousands of letters from satisfied dieters who are astounded at the results they have enjoyed. The letters and completed questionnaires arrive from all corners of the world - the *Hip and Thigh Diet* has been a number 1 bestseller in five countries.

I followed the publication of *Complete Hip and Thigh Diet* with the *Inch Loss Plan*, the *Metabolism Booster Diet* and the *Whole Body Programme*, all of which have been number 1 bestsellers. However, there does seem to be a certain unique quality about the *Hip and Thigh Diet* which appeals to the general public and has consequently enabled its formula to reign as the *supreme diet* (despite the fact that the later books are, I feel, particularly strong in their message and effect). With the benefit of continuing correspondence from its followers I have been able to extend my research into the effectiveness of the Complete Hip and Thigh Diet and I felt it was appropriate to update the book and include the latest, more extensive statistics, coupled with some inspirational testimonials which offer very special words of encouragement for anyone thinking of embarking on a diet. I have also extended the menus as, during the last five years of following the diet continuously myself, I have learned and developed many new ideas and techniques for producing tasty meals. I have also been fortunate enough to be given additional recommendations by fellow-dieters. The menus that I have included extend far wider than previously and incorporate budget, as well as gourmet, suggestions. The 'vegetarian section' has been considerably expanded in order to cater for the increasing numbers of non-meat-eaters. This book also incorporates a section on exercise which was not included in the previous edition of my *Complete Hip and Thigh Diet* book, thus now providing a truly complete hip and thigh programme.

Diets are forever being criticized as being ineffective in the long term. Just prior to revising the *Complete Hip and*

Thigh Diet, I had the privilege of being invited as a guest on the Wogan Show. My appearance coincided with the publication of a report in America that stated 95% of dieters regained their weight and many ended up weighing more than they had before embarking on their diet. Understandably, the effectiveness of my diets was questioned, and I welcomed the opportunity to deny vigorously that such statistics would be applicable to *my* dieters.

When I decided to expand and update *Complete Hip and Thigh Diet*, I determined to establish the diet's long-term results. My only way of establishing these facts was to write to those dieters whose weight details appeared in my earlier book and who had completed the original questionnaire. These same dieters had received a second questionnaire back in 1989 and a third at the end of 1991.

The response was very heartening. A staggering 40% of dieters had actually *maintained their weight loss over the five-year period*. A further 24% had increased their weight loss during that period and maintained it thereafter, 8% of whom had actually doubled their weight loss. A further 12% had gained only a fraction - less than 25% - of their original weight loss. (Remember, the American survey reported 95% regained it all.) A further 8% had regained between 25% and 33% of their original weight loss and 12% had regained 33% or more of their original weight loss. Only 4% actually weighed more after the five years than they had when they started the diet. There was no doubt that the evidence proved conclusively that followers of my diet within this trial group had dramatically changed their eating habits with the effect that 76% of dieters had been able to maintain their weight, or their weight gain had been so insignificant as not to affect their size or general health. Against the reported 95% failure rate of most other diets, there is little doubt that the Hip and Thigh Diet is in a class of its own. I am not aware of any other diet author

who has instigated such an investigation and published such long-term results.

The reason for this astounding success is simply that anyone who seriously followed the diet did actually enjoy the effect of a re-education of their palate which enabled them to change their eating habits. Not only that, if they did so for themselves the chances are that they did it for their families, too, thus enhancing their relatives' chances of enjoying better health and a longer life. There was, for example, an instance within my trial group where the husband had dieted alongside the wife and he had managed to lose 5 st (31.8 kg) of unwanted weight. You can well imagine the improvement to their general well-being as a result of the two of them drastically reducing in size.

The Complete Hip and Thigh Diet works in the long term because it actively re-trains your eating habits. Dieters soon get used to preparing their food in a different way and they find that after a short time following the low-fat regime they no longer miss the fat. Certainly the increased sense of well-being far outweighs any feeling of initial deprivation. When the dieter looks in the mirror and sees his or her shape returning to that he or she once enjoyed years ago, and experiences an energy level to match, there really is no argument. Often the husband follows the example of the wife when he sees what delicious food she is eating and then the children follow suit as the whole family realizes that this is the way to better health and more energy. It doesn't take long before low-fat eating becomes a way of life.

