

# RETREAT, RETRAIN, RESTORE

Get your mind right and the rest will follow

**M**ince pies, Christmas pudding, chocolate boxes, biscuits and cakes, bowls of sweet and salty nibbles, pastries, cocktails... they are all so closely bound up with Christmas that it's hard to celebrate the season without over-indulging. Small wonder that 'diet' appears so often on the New Year's resolution list.

And then it's cold and dark, all the fun is over, spring is nowhere in sight, the holidays are over and it's time to get back to work. Depressing. In that state of mind, it's difficult to convince yourself to stick to a diet because 'you're worth it', or because there are only a few weeks until you're supposed to wear a bikini with some dignity.

We need help and encouragement. So what do we do? Dash to the bookshop to spend more than a few pounds on a book that is supposed to change your life. Surprise, surprise, the shelves are groaning with them.

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By mid-January, the book is already back in a carrier bag waiting to go to the charity shop. It promised so much – tasty-looking healthy recipes, easy exercise tips and the author's inspiring life story... why didn't it work for you?

Galia Grainger believes the answer is that we're just not properly educated about what our bodies need or how they work. Most of us know, deep in our hearts, that the way to lose weight is to consume fewer calories and burn more of them off. Exercise can give you a mental high, but the fact is, we don't know how to deal with hunger.

Galia arrived in the UK twenty-five years ago and started putting on weight fast. She hadn't experienced processed foods before and had no understanding of how what she ate impacted upon her body. She gained four stone and ended up feeling hefty and miserable – a common condition that she now describes as 'globesity' because of its prevalence around the affluent Western world. She spent years trying to undo the damage she had done to her body by trying all sorts of diets – but none of them worked for long.

Eventually, Galia went (literally) back to her roots, as she started to wonder what advice her Russian grandmother might have given her. She went back to basics and realised that to achieve lasting weight loss and restored health, people don't just need to follow instructions blindly – they need to understand why.

Fast-forward to 2010, when she opened Slimmeria, a retreat at Hye House in East Sussex which specialises in detoxing, fasting, weight-loss, fitness and most importantly, education. The Slimmeria Detox programme combines a raw, natural vegan diet plan with regular

periods of fasting and natural medicinal remedies. The aim: to reset and retrain your body and your mind.

It's not all about food – weight loss is as much about burning calories as it is about changing your diet. Residents are challenged with a disciplined regime of aerobics, zumba, yoga, pilates and hikes along the nearby beach. Spa treatments designed not only to improve your body but also to repair the damage that being overweight does to your self-image are also available, including deep tissue massage, cleansing colonics and reflexology. But perhaps the most unusual and effective aspect of a visit to Slimmeria is the education that you receive. Galia shares everything she has learned about the psychology of food – how marketing affects our choices and how what we eat affects how we feel. You'll learn how what you choose to eat affects not only your body, but also your mind.

More than 3,000 people have 'graduated' from Slimmeria, with an average weight loss of 12 pounds over 7 days. Guests take away a new understanding of what to eat, and what to leave on the shelf. It's not just the weight loss but the mental clarity that makes people return to repeat the experience.

If you need to change your mind-set long-term (and drop a dress-size), Galia has created special 7-day retreats from £575 per person, which include all meals, exercise classes, spa treatments and educational talks. Visit [slimmeria.co.uk](http://slimmeria.co.uk) for current offers and take an educated approach to controlling what you buy and what you eat.



