

I LOST 33KGS AND GAINED TWO CHILDREN!

I OVERCAME PCOS AND INFERTILITY!

BEFORE (8 yrs ago I looked like this)



AFTER (Now I look like this! Even after having 2 children)



In the year 2000 I weighed in at 96kgs and my jeans were a size 20!! I had been trying to fall pregnant for 2 years so I went to an Obstetrician for advice. I was diagnosed with Polycystic Ovarian Syndrome and a Glucose Tolerance Test showed excessive high levels of insulin.

I was immediately prescribed Diabex tablets, and while this may helped control my blood sugar levels and my weight had decreased to 88kgs, I believed it may

have also been the cause of a miscarriage 1 year later (just one of the side effects).

It was at this point decided to see a Naturopath to help in the process. The Obstetrician advised that there would be NO natural remedy strong enough to help me so it was against his advice that I decided to stop the diabex.

On my first visit to the Naturopath she started to change what I was eating. All the normal foods that I was bought up on and loved were out – bread, pasta, potatoes and of course sugar.

My husband and I started to walk every afternoon, it was wonderful for my figure, my mind and our relationship.

Within 6 weeks I had lost a further 10kgs and none of my clothes fitted me!!

Then a month later I fell pregnant again!

In 2003 I have a note in a diary saying "Baby is 7wks and 6days, weight 71kgs".

So far I had lost 15kgs. My diet was still being monitored closely by my Naturopath, of course I could eat extra things but it was important to stay healthy at this stage.

In 2004 my little girl was born.

In 2005, 18months later my son was born!

Since moving back to Port Macquarie I have a new Naturopath, Tracey Morley. For the last 2 years I have followed the "Wellness Diet", although I have come to think of this as normal now and not at all a "diet".

Just by changing my eating habits I have changed my life, I have narrowly avoided diabetes, I am no longer obese and have decreased the chances of numerous chronic diseases. I am a healthier 36 year old than what I was when I was 26, and I am blessed with 2 beautiful children.

10 years later I maintain a weight of 63kgs (that's a loss of 33kgs) and my jeans are a size 12 - and have been for 5 years!

Thankyou Guilia Mezzapica (Naturopath, Sydney) and Tracey Lee Morley (Naturopath, Port Macquarie).

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