We are constantly being reminded by the various health programmes and authorities that a low-fat diet is the way forward for a healthier future. From the thousands of letters that I have received, and particularly from those who have enjoyed enormous benefits to their health as a result of following the low-fat diet, it is clearer than ever

that this is the route we should be taking. Ironically, it took vanity – a desire to *look* better through reducing the fat around our hips and thighs, or around our tummy or our backs (wherever the fat is deposited) – to spur us into action. For years we had been told to eat less fat in the hope that it would help prevent a potential heart condition, but the ‘it won’t happen to me’ syndrome prevailed and few people took heed of this advice. However, dieters soon became excited when they could see emerging the cosmetic benefits to their shape.

When I myself embarked on a very low-fat diet rather than undergo major surgery, I discovered the fantastic side-effect which can only be described as a miracle. My disproportionate pear-shaped body began to change shape and inches fell off my hips and thighs for the first time in my life! The members of my exercise classes pleaded with me to share the diet with them and, amazingly, after only a few weeks they enjoyed the same results – shedding those inches previously impossible to shift.

It was at this stage that I tested the diet further with a team of volunteers recruited through local radio stations and 120 men and women followed the diet for an eight-week trial period. It then became obvious that it wasn’t just large-hipped figures that benefited. Those with a top-heavy, ‘busty’ figure lost weight from their busts, and those with a more roly-poly figure lost it from around their tums. I believe this diet is so effective in shedding inches from our body’s waste grounds because the body utilizes the highly nutritious food, rather than storing it as reserves of fat as is the case with most high-fat junk food. In the Department of Health and Social Security’s Report 28 on ‘Diet and Cardiovascular Disease’, it suggests that *everyone*, regardless of weight, sex, age or condition, could benefit from reducing their fat intake by about one third. I read in one book that we need only six grams of fat a day, and yet most people in the Western world consume a daily average

of 130 grams. My diet does not stipulate that slimmers eat anywhere near as few as six grams, just considerably less than the average daily intake. On the Maintenance Programme, the fat allowance is increased, although it still remains lower than the amount we have been used to.

Nutritionally we need fat for energy and certain vitamins. Since these fat-soluble vitamins can be stored in the body, there is little risk of deficiency for the duration of the diet. I nevertheless recommend that everyone following this or any other diet take a multivitamin tablet each day to make sure that they are eating sufficient vitamins.

Just three weeks after the first *Hip and Thigh Diet* book was on sale, letters began flooding through my letterbox. Words like 'incredible', 'fantastic', 'staggering', and 'amazing' were used to describe the effect of the diet on readers' bodies. 'I've regained my youthful figure after twenty years'; 'I just wouldn't have believed it could have happened, let alone so quickly and so easily!' It was truly wonderful to hear how well the diet was working for everyone.

Also, among the many letters I received, there were many requests for more vegetarian menus and packed lunches. Readers also outlined the benefits to their health that this diet brought them. Arthritics enjoyed greater mobility and less pain; heart patients enjoyed real improvements in their condition; many found that digestion improved and symptoms of PMT disappeared. Also, not surprisingly, gallstone sufferers enjoyed significant relief. The results of 250 questionnaires showed that 89% of respondents felt healthier on this diet. In response to countless requests, I produced an exercise audio cassette and, more recently, a new exercise video for hips and thighs, which contains the most effective exercises to help tone up this difficult area. This *Hip and Thigh Diet* video, part of my *Top To Toe Collection* published by the BBC, I

recommend people to buy in preference to the original. Also, there is a Postal Slimming Course for those who feel they need personal support. See the last page of this book if you wish to consider applying for any of these aids. We just want to help you to achieve the kind of figure you've always dreamed of. Exercising has never been more fun; and dieting has never been simpler: there's plenty to eat and no calories or units to count - just incredible results to enjoy.

With very best wishes.

A handwritten signature in black ink that reads "Randy Carly". The signature is written in a cursive, flowing style with large, connected letters.

PS It is always advisable to check with your doctor before embarking on this or any other diet programme. Most people will benefit from undertaking exercise, but do check with your doctor if you feel that there may be some doubt as to your suitability.

1

'It works! It really, really works!'

