

Sister *act*

A pact between triplets sparked a life-changing journey for 25-year-old Chelsea Malcolm



lost
25kg



Just over a year ago I tipped the scales at 95kg and was suffering from digestive problems and sleep deprivation. The women in my family suffer from a random and a very annoying inability to get to sleep – not just for an hour or so, but until 3-4am. For me, it started when I was 16. I was offered medication but refused because it can be addictive. Instead I resigned myself to the fact that life would always be this way.

I was always very driven and people would push me because I was smart, but I have suffered from depression since the age of 12 and my emotional and mental ability struggled to keep up. At 20 I had a breakdown; I totally crashed and was put on some heavy medications, which contributed to my weight gain.

My digestive issues were a combination of diet and hypothyroidism, which I developed at 21. At one stage I couldn't pass a movement for two weeks (constipation is a symptom of hypothyroidism). I felt sick and wound up taking laxatives but it was horrible, like using a band aid for a bullet wound.

Turning point

I was quite a sporty person in high school and I'd always taken my health for granted, so when things went south I didn't really know what to do. I lost my confidence. I wasn't used to carrying extra weight and I wasn't used to not being able to go to the bathroom. Despite all this, the trigger to lose weight and get healthy came from my sister Acushla.

I'm one of triplets and we had an unwritten rule that if one of us was getting unhealthy we'd tell the other. One

night when Acushla came over for dinner she pointed out that I was getting a bit big. I thought it was pretty rude of her at the time; I tried not to cry. But I went to the doctor, who confirmed I was getting unhealthy to the point where it was going to start impacting on my health.

A visit to Jeff Willoughby, personal trainer and owner of Wellington-based gym Studio 41, changed all that.

Jeff works on people's sleep, digestion and detoxification pathways just as much as their actual fitness. His theory is that improving people's sleep and digestion can have a big impact on their overall results – and I am a perfect example of how the struggle to lose weight can be about more than just exercise.

Holistic regime

Jeff started me on magnesium, introduced me to a sleep webinar with tips like no technology before bed, and, combined with healthy eating and regular exercise, it took just three months for my sleep problems to improve.

I threw my digestive issues at Jeff as well, thinking he wouldn't be able to help. He started me on a healthy-eating regime comprising proteins and healthy fats with lots of fibre from vegetables and very little refined carbohydrate. I also followed a gut protocol that focused on improving my digestive system. I realised I had been eating too much processed food and pasta, which my body was reacting to badly.

Through supplementation, regular exercise and a healthy food regime I have not only dropped 25kg, I'm sleeping better, my digestive problems have drastically improved and I am taking the smallest dose of anti-

depressants possible.

In December I completed the 2.9km Auckland harbour crossing as part of the New Zealand Ocean Swim Series. Best of all, I am now pregnant with my first child! I came off the high of doing the swim and we conceived our baby in the first month of trying. My body was in great condition; even the midwife said on our first meeting that I'm in perfect health.

I feel like I am now armed with the tools for life, I know how to live better and I know more about myself. Not only has it changed the person I am right now, but it's also changed the person I will be in the future.

As for Acushla, I did thank her – it was a lot later, but I thanked her for her intervention – she is forgiven! ☺

Do you have an inspiring weight-loss story to share?



Contact us at goodhealth@bauermedia.co.nz and tell us how you slimmed down.

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