



press clip

# Secrets of weight loss



KAREN HOBSON

**G**raham Park says weight loss is all about balance – of the body and mind. And if you think there is a miracle diet pill or potion, forget it.

“Think about it for a moment: it takes us years and years of over-eating and drinking, of neglecting our health every day to get to the point of obesity. Yet for some totally irrational reason, we think a chemical can fix us in a few weeks.”

He says, “The simple truth is that it is going to take a little time to fix the problem we have created for ourselves.”

Park has been on the weight-loss merry-go-round. Many times. And, like many Australians, whatever diet he tried has ultimately failed.

His advice? Ditch the “miracle” cures and diets and adopt a nutritional eating plan. And, most importantly, eat real food.

In his book, *7 secrets the weight loss industry will never tell you*, Park shares his knowledge of how the weight loss industry operates, and why he says many diets don’t work.

First up, he says, it’s an industry built on repeat business. If people did successfully lose weight and keep it off, the industry would implode.

Then there’s the notion of replacing a meal with a “tasty, filling shake”, or “convenient and healthy low-fat bar”.

He says while you might initially lose weight by opting for this synthetic alternative to healthy food, chances are you won’t keep the weight off. After all, how long do you want to stay on pre-packaged shakes as a way of life? If your eating habits have not changed, the weight will return when you resume eating three meals a day, or whatever you ate before losing weight.

Park was in his mid-20s when he started to put on weight. Not a lot at first, but over the years, the kilos accumulated. He’d go on diets, they’d work for a while, then he’d put on more weight. It was a

vicious cycle that lasted 20 years.

“The most difficult part was my lack of self-worth. I felt like a failure. I thought, ‘I was able to give up cigarettes, I was building a successful business, but in this area I am just a failure, so what’s the point? This is just how I am’.

“I was in the health business, importing and marketing nutritional supplements . . . yet I kept getting bigger.” Park was now more than 128kg. Then, a few things made him take a good look at his life.

“I was in Indonesia giving a seminar when this lady came up to me and said, ‘You are a disgrace. How dare you talk about health when you are fat, fat, fat’. And this was in front of a lot of people.

“I then had dinner that night with a friend who told me I looked really unhealthy.” Three days later he was in Adelaide. “I went to buy a suit and was standing in front of the three-way mirrors when I saw myself.”

He didn’t buy the suit.

“These things all happened at once. I had four young daughters and I wanted to see them grow up. It made me realise I needed to do something and do it now.”

He researched different diet plans, bought about a dozen and sought the help of a friend, environmental physician Dr Barry Ryan. “I asked him to tell me which plan was the best, or which combination was best, and I would follow it.” He was surprised to be told that only two would work “to some degree”. So, using information from experts outside the weight loss industry, Park and Ryan developed their own plan to help Park lose weight.

“I was the guinea pig,” he says. He lost 43kg in 23 weeks.

The program has since been used by more than 1000 people. Park says 80 per cent of those who follow through with it have kept their weight off for more than a year, compared with an industry figure of

3 to 5 per cent.

So what’s different about his Adventures in Weightloss program?

“We empower you to get weight off in a healthy fashion and . . . help you develop the knowledge and lifestyle to enable you to keep it off.

“It’s not about feeling deprived, but about enjoying and learning to enjoy things that work with your body.”

The program is customised to each client and has three phases: weight loss, stabilisation and maintenance. He says the four keys to lifelong weight loss are:

An effective eating plan.

Targeted nutritional supplements.

Addressing emotional and psychological issues.

Exercise.

“If you eat a diet that is well balanced between protein, carbohydrates and fats, you will lose weight. If you change that mix you will maintain weight. If you change that mix again you will gain weight.

“It’s about getting the mix right for the individual.

“We treat weight gain like a medical condition and we teach people how to manage themselves in a knowledgeable way.”

And contrary to what you might think, food is not the enemy – at least if you ditch the processed foods for “real food”.

Park says one of the reasons diets don’t work is because people think they will be on them forever. And if you’re tempted to opt for the meal replacement schemes, he says you’re better off spending the money on visiting a dietician for advice on healthy eating.

“Losing weight should be a journey to learn about yourself. It should be enjoyable and interesting. Most of all, it should not be awful.”

Go to [www.7weightlosssecrets.com](http://www.7weightlosssecrets.com) for more information.



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Graham Park has shared the knowledge that helped him lose more than 40kg