'THANKS A MILLION. It works! It really, really works!' read the letter from Lorna Cowley, just one of many I received shortly after the publication of my *Hip and Thigh Diet* in January 1988. Cynthia Wall wrote: 'I never thought I'd be writing to anyone saying "your diet is wonderful" but it is, and I am!'

Claire Davison reported: 'I have lost a stone (6.4 kg)! And have never in all my fat life (I was 11 st 1 lb [70 kg] at ten years old) eaten so much food, or felt so well or had so much energy. I feel like a teenager again (I'm fifty-six years old).' Stella H. wrote: 'I started your Hip and Thigh Diet last August and between August and November lost 4½ st (28.5 kg). A low-fat diet and more exercise has meant that I am continuing to lose weight and I am absolutely thrilled ... I cannot remember when I last felt so well and don't bother weighing any more. Compliments are more than sufficient to tell me the diet (change of lifestyle) is continuing to make a difference ...'

Audrey Bewley from North Yorkshire wrote: 'I have been following your Hip and Thigh Diet and every word is true - the weight has gone from the most stubborn parts of my body. I truly love the diet.' During the eight-week trial period that Audrey followed the diet she lost 1 st 2 lbs (7.3 kg). She and her husband have continued with the diet and, not only has Audrey maintained that original weight loss, she has actually decreased her weight by a further 1 st 7 lbs (9.5 kg), resulting in a grand total of 2 st 9 lbs (16.8 kg).

She has maintained this new weight of 9 st 1 lb (57.6 kg) for over a year now. She wrote: 'You will be pleased to hear that my husband who has always been heavily built has almost reached his goal ... he has lost nearly 5 st (31 kg) ... I don't know his measurements, just that he looks so good!'

I *knew* my diet worked. It has worked for me and it has left me in no doubt as to its effectiveness when my original trial team put it to the test. The results really were staggering. When the *Sunday Express* bought the serial rights to my book I was terribly excited. I never once doubted my diet's effectiveness but I knew it was not easy to convince the media. *This* diet was different. *This* one worked. *This* one was easy to follow. *This* one made you feel good - not irritable like most diets. And, yes, it really *did* reduce inches around those parts other diets didn't reach.

'Why hasn't anyone discovered the diet before?' I was asked many times during my promotional tour for the book. Funnily enough this type of diet *had* in fact worked before for others but they hadn't realized what was happening to their bodies. I was in an ideal situation, with all the circumstances just presenting themselves perfectly. Let me explain. When, in 1986, I was struck down with a gall bladder problem and faced imminent surgery, I was just winding up a business and about to become self-employed. I couldn't possibly take six weeks off to have my gall bladder removed, so I opted to follow a virtually fat-free diet. I was very determined and I did it! In my job as a slimming and exercise teacher I needed to wear skin-tight leotards and tights. At 5 ft 2 ins (1.57 m) I was not really overweight at 8 st 7 lbs (54 kg) but my enormous posterior and thunder thighs did make me look much weightier than I really was. Consequently, when these embarrassing areas began to slim down, but the rest of me stayed the same, my exercise students became inquisitive - eager that I should pass on my secret for their benefit! This I did and, yes, it worked for them too.

As I had already had several books published on the subjects of slimming, exercise and positive attitude, it seemed obvious that I should publish a book describing my new miracle eating plan. I realized that to convince the world at large (and my publisher) that my new diet worked, I would have to have detailed information on its success rate. As a regular broadcaster on local radio I asked listeners to try out the diet. They did and it worked for them as well. In fact 89% said they lost weight from the areas they particularly wanted to slim. It was so exciting to hear their comments, to see their diminishing measurements, to read how well they felt and how they never felt hungry. I just couldn't believe how positive everyone felt. It was wonderful.

My publisher was as excited as I was. Contracts were hastily drawn up and agreed, and four months later I had finished the book. I can remember posting it by registered post and thinking to myself - I *know* this is going to be a bestseller.

Two weeks after publication my book entered the non-fiction paperback bestseller chart - at number 1. I just couldn't believe it! It stayed there for the next week - dropped to 2, then 3, then up to 1 again where it stayed for over six months. The publishers kept reprinting and the readers succeeded in losing their weight and inches and telling their friends.

