

# ‘Now I feel healthy and more positive’

This month, we help Roslyn McDonald, 28, a recruitment consultant from Aberdeen, take control of her life and her body, after a difficult two years

WORDS LIZ FROST PHOTOGRAPHS IAN HOOTON



## ROSLYN TOLD US...

‘In 2005, Dad died of lung cancer. A year later, I had a health scare with a blood clot on the lung. I was told it was due to the Pill, smoking and flying. Having smoked for 14 years I immediately quit, and I came off the Pill. I’m still concerned about my health, however, and I’ve put on weight. After Dad’s death, I took part in the Flora London Marathon, raising money for charity, but since my illness, my fitness has plummeted. I don’t feel positive about my shape or style, my hair is going grey, and I’ve lost my confidence.’

## the nutritionist



**Isabella Perry specialises in low energy, weight and hormonal problems and bowel and digestive complaints, mainly through clinics in Winchester and Aberdeen. For more information, call 01962 867488 or visit [www.nutritional-therapy.org.uk](http://www.nutritional-therapy.org.uk).**

**Isabella says** ‘Monitoring Roslyn’s diet, I noticed that, over three days, at least seven of her nine meals were wheat-based, plus she snacks on plenty of junk foods, such as chocolate, sweets and crisps. She does eat some fruit, but few vegetables.’

‘If you have had a blood clot, it’s important that your diet contains the right balance of fats, minerals and other nutrients to reduce the likelihood of having another one, and I’m concerned that Roslyn’s diet is mineral deficient. I recommended that she tries to avoid wheat and increases the variety in her diet. This should help her lose weight as well as improving her health.’

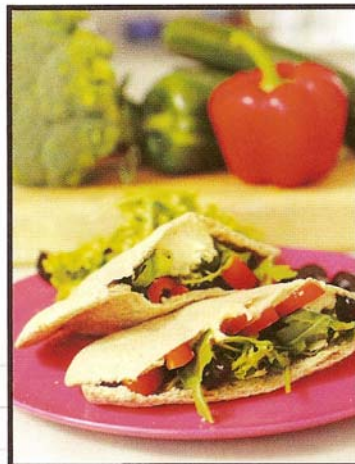
‘If she finds eliminating wheat too hard, she could restrict it to once a day. For example, as a healthy snack she could have half a wholemeal pitta bread filled with hummus, thinly sliced red peppers, slices of black olive and rocket leaves. Other

snack options that should tide Roslyn over include rice cakes or oatcakes with honey or peanut butter.

‘Wheat-free breakfast choices include oat-based muesli or porridge made with water, with raisins and apple added after cooking.’

‘For lunch, Roslyn could have a brown rice salad, made with any number of the following: sweetcorn, sprouted seeds, chicken, fish, cashew nuts, red kidney beans, chickpeas, carrots, celery, cucumber, peppers, onions, parsley, coriander, and sunflower and pumpkin seeds. The salad could be dressed with a spoonful of omega-3-rich flaxseed oil and a dash of lemon juice.’

‘For Roslyn’s evening meal, I recommended a home-made soup, followed by fish or poultry with brown rice or potatoes and several portions of vegetables, followed by fresh fruit.’



*‘If Roslyn allows herself to feel sadness, it means that she can move on and heal from her loss much more quickly’*

the life coach



**Heather Briant**  
trained life coaches  
for eight years  
before setting up her  
own company in

London. She conducts appointments  
in person and over the phone. For  
more information, call 020 7870  
6631 or email [heather@briants.com](mailto:heather@briants.com).

**Heather says** 'Roslyn has recently  
experienced four traumatic  
life events – her father's death,  
serious illness, stopping smoking  
and the subsequent weight gain.  
It's no wonder that her  
confidence has suffered.

'First, we looked at the loss of  
Roslyn's father. Understandably,  
she was feeling a lot of sadness,  
and I explained to her how easy  
it is for such feelings to become  
suppressed in our lives.

'I talked Roslyn through shifting  
her perception of sadness, so  
that rather than viewing it as  
something to cope with, she  
could think of it as a healthy  
emotion. If Roslyn allows herself  
to feel sadness, it means that  
she can move on and heal from  
her loss much more quickly.

'Next, we looked at Roslyn's  
loss of self-esteem and  
discovered that what had most  
affected her confidence had  
been her time in hospital. Stuck  
in her hospital bed, she had  
felt lonely, trapped and not in  
control. This was especially  
difficult for Roslyn because  
when life gets tough she  
usually copes by pulling her  
socks up and getting on  
with it – which wasn't an option  
in this situation.

