DUMP YOUR PSYCHO-BAGGAGE – AND lose a stone!

Why is it that our body size increases and decreases in tune with what's going on in our hearts, heads and beds? *Cosmo* shows you how to take control

What's the first thing you do when you're fed up? Does helping yourself to an extra biscuit or glass of wine sound familiar? Why is it so hard to stick to a diet when you've got the hump? And how can you stop your dress size going up or down with your self-esteem? Generally, we fall into three categories: Emotional Overeaters, who raid the fridge after a break-up; Emotional Undereaters, who lose their appetite, and Contentment Eaters, who have their man and subconsciously put on weight.

EMOTIONAL OVEREATERS

Abby Kendler, 25, a trainee architect who lives in Islington, north London, always turns to sweet stuff when her heart's suffered a bruising.

"I'm 5ft 3ins, I weigh 9st and I'm a size 8 to 10," says Abby. "I do fluctuate but never more than half a stone.

"I have a sweet tooth anyway. After most meals I'll have a brownie or a few squares of chocolate. When I'm not happy, it won't be just one brownie I eat – and the ones I buy could feed three people.

"It only happens when it's something to do with relationships. If I'm stressed at work I can't eat at all, as I just get so busy.

"I'll only do it for a few weeks, because I know what I'm doing, then I'll think, 'Why let this person get to you?' and stop."

So why do we overeat when we're emotionally traumatised? Monica Grenfell, author of *The Revenge Diet*, says it's down to our animal instincts. "It goes back to hunter-gatherer times," she explains. "When you're stressed, your body's calling you into action. You suddenly feel panic. Fat, which gives you energy, is released into the blood stream to get you going so you can fight.

"When that initial rush dies down, your body tells you you've got rid of a lot of your reserves, so you need to put them back."

In an emotional crisis, most of us don't just top up our energy reserves but make sure our reserves have reserves, too. This is because in the west, food isn't just seen as fuel. "We emotionalise food," says *Cosmo* psychologist Dr Linda Papadopoulos. "It's a way to treat ourselves, comfort ourselves or cope with boredom. Think about the times we give food in celebration, like 'Nice to see you, here are some chocolates' or 'Here's a birthday cake for you…' Food has a really strong emotional value.

"The problem with emotionalising food comes if you have an unhealthy >

CELEBRITY UPS & DOWNS

Nicole looking svelte at the Golden Globe Awards in January 2003

Just like the rest of us, weight is a barometer for celebrities' emotional state.

Nicole Kidman lost 15lbs after she broke up with husband Tom Cruise. She's 5ft 10ins and went down to a size 6; her clothes were hanging off her. Once she was over Tom, it took three years for her to get her figure back – with the help of a daily slice of her mum's chocolate cheesecake.

The post-*X Factor* Kate, March 2007

TV presenter **Kate Thornton** got even with ex-boss Simon Cowell by toning up her body. Earlier this year, Kate was dropped from *The X Factor*; instead of bad-mouthing Simon, she got revenge by looking great. A friend said, "Kate was fed up with feeling down so she decided to boost her body in order to feel good about herself again."

Dazzling, the Diaz way: May 2007

Cameron Diaz has been losing her curves recently and friends put the loss down to her break-up with pop star Justin Timberlake. She's been spending lots of time with her personal trainer, Teddy Bass, and has been spotted walking back from training sessions in skimpy leggings, showing off her skinny thighs and washboard stomach.

SAMPLE MENU FOR WEEK ONE

BREAKFAST 1
For muesli, mix together:
2 tbs oats
½ teacup skimmed milk
½ apple, grated
Dsp chopped hazelnuts
1 dsp fat-free plain yoghurt
Serve with a drizzle of honey

OR

BREAKFAST 2
Eggs and orange juice:
Whisk one whole egg and 2 to 3 egg whites. Heat 1 dsp sunflower oil in a small pan and make an omelette. Accompanied by 250ml freshly squeezed orange juice

MID-MORNING SNACK
A small pot of plain, unsweetened bio yoghurt
OR
A small glass skimmed milk

LUNCH
Cheese and fruit:
Six small cubes of hard cheese (about the size of dice)
1 apple
12 grapes
3 sticks of celery

MID-AFTERNOON SNACK
Small pot bio yoghurt

DINNER
Mixed colourful vegetable stir-fry with 1 tbs pine nuts (eg, carrots, mushrooms, courgettes, asparagus spears, red and yellow peppers, etc). Served with 5 tbs plain, boiled wholegrain rice