After about a month I began receiving letters - lots and lots of very encouraging letters. The readers were saying they just couldn't believe that the diet was in fact working just as I had said it would. They couldn't believe the change in their shape. They couldn't believe that this diet worked even though they seemed to be eating much more food than normal. It was their total shock at its effectiveness that prompted them to write. Here are some extracts from their letters.

Pam Irwin wrote:

'Initially when I read your book I thought "this is too good to be true", but I've followed your diet plan for eleven weeks now (not too rigidly - having breaks for birthdays and weekends away!) and have lost 22 lbs (10 kg). I have also lost 4 ins (10 cm) from my bust, 4 ins (10 cm) from my waist and an amazing 6 ins (15 cm) from my hips and 3 ins (7.6 cm) each from my thighs, and I haven't found it a problem or that I'm giving up anything. Never have I lost so much so easily and quickly! I also feel 100% better in myself and my skin and hair have never been in such good condition!'

Jane F. from Kenilworth wrote:

'I imagine you have hundreds of letters every day telling you how fantastic your diet is and lots of different stories. I never thought I would be sitting here writing a letter about a diet, but it is incredible!

As a young teenager I was quite slim, but at seventeen years old I got married, then pregnant and weighed in at over 15 st (95 kg). I started going to the clinic with my son and joined their slimming club and exercise afternoon. It took a long time and after I finished at the clinic I continued to diet on my own and was very pleased that on my twenty-first birthday I weighed 10 st 12 lbs (69 kg).

When I was twenty-six years old my husband left me and I very easily slipped into the habit of eating and eating. I then met up with a lad I had gone out with as a schoolchild and have been with him ever since. I have been "on" and "off" diets for years, but have put on more weight than I have lost. My boyfriend was quite happy and, as he puts it, "likes me with a bit of fat". My mother died last year and instead of not being able to eat like some people I worked my grief away by eating constantly. In November, I weighed

13 st 9 lbs (86.6 kg). It was then that I read your book and my sister and I started your diet on 5 November. By 24 March I was down to 11 st 2 lbs (71 kg), feeling great, and down three sizes in clothes. I had reached what seemed an ideal weight and went on to your Maintenance Programme. At the beginning of the diet this was the part I was dreading - either putting my weight back on, or the thought of always having to watch what I eat. But surprise, surprise, it's easy!

It's now 18 April and, guess what, I weigh 10 st 12 lbs (69 kg) - the same weight as when I was twenty-one years old, and I look and feel twenty-one years old again. All I really wanted to say is thank you so very much for a fantastic diet which is so easy.'

I sent a questionnaire to Jane and her inch losses were dramatic. She had lost 6 ins (15 cm) from her bust, waist and hips, 5½ ins (14 cm) from the widest part and 3 ins (8 cm) from each thigh. She added:

'I have been on the Maintenance Programme for several weeks now. I don't think I could eat as I used to ever again. It seems almost impossible to put weight on. In fact I'm eating a little bit extra to make sure I don't lose any more for the time being.

Thank you so very much for your wonderful diet. Absolutely fantastic! I now weight 10 st 6 lbs (66 kg).'

Jill Erikson wrote:

'I am writing to you because you have done so much for me and my family. Today I attended Outpatients for my six-monthly check-up. The nurse was staggered by my 24 lb (11 kg) weight loss. My performance on the blowmeter, or whatever they call it, surprised the consultant, particularly as I was not taking my two drugs - a heart pill and a steroid

for breathing. I have started to play golf again for the first time in 12 years. My golf handicap is coming down! Until Hip and Thigh I was literally dying, wanting to retire, everything was an effort and I couldn't wait to go to bed.

I am fifty-six years old, a bronchial asthmatic (lifelong, with several pneumonia bouts), I have had ankylosing spondylitis for forty years and in 1966 I had a major road traffic accident and was hospitalized for a year.

Some seven years ago I decided I had had enough of the medical profession. I tried all types of diets and read up on nutrition, vitamins, minerals, etc. There were marginal improvements, but gradual physical deterioration; no energy, no enthusiasm and I was very depressed about galloping old age. *Hold everything!* My eighteen-year-old daughter, wanting to lose a few pounds, brought home your *Hip and Thigh Diet* book and the rest is history.'

