



Flying high...

...now that I'm half the woman I was!

The skinny air hostess sashayed down the aisle, bright-red extension belt in hand.

'This is for you, madam,' she said smugly. 'To make the seat belt bigger.'

I could feel my face going red, my cheeks beginning to burn.

OK, so at 24st I was a little larger than average, but that didn't require public humiliation, did it?

This airline seemed to think so.

'I'm so sorry,' I told my girls Abi, now 15, and Megan, 12.

We were supposed to be having a nice holiday in Turkey, but already my weight had taken the shine off things.

It'd been like this for as long as I could remember.

I'd always been a big girl with a big appetite.

I ate healthy things like salads and roast dinners but the problem was I just ate a lot.

'I can take it off,' I always told myself.

In 2000 I managed to shed 7st on a diet, but over the years it'd crept back on.

Now, in 2008, at size 28-30 I was bigger than I'd ever been.

'I've tried everything,'

I moaned to my doctor when I got back from holiday.

The doctor looked grim. 'If you don't lose it now, you might not last another few years,' she said.

It shook me to the core.

The girls and my son Josh, 17. What would they do without their mum?

But there was a way...

'You could have a gastric bypass,' the doctor suggested.

The surgeon, Mr Shaw Somers at Streamline Surgical, would reduce the size of my stomach and cut out some of the intestines.

The fat wouldn't stand a chance.

In November 2008, I went for the op.

And the result was amazing!

In seven weeks, I'd lost 3st.

Now, nearly two years on, I've lost 13st, more than half my body weight, and weigh 11st.

Now I'm full of energy... and can fly wherever I like.

So, smug air hostess...

Belt up!

Emma Holmes, 42, Wimborne, Dorset



Travelling light!