



out and a mixture of fruit, veg and no dairy suits her best



**ANALYSIS:** From Simplicity Health

acupuncture. Any imbalances can cause illnesses.

Seka began her treatment at my crown, hovering her hands inches away from my head for a few minutes, then moving to my throat, shoulders, neck, heart and groin. I felt incredibly relaxed. Every few minutes she flicked her right hand (as if swatting away a fly) to disperse the negative energy that she'd drawn out of my body. As she was healing me I felt incredibly hot. "I'm filling you with positive energy and you can sense it," she explained.

At the end she said: "People eat for more reasons than just being hungry, sometimes they are unhappy, sometimes stressed or have a work issue. After tuning into your body I pick up that your sugar cravings are stress-related."

She explained that when I've a

## 'I cut out dairy; my bloating and migraines went'

deadline I experience a surge of energy and need the sugar to pick me up afterwards, which is true.

"Swap manufactured sugar for natural fruit sugars but allow yourself cake once a week. When we deny ourselves something we crave it more, having a weekly treat won't harm you," she said.

She gave me a daily affirmation: "I'm in control of what I eat."

It helped because after two weeks I felt in control of my cake habit. My new diet was porridge with fruit, soup and pitta with cheese and vegetarian sausages with lots of vegetables for dinner. Snacks were fruit or hummus on oatcakes.

I also did the daily visualisation Seka suggested and every night imagined myself at my ideal size. The idea is that you reprogramme your mind to change bad habits and think like a slim person. A strange thing happened during the third week after seeing Seka, I had a massive clear-out because I wanted



**HANDS ON:** Seka Nikolic at work

to get rid of the clutter in my life. I felt like a new me with new habits and the good habits stuck. I lost 3lbs - and still ate cake on a Saturday.

**START WEIGHT:** 8st 8lbs. **END WEIGHT:** 8st 5lbs. **WEIGHT LOSS ON DIET THREE:** 3lbs. **TOTAL LOSS:** 12lbs. **COST:** £120, 30-minute session. **CONTACT:** Seka on 0207 443 5544, or got to [www.sekanikolic.com](http://www.sekanikolic.com). You Can Heal Yourself by Seka Nikolic (Macmillan, £10.99) is out now.

## DIET FOUR: THE BLOOD TEST DIET

**THE RULES:** Ban all food containing cow's milk.

Although food allergy testing is not aimed at weight loss everyone I know who has taken a test and changed their diet following advice has lost weight and felt better.

I sent off for the Fast Check Food Allergy Test Panel from Simplicity Health. The instructions were easy to follow, all I had to do was prick my finger with the surgical needle and squeeze out enough blood to fill a small sampling tube. This was sent off in an envelope and tested in a laboratory for reactions to foods.

My results arrived by e-mail two days later and showed sensitivity to cow's milk. This surprised me but I cut out dairy to see what would happen. Within a week my bloating had vanished and by the end of the month I'd not had a migraine, which was unusual. My eyes were sparkling, my skin was glowing and my face wasn't puffy. This diet marked the end of my journey. By then I realised that I shouldn't be living on a mono-diet of carbohydrates and should be cooking from scratch.

Cutting out dairy was the final step to eating the right way for me. Without trying I lost 2lbs in this month, bringing my total loss to a stone. Now when I look in the mirror I like what I see and I've promised myself that I'll never let the pounds creep on again.

**START WEIGHT:** 8st 5lbs. **END WEIGHT:** 8st 3lbs. **WEIGHT LOSS ON DIET FOUR:** 2lbs. **TOTAL LOSS:** 14lbs (onestone). **COST:** £29.99. **CONTACT:** Go to [www.simplicityhealth.co.uk](http://www.simplicityhealth.co.uk)

# TOMORROW: THE SCIENCE BEHIND A SUCCESSFUL DIET