One of the criticisms I received as a result of the publication of my *Complete Hip and Thigh Diet* was that I didn't include any details about significant weight losses. This was because my research was based on only eight weeks' dieting on the part of most of my volunteers. Obviously, as the years have passed, I have been able to learn of many more who have lost very considerable amounts of weight. Ann Brown is a perfect example. She wrote:

'I have never had so much success so quickly as on this diet. The results are so immediately noticeable. The last stone (6.35 kg) was quite hard to lose, but I just was very strict with myself. It really was easy and as my husband did it with me (he needed to lose a stone), it made it fun planning meals too. Two years is not really long to transform myself totally for the rest of my life. I continue to follow the diet and I would like ultimately to weigh under 9 st (57.2 kg).'

At the time of returning her completed questionnaire, Ann had lost 7 st (44.5 kg) – a far cry from the 16 st 7 lbs (105 kg) she weighed two years earlier. With her 5 ft 4 ins (1.62 m) height and large frame, 9 st 7 lbs (60.3 kg) enabled her to look very slim in the photograph that she sent me. Her inch losses were dramatic. Ann lost 10 ins (25 cm) from her bust, 8 ins (20 cm) from her waist, 10 ins (25 cm) each from her hips and widest part, 6 ins (15 cm) from each thigh and 4 ins (10 cm) from each knee. Her figure now measures an enviable 36-26-36 ins (91-66-91 cm).

During the early part of 1992 my second television series was screened on BBC 1. One of the joys of such a programme was the opportunity to meet many people who had enjoyed the benefits of my low-fat diets and had reduced their weight dramatically. We regularly showed 'before' and 'after' pictures, which were of great inspiration and encouragement to countless viewers. The success of three of these was particularly outstanding and I felt this new edition of *Complete Hip and Thigh Diet* wouldn't be complete without their stories. The three had followed the Complete Hip and Thigh Diet to achieve their stunning weight losses.

Susan Randall wrote:

'It's great! This diet really does work! After being tubby as a child and always a bit overweight as a teenager, I went to being extremely overweight after having my two children. At the age of twenty-six, 5 ft 10½ ins (1.86 m) tall and weighing in at 16 st 1 lb (102 kg), I was depressed and I felt and looked awful. An old friend (who was also tubby at school) recommended your Hip and Thigh Diet after she had lost several stones on it and so, with her success as my motivation, I gave it a try.

A year later and 5 st 5 lbs (34 kg) lighter, I am delighted. I feel great, my confidence has increased and I actually wore a size 12 straight skirt this week - something I have never done before. My measurements have gone from 44-38-50 ins (112-96-127 cm) to 36-28-38 ins (91-72-97 cm), along with 6½ ins (16 cm) from thighs, 6 ins (15 cm) from above the knees and 3 ins (7 cm) from the arms - quite a change. I still have about 7 lbs (3 kg) to lose, but I'm confident that it will go and that I can keep it off. My husband joined me on the diet to give me encouragement and lost 1½ st (9.5 kg) into the bargain.

I felt I had to write as I hope my success will help somebody else to shed those unwanted stones.'

I wrote to Susan and asked her to complete a questionnaire. The results are: Over a period of fifty-six weeks, Sue had lost 5 st 7 lbs (35 kg). At 5 ft 10½ ins (1.86 m) tall, she looked very slim at 10 st 5 lbs (65.7 kg) when she came on my programme. Sue had lost 8¼ ins (21 cm) from her bust, 10 ins (25.4 cm) from her waist, 12 ins (30.4 cm) from her hips, 6 ins (15.2 cm) from each thigh and 4 ins (10 cm) from each knee. She now had an enviable 36-28-38 ins (91-72-97 cm) figure that was very trim for her large-size frame, which is indicated by the fact that she takes size 8 shoes.



Susan Randall

Susan wrote:

'This diet has become a way of life to the family - my children eat the same meals as we do and so it is fairly easy for us to maintain our weights. I feel really healthy and so much more confident than I have for a long time. I hope by writing to you someone else will be inspired by my loss and achieve what I have done.'

