



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

If you are obese and feel it will never change, think again. It can take a matter of weeks to turn your life around – seek help. 80% of weight loss is down to your diet, which is within your control.

FITNESS TIP

The combination of a good diet and exercise is the only long-term way to a healthy weight and total wellbeing. Make sure you factor in some movement everyday.

Don't miss David's tips every Saturday in your Journal

AROUND 15 years ago I broke my jaw caused by a high tackle while playing rugby.

Due to the type and area of the break, I had an operation to wire my jaw shut. Unfortunately, it was not a quick fix and it was 16 weeks before the wires could be removed.

During these four months, the only form of nutrition I received was any liquid I was able to suck through my teeth, which was minimal. I was already lean, however, after three weeks I had lost 21lbs and felt awful.

Now, in a new bid to help fight the global obesity crisis, a weight-loss device which uses magnets to stop a person's jaw from opening wide enough to eat solids has been developed by scientists in New Zealand and the UK.

The DentalSlim diet control can be fitted by a dentist to the upper and lower back teeth. It then uses magnets with unique locking bolts, which allow you to

open your mouth by only 2mm, therefore you are only able to consume liquids.

Early case studies have indicated that in two weeks on average 5% of your body fat is lost.

The device is not intended as a quick fix or long-term weight loss tool but more to assist people who need to undergo surgery.

After 2-3 weeks the magnets can be removed, which would allow a phased approach to weight loss supported by advice from a dietician. It would also be ideal for diabetes patients as weight loss could initiate remission.

The device is seen as a non-invasive, reversible, economical and attractive alternative to surgical procedures.

It's incredible to think obesity levels have got to such dangerous levels that we are now having to look at medieval type devices to effectively save peoples lives due to overeating.

Having your jaw locked shut is not pleasant and the thought of vomiting and choking was never far from my mind, but from a weight-loss point of view it worked.

However, it's lifestyle habits and the food industry that we need to target in order to make any sort of positive dent in this world-wide crisis.



> A new device that gets fitted onto your teeth by a dentist has been developed to tackle the obesity crisis

Eating well is a form of self-respect

Motivational quote of the day