

Fed up with her bulge, hairdresser Kim Smith took drastic action to slim down...

When I kicked my 40-a-day smoking habit 15 years ago, my body ballooned from a size 16 to a size 30.

I had tried every diet to lose weight, but just couldn't stick to them. It wasn't like I gorged on junk food, I always ate good, home-cooked meals.

But I never felt full, so I just carried on eating.

I was cutting a client's hair one day, when I felt her eyes on me. 'You could do with going on a diet, dear,' she said.

At 5ft 2ins and 16st 10lb, it was hardly a newflash, but I was miserable being fat.

People in the street already stared at me in disgust. I couldn't wear anything but leggings and baggy tops and my mobility suffered – I had to use a wheelchair.

I was always moaning about my weight to my husband, Steve, 50 and my daughters, Gemma, 21 and Rebecca, 19.

But I knew only I could make a change. So when I heard of Fern Britton having a gastric bypass, my heart skipped a beat. She looked fantastic.

I began to research on the Internet and, two months later, I had a consultation with a surgeon, Shaw Somers, at Streamline Surgical.

Armed with information and advice, I reassured Steve it was the right thing for me.

I re-mortgaged my house to pay the £11,000 for the op. My family were nervous about it, but I was determined.

In February 2009, Steve and I went to Egypt. I couldn't fit the meal tray down in the plane seat, but I didn't care. It wouldn't happen again.

A month later, in March



BEFORE:
Kim was too fat to walk

2009, I arrived at the private hospital in Harrow, ready for my gastric bypass.

The day after the op I felt completely normal – no pain or discomfort. And a week later I was back at work.

The only thing that had changed was what I could eat. For a week I was on a liquid diet, then liquidised and mashed food, before slowly introducing solids.

Soon I was eating a small bowl of cereal for breakfast, a sandwich for lunch and a small portion of chicken and fresh veg for dinner.

I got full up too quickly to overeat and in just eight months, I'd lost seven and a half stone.

Now I'm 8st 10lb and I've never been happier.

My clients can't believe the transformation I've been through.

I can't help but smile –



AFTER: It was worth £11,000, says Kim

I lost
8st

I'm so much more confident and I'm finally turning heads for all the right reasons!

My health is a million times better, I can move around easily. And shopping is like a dream – at long last I can buy whatever takes my fancy!

For more information, visit www.streamline-surgical.com or call 0800 157 7033.

turn over for more
BIG news!