



Louise LOVES



1 I'm a blanket junkie. On work-at-home days I carry one around and it's great to snuggle under during evening digital detox time. This throw, made from baby alpaca wool, is wonderfully cosy. **Wave Knitted Throw**, £389, Tuwi; visit tuwi.co.uk

Health intelligence



Are your diet resolutions starting to wane? Louise Parker explains how not to fall off the wagon

Lifestyle transformation is at the very core of what I do – and I'm the first to admit, it isn't easy. I've had my own battles with yo-yo dieting, which led to me create the Louise Parker Method – a dietitian-supported programme that blends CBT (cognitive behavioural therapy) and NLP (neurolinguistic programming) – as a way of helping others disembark from the rollercoaster.

'Don't beat yourself up if you haven't stuck to a gruelling weight-loss plan. Feel no shame in asking for help'

Obesity is a condition that suppresses one's zest for life and sets us up for diabetes, heart disease and cancer. Yet the statistics on sustained weight-loss success are staggeringly bad. Within the "diet industry", the success rate can be as low as 5%. There's no way we would accept these figures with other life-changing conditions.

Saying that, I totally get why people are tempted by shortcut weight-loss "options" (let's not call them solutions – solutions, by definition, last).

I've done them and I suspect that you have, too – juice cleanses, colonics... the list is a catalogue of disasters, each attempt worsening your faith in yourself. Eventually, your mind and body fight back if you set out on a journey where weight loss is the primary goal.

At Louise Parker, we see impressive results and a mindset primed for the longterm when

clients adopt a more holistic approach; by shifting the focus away from weight – and by concentrating on finding pleasure in new habits – the pounds take care of themselves.

When weight loss starts to plateau, you also need the tools and knowledge to get things going again – and to keep your mind motivated. Your metabolism slows when you lose muscle mass, so we carefully monitor clients to make sure they are losing dormant body fat as opposed to muscle that shapes and tones.

Make sure that you avoid any "diet programme" that promises weight loss of more than 2lb a week. If it seems too good to be true, it's probably just melting muscle.

I once had a client who attended a weight-loss retreat and he bounced back into the clinic a few weeks later citing an 8kg (17lb) weight loss. When I popped him on my machine, all of what he'd lost was muscle – all of it. And after a further seven weeks of intensive personal training, he had recovered just half of it.

So many people embark on a post-Christmas gruelling weight-loss plan – don't beat yourself up if you've been unable to stick to something unsustainable. Feel no shame in asking for help, but be careful who you ask.

You should always consider: "Is it likely I will still be doing at least 70% of this programme in five years' time?" If the answer is "no", walk away and make a pact to do things more intelligently this year.

Be kind to yourself, too.



2 Here's a concentrated bath treat that will last you yonks. Just divine – I love it. **Kiehl's Lavender Foaming-Relaxing Bath with Sea Salts and Aloe**, £32; visit kiehls.co.uk



3 These super-flattering joggers are a cotton-cashmere blend, which holds its shape better than pure cashmere. **Side-stripe Knitted Joggers**, £89, The White Company; visit thewhitecompany.com