MID-EVENING SNACK
Fresh fruit salad and yoghurt, 3 Brazil nuts

SAMPLE MENU FOR WEEK TWO

BREAKFAST
Same choice of breakfasts as week one

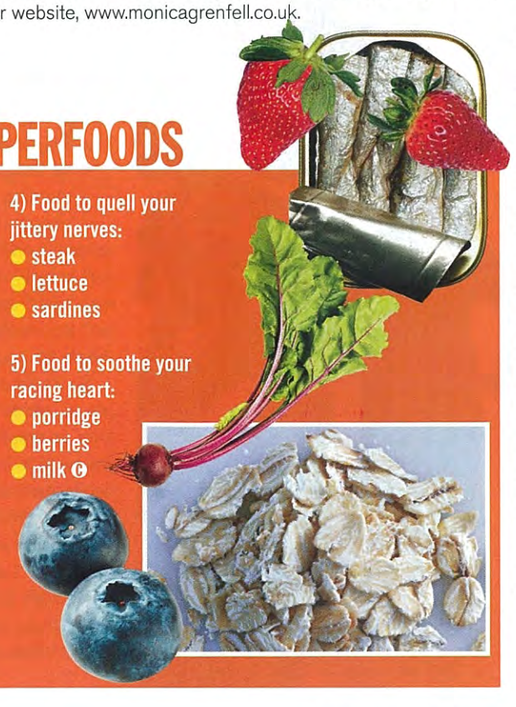
LUNCH
Cottage cheese and fruit platter, or roast meat with veg, no potatoes. Also stewed apple with sultanas and 1 dsp yoghurt

DINNER
Mixed salad, one avocado and walnut sandwich with a little walnut oil and lemon dressing
OR
Stir-fried veg, no rice

MID-EVENING SNACK
Mixed exotic fruit salad – pineapple, mango, grapes and kiwi

• For more info on this diet, Monica's book, *The Revenge Diet* (£6.99, Montgomery Books), is available to purchase via her website, www.monicagrenfell.co.uk.

BREAK-UP SUPERFOODS



Eat to beat stress

1) Food to help you sleep:
- warm milk and honey
- wholemeal bread with Marmite
- oats

2) Food to calm your churning stomach:
- potatoes
- plain yoghurt
- bananas

3) Food to ease your tearful moods:
- turkey
- cottage cheese
- beetroot

4) Food to quell your jittery nerves:
- steak
- lettuce
- sardines

5) Food to soothe your racing heart:
- porridge
- berries
- milk

BY SALLY BECK. PHOTOGRAPHS FOLIO.CO.UK, REX FEATURES, GETTY IMAGES, ANTHONY BLAKE. *NAMES HAVE BEEN CHANGED. FOR SUPPORT, ADVICE AND MESSAGE BOARDS, GO TO WWW.WEIGHTLOSSRESOURCES.CO.UK. *MIRROR MIRROR* BY DR LINDA PAPADOPOULOS (£7.99, HODDER MUDDLE) AND *SOUL ORBICH OF LAYING* (£3.99, PENGUIN), BOTH AVAILABLE FROM WWW.AMAZON.CO.UK. MONICA GRENFELL IS ALSO A DIET COLUMNIST FOR THE *NEWS OF THE WORLD*

relationship with it. In moderation it's fine and you can get away with it for two to four weeks, but if you're still consoling yourself a year later, then there's a problem."

So what are the trigger foods to watch out for that provide comfort but also lead to us piling on the pounds? According to Monica, the danger zone is eating in short bursts – ie, we eat lots but don't realise we're bingeing. "I've never found anyone who sits down and gets through a whole tub of Häagen-Dazs," she says. "It's always things you can pick at, like crisps, biscuits or chocolate."

Psychoanalyst and psychotherapist Susie Orbach, the guru who helped Princess Diana beat her eating disorder, says we use comfort food to stop us feeling anything at all. "The rush of emotions we get when we break up with someone is very painful. Some of us can't allow ourselves to feel those emotions and accept that they're part of being human and what we need to deal with when we break up with a partner. What then happens is that we eat compulsively to block those feelings."

CELEBRITY CASE STUDY

There's no better example of a star with psycho-baggage than Britney Spears. After marrying Kevin Federline, Britney indulged herself in plates of fried chicken and let herself go. Then she got pregnant and added 50lbs to her once toned body. She went back to her slim self again after the birth of their child, but her size 6 figure didn't last. She displayed traits of an emotional overeater when she piled the weight back on after her public split with K-Fed. Now the heartache's dulled, she's off the fried chicken, out of rehab and into the hotpants.

Britney in May 2006 (left) and slim in April 2007

EMOTIONAL UNDEREATERS

Katja Krzesinska, 22, an art student from Holmfirth, Yorkshire, discovered that her weight plummeted when she split up with her boyfriend David*, 26.

"I got very, very skinny when we split up," Katja says. "I'm 5ft 4ins and usually weigh about 8st 8lbs. But even if that fluctuates a bit, I'm always a size 8.

"I'd been with David for a long time when he cheated on me. I was so devastated, I left the country and spent the next three months abroad with a friend and her family.

"I was going out and drinking a lot. When I did eat, my stomach would be full after a few mouthfuls and I just didn't seem to be interested in food.

