

Alli[®] - the new weight loss drug

There is a lot of talk about the new “wonder” weight loss drug Alli[®], which is now available over the counter. It is important to note there is no such thing as a “wonder drug” when it comes to weight loss. The most important factors are a healthy diet with reduced fat, exercise and a lot of will power and determination. While Alli[®] can significantly help you with weight loss, it will be of very little benefit if you do not improve your diet or take enough exercise. Because of the publicity about the launch of Alli[®], I have been asked a lot of questions about it in Whelehans. Hence in this article I will give you the facts about Alli[®]. Because Alli[®] should not be seen as the only means of losing weight, I will give you some useful tips on losing weight and exercise.

What is Alli[®]?

Alli[®] is a medication which must be taken as part of a calorie controlled diet. It contains the drug orlistat which up to now was only available on prescription. Alli[®] is a reduced dose version of the prescription only drug Xenical[®]. It works on enzymes in your digestive system and prevents about a quarter of the fat you eat in each meal from being absorbed. It works locally in your digestive tract and is not absorbed into your body. The fat passes out of your body; however because of this it may cause loose bowel movements or diarrhoea. However, this can be minimised by eating lower fat meals. It is recommended that you limit the fat intake in your meals to an average of 15 grams while taking Alli[®].

Clinical results have shown that when taken as part of a healthy diet, Alli[®] can increase weight loss by 50% more than by dieting alone. Therefore, for every 2lbs you lose with your own weight loss plan; Alli[®] will help you to lose 1lb more. However results can vary.

How to take

Alli[®] is a capsule which is taken with water three times daily with each meal containing fat. It is important not to take more than this. It is important to take a multivitamin at bedtime while taking Alli[®]. This multivitamin should contain vitamins A, D, E and K. This is because these are fat soluble vitamins and because Alli[®] reduces the absorption of fat it can reduce the absorption of these vitamins. The staff at Whelehans will give you advice on what multivitamin to choose. Alli[®] should not be taken for more than six months.

Can everyone take Alli[®]?

It is important to note that Alli[®] is not suitable for everyone. It should only be used by people who are overweight. This means you should have a Body Mass Index (BMI) of 28 or more. In Whelehans we have a free private weight loss consultation. We will take your weight and work out your BMI to see if Alli[®] is suitable for you.

Alli[®] should not be taken if you are under 18, pregnant or breast feeding. It should not be taken if you are taking certain medicines such as ciclosporin (used to prevent transplant rejection) or warfarin (used to thin blood). You should check with the pharmacist or doctor if you suffer from other medical conditions such as diabetes, high cholesterol or high blood pressure.

Top Tips to help you successfully lose weight and keep it off

1 – **Don't go on a crash diet** . . . successful slimming is more likely to be achieved by subtle changes in your eating habits and lifestyle.

2 – **Eat slowly and you'll eat less** . . . put your knife and fork down between mouthfuls, sip water with your meals and take smaller bites. It takes a while for your body to recognise that it's had enough food - the slower you can eat, the less you'll want.

3 – **Don't ban any foods** . . . from your slimming plan – especially food you like. Enjoy a small portion from time to time. Banning foods will only make you crave them more.

4- **Visualise how you're going to look** . . . when you reach your slimming goal. What will you be doing? How will you feel? What clothes will be in your wardrobe?

5 – **Never give up** . . . on your goal, it will take time. There is no quick fix so expect to remain focused the long haul.

6 – **Keep a food diary** . . . preferably calorie counted. This will allow you to focus on which foods you are likely to overeat and when you're likely to do so. Whelehans will give you a complimentary food diary and recipe book with every purchase of Alli®.

7– **Don't go shopping** . . . when you're hungry – you will be more likely to buy food, especially confectionary when you are hungry.

8 – **Be nice to yourself** . . . if you have a bad day, don't dwell on it. Congratulate yourself on how many good days you've had and realise that one bad day isn't going to spoil it all.

9 – **Get some exercise** . . . successful slimmers tend to make exercise part of their plan. It doesn't have to be hard – even 20-30 minutes of fairly brisk walking a day will make a big difference.

10 – **Reward yourself** . . . give yourself a treat for each pound and stone you lose. New clothes make a great incentive when you're slimming – you could put €x per pound lost in a kitty!

Whelehans Alli® Offer

To celebrate the launch of Alli®, Whelehans are exclusively offering €5 off a month's supply of Alli®.

Disclaimer: Information given is suitable for the person above only; Please ensure you consult with your healthcare professional before making any changes recommended

For comprehensive and free health advice and information call in to Whelehans or log on to www.whelehans.ie or dial 04493 34591