I first met Kathryn Orr when she came along with her husband to watch one of my television programmes being made in the Metro Centre at Newcastle in early 1992. She introduced herself and bowled us over with the news that in the last eighteen months she had lost 8 st (50.8 kg)! Initially Kathryn stuck strictly to the Hip and Thigh Diet losing 42 lbs (19 kg) in twelve weeks but then she modified it to her own liking, just eating very low-fat food and regularly exercising to one of my workout videos. In the following fifteen months she lost another 5 st (32 kg), finally reaching her goal of 10 st 5 lbs (65.7 kg). When we met I couldn't believe Kathryn had ever been overweight let alone once weighed over 18 st (114 kg)! So impressed were we by her story that we invited Kathryn along to another programme recording a few weeks later so that she could inspire our viewers.

I asked Kathryn to complete a Hip and Thigh Diet questionnaire. She had lost 12 ins (30 cm) from her bust, 12 ins (30 cm) from her waist, 12½ ins (32 cm) from her hips and 14 ins (35.5 cm) from her widest part. Prior to following the diet Kathryn admitted to frequent bingeing. This had now ceased completely. Despite the fact that previously she had tried more diets than she cared to remember, on this one she felt healthier, her cellulite had reduced, the condition of her hair and nails had improved and she had actually enjoyed following the diet. One of the

main reasons for this was the fact that she could eat so much more than on most other diets.

At the end of the questionnaire Kathryn wrote:

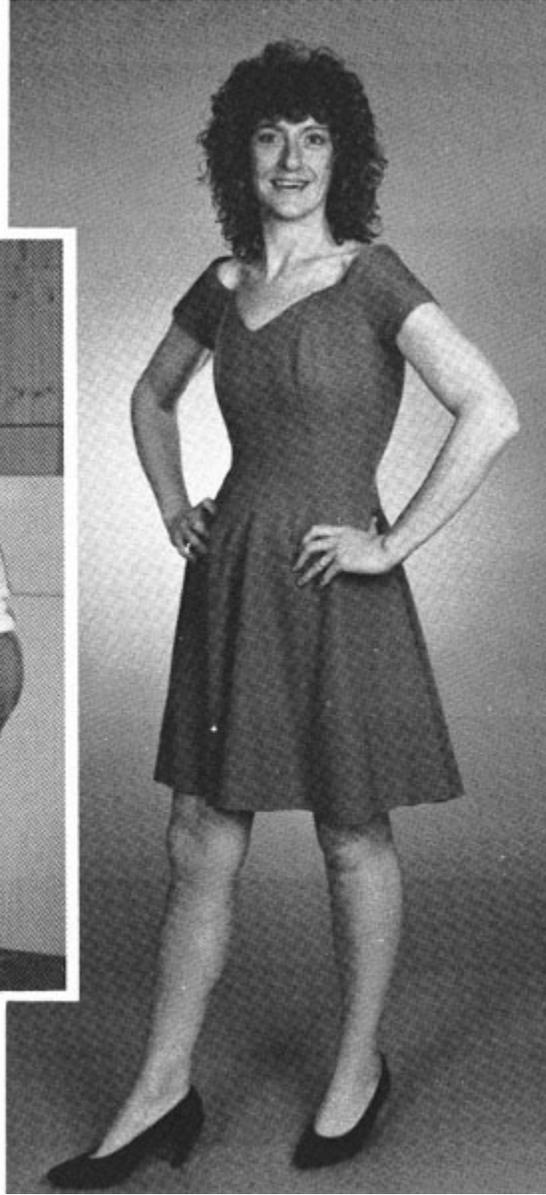
'The Hip and Thigh Diet worked for me because I liked the freedom of choice and I never felt bored or hungry, which is very important when you have a lot to lose. I found I was losing weight from the areas I wanted to lose from most and this encouraged me to keep going ... I now feel like a new person. My life has changed so much for the better and I feel fitter than I have for years.'

We were alerted to another outstanding success story when a set of photographs and an accompanying letter particularly caught our eye.

Mr A.L. and his wife had been married for five years and having gone through the normal fertility tests they were told that they could not produce children of their own. Whilst this news came as a great disappointment they came to terms with the facts and decided that adoption was the next best option.

