

PREVIEW_ Gerard Gudgion - Interview (Manchester 2017) 1

Gerard Gudgion: I've spent years on diets, on and off diets. I've had doctors telling me to lose weight. You know, when I was first diagnosed with diabetes, I asked my GP, "What's the prognosis?" And basically he was, "You are going to get worse. Your medication will get more.

There's not much you can do about it. You can think about losing weight. That's it." And after years and years and years of not being successful in losing weight, that wasn't a great sort of recommendation for me.

He wasn't an inspiration in saying, "Actually you can do this." The message was, "You're not going to do it, but you might slow it down by losing weight."

So, I managed, because I saw DietDoctor and read around, and read Jason Fung's book on obesity and got to understand the mechanics, I also, actually happened coincidentally to do a mindfulness course and got to understand that my body is a bag of hormones that I wasn't actually driving it all the time, that my brain is driving it for me.