"I was eating quite healthily – things like quiches and pasta – but it was stodgy. Plus, I'm a veggie and this family loved their meat and two veg. Some nights I'd eat no more than a carrot and a couple of potatoes. I was fine with that, as I didn't really want anymore, but the weight fell off. I lost about a stone and had to buy size 6 shorts."

Food relationships can get incredibly complicated. So add a man who plays on your insecurities and you have a food neurosis waiting to happen...

When **Joanne Lees,** 21, moved to Manchester from Liverpool, she knew no one in the city, so when she met Ben*, 27, he immediately became important to her and they started dating. Joanne, a temp in the property sector, stuck with him, even when he said she'd look better the same size as Nicole Richie.

"I'm 5ft 5ins and a size 10 to 12," says Joanne. "I was a size 12 to 14 when I met Ben. Because I was stressed at being in a new town, I was comfort eating with a family-sized Galaxy every day. I wasn't that bothered about my weight because I carried it well, but Ben didn't stop going on about it."

A common perception is to link a skeletal frame with wealth and success, which become important factors when your confidence is low. Ben loved ultra-skinny celebs like Victoria Beckham and, one day, when he spotted a 6ft anorexic who was about a British size 2, he suggested Joanne should use her as a role model.

"Every time I put food in my mouth, be it chocolate or fruit, his first comment was that I'd put on weight," she recalls.

Joanne dropped nearly 2st, and slimmed down to a dress size 8 to 10. "I was 9st – not a low weight – but I looked anorexic and was really unhappy." Thankfully she eventually ditched him and then, two months later, fell in love with her fiancé, chartered surveyor Rob Taylor, 30. Happy and content, she put all the weight back on, and more. "I got comfortable with Rob, eating takeaways and drinking at the weekends. My weight went up to 11st. Rob told me I didn't need to lose any weight, as he didn't care about it, but I couldn't stop thinking about it.

"I'm down to 10st 4lbs now and although Ben was wrong to go on about my weight, I can't shake off the feeling I should be thin."

From left: A (very slightly) fuller-looking Posh in 2003 and in April 2007

CELEBRITY CASE STUDY

Victoria Beckham could barely afford to lose any more weight but even she managed to drop a couple of jeans sizes after the incident with kiss 'n' tell queen Rebecca Loos, who insisted she'd had sex and a raunchy text life with the very handsome and *married* Mr Beckham. There's absolutely no doubt that Victoria has been looking increasingly tiny over the past few years. What'll happen to her in la-la land? Watch this space...

CONTENTMENT EATERS

Mel Hunter, 32, *Cosmo*'s News Editor, discovered she'd gained nearly a stone after finding love and security.

"I always thought I was an eat-what-I-like kind of girl, until I met my now-husband eight years ago. Six months – and nearly 10 pounds – later, I realised that eating what I liked as a single girl had rarely involved sit-down meals, cosy takeaways or romantic restaurants. I'd cook meals for myself but quite often not finish them and chuck leftovers in the bin. But by the time I realised the change in my habits, it was too late and the damage to my waistline was done. Despite many half-hearted diets since, I've never gone back to the super-slim self of my single days. But, hey, at least I've been happy! The really frustrating thing is that he, of course, never put on a pound!"

CELEBRITY CASE STUDY

Even before her pregnancy bump appeared, Charlotte Church, 21, cited cooking six meals a day for rugby-playing boyfriend Gavin Henson, 25, as the reason for her weight gain. "One reason she's so curvy is she eats almost as much [as Gavin]," says her mum Maria. Charlotte admits the only reason she visits the gym is to leer at Gavin's body. "He's so muscly," she says, "but you won't catch me working out."

Charlotte in June 2006 and, above, in August 2006, before she fell pregnant

Don't get thin – get *even*...

THE REVENGE DIET

One thing for sure is that, one morning, you'll look at all the empty popcorn buckets and chocolate wrappers and decide that comfort eating isn't actually offering you any comfort. Your man hasn't come back, your credit-card bill isn't any smaller and you didn't get that dream job you were after.

So it's time to get even. More of us pile on, rather than lose, the pounds after an emotional drama and sometimes you need to kick-start those good eating habits, particularly if a hot summer body is your goal. Plus, if you ever do bump into your ex, you want him to feel devastated by what he's missing!

Monica's book, *The Revenge Diet*, will help you lose 15lbs in a month. The calorie intake is 1,200 a day, with a good mix of protein, starch and carbohydrates, so you won't feel hungry.

"This diet isn't about banning carbs," says Monica. "Starchy foods like potatoes, pasta and rice are soothing and help you sleep – they raise certain brain chemicals that induce calm and comfort – without being indigestible. A broken heart, high emotions and churning stomach drain your system, so you need iron for energy, B vitamins for nerves and fibre to detox your system and clean out waste. High-protein foods take longer for the body to break down and digest, so I advise you steer clear of them for dinner when following this diet. Vegetables, salads, fruits, nuts and light cheeses are the only foods permitted in the evening, along with starchy carbohydrates like potatoes, pasta and rice." >