

Diet Centre:

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Proper eating habits stressed

By LINDA O'CONNOR
Staff Reporter

Carole Fox wants to help you lose weight.

Owner of the Diet Centre which opened Oct. 3, she knows just how hard it is to lose weight. And she's a strong advocate of the program because she lost 25 pounds herself on the diet.

"I know how it feels to be a victim of the 'yo-yo syndrome' where you lose 5 pounds only to gain back 10. Diet away the 10 only to gain back 15 and so on. Eventually it gets out of control and you give up. Diet Centre was my last chance to become slim so I followed it carefully and was so pleased with the results. I never had this kind of success with other weight control plans, and I've tried them all."

She says the Diet Centre program works where others may not because it helps you develop the proper eating habits necessary to maintain your new weight. There are separate programs for women, men and children.

The diets are a combination of protein, carbohydrates, fats, minerals and vitamins. It also includes taking eight supplement tablets each day - several vitamins in a base of protein and invert sugar. The supplement, says Fox, keeps the blood sugar stable so the dieter doesn't get hungry.

The diet also adds calcium supplements because they're insufficient in the diet plan along with Vitamin C.

Throughout the diet plan, several foods sold by

the Diet Centre are included, but Fox says replacements can be used.

If the diet is followed exactly, says the owners, the result is the loss of 17 to 25 pounds in six weeks.

There are daily weigh-in and consultation sessions while the person is on the weight loss program. She says the centre focuses on the positive aspects of goal-setting, motivation and reinforcement.

Once a client has reached her ideal weight, she will go on a stabilization program for a maximum of three weeks: which includes a large selection of protein foods and new vegetables. The maintenance diet that follows includes foods they like to eat but by then "they've learned what to eat and how much."

Because the Diet Centre doesn't give medical advice, she says she advises anyone with medical problems to consult a doctor first. And anyone who has lost 40 pounds is asked to go to their doctor for a physical to check blood sugar levels, etc.

Registration fee for the Diet Centre is \$25, and cost is \$35 a week while you're reducing. During the maintenance period clients are asked to come in once a week for weigh-ins, free of charge.

The Diet Centre, located at 217 North Front St., is open from 7:30 a.m. to 3:30 p.m. Monday to Friday and on Saturdays from 8:30 a.m. to noon. One evening a week there will be a nutritional education and behavior modification class.