

19 YEARS OLD AND 28 STONE, I WAS..



Struggle... Slimmer Andrew Tierney

By NAOMI MCELROY

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WHEN trainee chef Andrew Tierney tipped the scales at 28st on his 19th birthday he was warned he was eating himself to death.

While most teens worry about spots and dating, Andrew, who appears on next week's Health Of The Nation, already suffered from high blood pressure and cholesterol and doctors told him he was in danger of developing heart disease or diabetes.

Andrew said he had been overweight since he was a kid: "I've done everything I can (to lose weight), everything, diets, exercise."

But Dr Mark Hamilton told him: "I think this is the most important thing that you can do. It really is vital that you can concentrate on trying to get rid of some of the weight, because you are a young man, you are just 19, and you have your life ahead of

It's been hard, but I am proud, to be honest

you." Andrew believes a lack of self-confidence left him unable to lose weight.

He said: "I've tried so many times, it brings you on a downer if you try to do it and don't have the self-belief to follow through."

Tests showed Andrew's visceral fat - the fat around the stomach - measured at 43 on a scale where anything over 13 is risky.

And when he kept a food diary it revealed he ate just two portions of vegetables in an entire week, with white bread and greasy fried food making up the rest of his diet.

More medical tests showed Andrew was so overweight, the fat was actually squashing his lungs and making his asthma worse.

Luckily appearing on the show gave Andrew the shock he needed to change his life. In the first eight weeks after meeting Dr Hamilton the teen lost two stone.

He said: "I'm drinking lots of water during college, eating more healthy food. I'm feeling more energy in myself. It's been hard, but I'm proud, to be honest. I have more inner belief and more self confidence."

►Health of the Nation is on Wednesday at 8pm on RTE One.



Risk... Andrew was told he could become ill

EATING MYSELF TO DEATH

Hypnotic band puts bite on weight

By MICHELLE O'KEEFE

MANY women battling the bulge are getting hypnotised to believe they have had a gastric band fitted.

And many say the hypnotic suggestion works more effectively than crash diets.

Hypnotist Karl Curtis says

the sessions make patients believe their stomachs have shrunk so they eat smaller portions.

Weight Loss Clinic specialist Mr Curtis said: "The gastric hypnotic band procedure is a new thing in Ireland, previously people had to travel to

Spain. I have seen people lose between four and 22 stone after their sub-conscious mind has been convinced that gastric band surgery has taken place."

Mary, 33, from Meath lost three stone in four months after the hypnotherapy.

She said: "I was 14 stone 10lb, which is the heaviest I have ever been."

"I wanted to try everything before going down the surgery route due to the side-effects."

"While I was hypnotised there was a tape with the sounds of a hospital played and when the

surgery was being carried out I could hear clanging instruments and feel the procedure happening step by step.

"I am now 11 stone 11lb and I am steadily losing weight every week."

►FOR more information log on to www.weightlossclinic.ie.



New show... Blathnaid

Return to reality for Blathnaid

By SAMUEL HAMILTON

FLAME-haired Blathnaid Ni Chofaigh has beaten off stiff competition to host RTE's Celebrity ICA Bootcamp.

The veteran presenter was up against other female stars including Kathryn Thomas and Sile Seoige.

But Montrose bosses decided the summer reality series would be just perfect for the 40-year-old to make a big return to RTE.

A source said: "Blathnaid was delighted to be asked and feels the show is right up her alley."

"She's already met the ICA ladies and got on brilliantly with them."

The former Afternoon Show host is no stranger to the State broadcaster's reality series - after coming second in Celebrity Bannisteoir last year.

The star will be putting 16 celebrity contestants through their paces - with reports claiming Vogue is one of the famous faces set to take part.



Incredible... Alicia Keys

Alicia: I was built to be a mammy

By MIRROR REPORTER

SINGER Alicia Keys has confessed she was "built" for motherhood.

The star and husband Swizz Beatz had their first child, a son named Egypt, in October last year.

And the 30-year-old says mothering Egypt is the most fun she's ever had in her life.

She said: "The past year has been incredible; just so many blessings, being able to be a mommy, being able to be a wife and just really finding my centre and my place of comfort."

"Being a mum is like, spectacular. It's the most fun I've ever had, period. I feel like I'm having more fun than I've ever had in my whole life."

"I feel like I'm definitely more creative."

"I'm more thoughtful about my plans and the things that I do."

So overall everything is like a hundred times better. I guess in a way, I was built for it."