'By identifying why these  
circumstances have affected  
her self-esteem, Roslyn will be  
able to break their hold on her.  
This should open up a pathway  
to move on.' →



## zest life makeover

### the stylist



**Kelly Moseley** is Zest's stylist.

**Kelly says**

'Although Roslyn thinks she lacks fashion sense, she actually knows what suits her. The first time I met her she was wearing boot-cut jeans and a pretty top that really flattered her shape. Roslyn just needs to have more confidence, and maybe some encouragement from friends and family that she looks good.'

'As a general rule, Roslyn should try to wear tops that are fitted at the chest and slightly A-line – but not tent-like – to skim over problem areas, such as her stomach. A longer length will also result in a cleaner, leaner silhouette.'

'Roslyn has quite a large chest, so it's important that she chooses the right neckline – reasonably low, but not showing too much cleavage. High necklines will make her look matronly and her chest appear larger than it is.'

'Boot-cut jeans are perfect for Roslyn's figure, and a dark indigo blue is really flattering. It's just important that they're long enough in the leg.'

'Roslyn admits to wearing a lot of black because it feels safe, but it's easy to introduce colour into your wardrobe without wearing head-to-toe brights. Roslyn has a pale skin tone and blonde hair, so very bright colours aren't ideal. Instead, she should stick to paler shades for a soft, pretty look that isn't too harsh. Light pinks, blues and greens are good.'

'Instead of white, Roslyn should go for creams, which will suit her skin tone. And if she wants to wear brighter colours, accessories are a good way to do this. The bright fabric-and-bead necklace I chose for her is just enough colour to brighten up her look without being overpowering.'



*'To combat motivation crises, I've encouraged Roslyn to pre-plan her gym visits'*

### the fitness expert



**Alex Goodhall** is a fitness instructor based in Aberdeen. For more details, call 01224 631505

or email [cr8vbds@aol.com](mailto:cr8vbds@aol.com).

**Alex says** 'Roslyn wants to slim down and increase her overall fitness and muscle definition. However, since her health scare, she's been quite nervous about working out. I did a healthcheck on Roslyn and her fitness levels aren't that bad – probably because she was so active before. I then provided her with a workout programme.'

'The main focus of Roslyn's training has to be centred on her cardio-respiratory ability and increasing her lung capacity and oxygen intake, as this has been the most affected by the blood clot. This will not only increase her functional capacity, but also reduce her body-fat levels.'

'Using each cardiovascular machine – treadmill, rowing machine, cross-trainer, and so on – for five to six minutes

will allow a slightly higher work rate of 65% to 68% of Roslyn's target heart rate. This gives a higher cumulative effect over 40 minutes than using each machine for 15 to 20 minutes.'

'Incorporating some breathing exercises into the programme will also encourage more use of the lower part of her lungs, resulting in larger, deeper breaths, greater oxygen intake and improved lung capacity. I've also included a toning section, using resistance machines, which will help muscle development and weight reduction.'

'To combat motivation crises, I've encouraged Roslyn to pre-plan her gym visits within her busy schedule, rather than going on an ad-hoc basis, which can result in making excuses. This will also allow better meal planning.'

'Roslyn will work on this programme for two weeks before we reassess things, increasing resistance or alternating exercises to keep her body challenged.'

### the hairdresser



**Tracey Devine** is the founder of Angels salon group, Aberdeen, and was voted Scottish Hairdresser

Of The Year 2006. To book an appointment, call 01224 645103 or visit [www.angels-hair.co.uk](http://www.angels-hair.co.uk).

**Tracey says** 'Roslyn had long, mousy brown hair with a mixture of highlights on the ends, and another brown colour on top. It was a bit damaged, looked a little flat and needed some life put back into it.'

'Roslyn wanted a complete change, so I chose a short style. She's lucky, because she has an oval-shaped face with a slightly heart-shaped jawline, which means she can get away with practically any haircut.'

'I pre-lightened her hair and added a platinum blonde colour to brighten it up. Roslyn has pale skin and blue eyes, so this colour really suits her. Next, I cut her hair into a bob – short at the back and slightly longer at the front. I also cut into the hair to bulk it out. It's a very flattering style and suits her really well.'

### TWO WEEKS LATER... THE VERDICT

*'Thanks to Alex, I'm enjoying exercising again. I have more energy and feel better about myself – and following Isabella's advice really helped here, too. Life coach Heather pushed me to confront my grief and fear, which had been holding me back. Kelly made me realise that I am good at dressing for my shape – I'm a lot more confident in my clothing choices now. The biggest change for me is my new haircut and colour. I feel so much younger. Tracey made such an effort and I love the result.'* [Z]