The local adoption panel considered their application but then the couple were dealt another cruel blow. Their application was refused because Mr L. was overweight - 6 st (38 kg) overweight, in fact. Needless to say, they were devastated.

The reason for the overweight factor resulting in the refusal of their application is the health risks involved from being overweight. Any child who is available for adoption has already had a difficult start in life and, understandably, every effort is made to ensure that its second chance of a secure and stable future is as good as possible.



Kathryn Orr

Mr L. was given six months to shape up before the panel made their final decision. As it happened, Mr & Mrs L. already had a copy of my *Hip and Thigh Diet*. The same day they were told of the ultimatum, Mr L. started the diet - in earnest. Mrs L. was distraught when she realized her husband had to lose 6 st (38 kg) in that time. His previous attempts to lose weight had yielded little or no results. But never before had they had such an incentive to reach a goal.

After twenty-four weeks Mr L. had lost a stunning 6 st 7 lbs (41 kg)! He now weighed 13 st 9 lbs (87 kg), which was ideal for his 6 ft 3 ins (1.9 m) height. His figure had reduced from 46-40-43 ins (117-102-109 cm) to a very trim 40-32-40 ins (102-81-102 cm). Mr L. was not alone in his success: his wife lost 2 st (13 kg) at the same time! She is now a petite 7 st 8 lbs (48 kg).

So impressed were the adoption panel by the obvious determination shown by this couple, and the fact that Mr L.'s weight now offers no threat to his health, they have decided to accept Mr & Mrs L.'s application. It will probably take about a year before this deserving couple are handed their baby. I can't help feeling that words cannot sufficiently describe that anticipated moment of joy.

More dramatic weight losses are recorded [here](#).

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Binge no more!

IN MY PREVIOUS books I deliberately avoided stating quantities of foods except those which contained fat, e.g. chicken, fish, meat. Fruit and vegetables are offered freely in the hope that slimmers will fill themselves and satisfy their hunger at the same time as breaking that *negative* habit of counting calories or units. I believe calorie counting leads to binge eating. We are able to cope with a restricted diet for most of the day, but four o'clock arrives, we've munched our way through most of our daily allowance and the prospect of a slim-line evening is just too much. We nibble a little to start with, then it turns into a wholesale binge. We throw in the towel and say, 'Oh well, I'll start properly tomorrow!'

I used to binge terribly - I have now stopped completely. Since I have followed my very low-fat diet I find I can eat such a volume of food, I don't feel deprived as I used to when dieting previously. So the fact that I don't specify how big that jacket potato should be is quite deliberate. If having a 12 oz (350 g) potato (which is quite big) means you won't have a binge later, eat it and enjoy it. After a while you will find that as you are allowed one every day if you wish, you don't really *need* such a big one. Gradually you will find yourself selecting food portions much more sensibly. You will feel more relaxed about eating. Your confidence in your will power will gradually increase and you will feel much better about yourself. The same rule

applies to your portion of rice or pasta. Eat enough to satisfy yourself.

There is nothing more negative for someone who is trying to reduce their weight than getting up from the table feeling not quite full. If you do this, you will feel deprived and are most at risk to temptation. I usually cook extra vegetables so that I can fill myself up with them if I'm still feeling peckish.

I have an enormous appetite which constantly shocks those who eat with me. I eat as much as most men and when you realize I am quite small at 5 ft 2 ins (1.57 m) I am living proof that this diet *does* work. One word of warning here - if your progress on my diet is really too slow, it is likely to be your portion size that is to blame, so bear this in mind.

Comments made by readers in their lovely letters to me suggested that they had been able to change their previous bad eating habits completely since following my diet. I wanted to know exactly why this was so, and my comprehensive questionnaire was offered to anyone interested in giving me more details of their progress. In the last four and a half years, I have received over a thousand completed questionnaires. The data from these has been computerized and the results are included in this book.

I asked if they had ever binged before following my diet and 78% said they had, whilst the remainder had never done so. I then asked if they had binged at all whilst following the diet and 24% said they binged occasionally whilst 74% said they didn't binge at all, 1% said they had continued to binge and the remainder didn't answer the question.

The whole concept of bingeing is quite extraordinary and something that interests me greatly. Bingeing is, I believe, the greatest cause of overweight. Yet most