

ONLY 97P

7 JUNE 2016 • ISSUE 24 • 97p
Spain €2.60, Canary Islands €2.70

Bella

Slimming
WORLD



**I'VE LOST
3 STONE...
If I can do it
anyone can!**



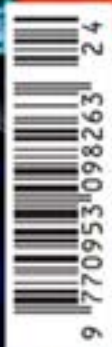
'REGRETS & SECRETS'

**Phil and Holly to
go separate ways?**

**Scammed
out of
£20k
BY MY
'SOULMATE'**



**Lorraine's
new bikini
body!**



**BARDOT TOPS
FROM £8**

**SUMMER'S MOST
FLATTERING STYLE!**



Galia Grainger



Exclusive

Meet the woman behind Lisa Riley's weight loss



vegan food, so it's quite hard-core. Slimmeria isn't about adopting a sustainable diet, it's a kick-start to get people back on track while educating them about food so they can make lifestyle changes.

and detoxing can be tough as your body clears rubbish from your system. But, gruelling as it is, we know it gets results and Lisa is the proof of that.

and started to search for a property that I could convert into a detox retreat.

As I've been through a weight-loss transformation too, my guests can see that it works, which encourages them to stay on the right path once they leave the retreat.

Do you get many celebs booking in with you?

We keep the names of all our celebrity guests confidential, but Lisa Riley, Lydia Bright, Tracy Ann Oberman, Gail Porter and Tamzin Outhwaite all kindly left a glowing testimonial on the website.

We treat the celebrities like any other guests as we want the group to bond and motivate each other, without putting anyone on a pedestal.

What advice do you have for anyone wanting to lose weight?

Firstly you need to *want* to lose the weight, as I'm not a fairy godmother.

Once you reach the retreat the guests need to be focussed, disciplined and sensible.

We give the guests enough food to achieve excellent results, and cheating is massively frowned upon. After all, what goes inside the body, shows on the outside.

The secret to Lisa Riley's dramatic weight loss has been revealed – by the woman who helped her lose a stone in a week!

Weight-loss guru Galia Grainger, 57, runs the detox retreat Slimmeria in East Sussex, where Lisa, 39, lost an amazing five inches from her waist.

While at the retreat, the former *Emmerdale* actress exercised up to five hours a day while tucking into a raw vegan diet of around 400 calories a day.

'It was only for eight days,' Lisa stressed, adding that the strict regime worked as 'a kick-start to get me to where I am'.

Lisa has now lost more than eight stone and is barely recognisable at a stunning size 16.

Here, Galia tells *Bella* about Lisa's weight-loss journey and shares her healthy tips...

When did Lisa come to stay with you?

Lisa joined us in August 2015 and was the most amazing guest. She was enthusiastic, jumped straight in and was willing to take on the

challenge. I don't think she realised how much of a kick-start it would actually be to her weight loss.

How did Lisa fit in?

She arrived on a Sunday, along with 15 other guests. None of them knew one another but Lisa helped to bring the team together. She was very positive and upbeat and encouraging to the others.

The routine can be gruelling but Lisa threw herself into it from the start – which is why she got such fantastic results.

Does everyone manage to lose a stone in a week?

It depends on the individual, but as a rule of thumb guests lose 12 pounds in one week if they embrace the full programme. We know which guests cheat or slack as their weight loss is less than the rest of the group when they're weighed on day seven.

How does it work?

There's no alcohol, caffeine, meat or gluten – all food served is raw

Does it make you angry when people accuse Lisa of cheating by having a gastric band or using diet pills?

It annoys me when people say she's cheated. I watched her transform before my eyes and can tell you she did it through sheer determination and hard work. It's not easy at the retreat

What made you set up Slimmeria?

I needed to lose a generous amount of weight myself so I turned to my grandmother's diet and shed the pounds pretty quickly.

After my great results, I saw it as an opportunity to help others



Lisa before her dramatic weight loss...



...and after losing eight stone

LISA'S DIET CAMP DIARY

7.15AM The bell rings to wake guests up.

7.45AM A drink of hot lemon water and a thin slice of apple.

8AM A long walk, usually six miles or more through the countryside. Then a choice of a fresh juice or a small portion of porridge with one raisin and a teaspoon of cinnamon.

10.30AM A one-hour exercise class – usually circuit or boxercise.

11.30AM Yoga.

12.30PM A vegetable-based lunch, then a break for a massage, walk or swim in the outside pool.

3.30PM Afternoon tea and fruit.

4PM Another walk.

6.30PM A vegan dinner of vegetables.

7.30PM An activity such as Zumba, belly dancing or Pilates. During the stay there are also talks from a life coach and lessons about nutrition.

TYPICAL DAY'S DIET

BREAKFAST Apple and carrot juice or porridge **100 calories**

LUNCH Raw vegetarian salad **150 calories**

AFTERNOON TEA A herbal tea and a small piece of fruit **50 calories**

DINNER Chunky vegetable broth **100 calories**

TOTAL 400 calories