

Cookie Policy | Feedback

Like 2.5m

Follow @Femail

DailyMail

Thursday, Mar 12th 2015 12PM 12°C

3PM 11°C

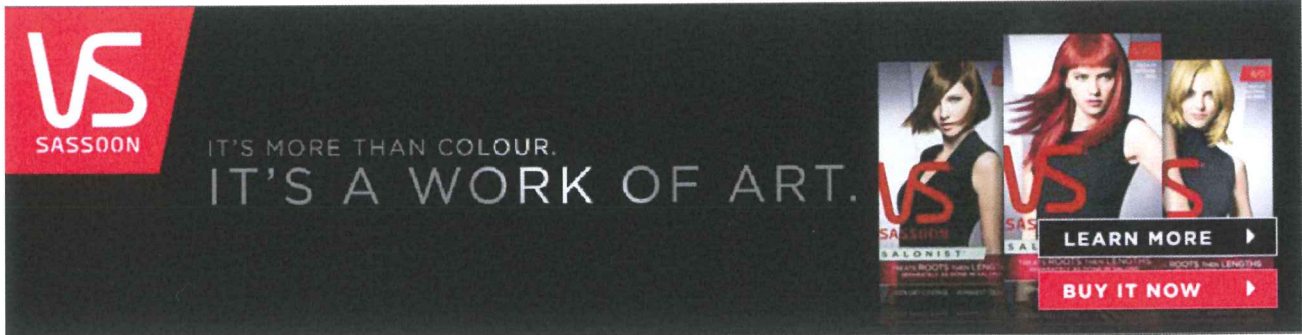
5-Day Forecast

# MailOnline

Home | News | U.S. | Sport | TV&Showbiz | Australia | Femail | Health | Science | Money | Video | Travel | Fashion Finder

Femail Home Fashion Finder Food Femail Boards Beauty Gardening Deals Blogs Baby Blog Kick the Habit

Login



## Woman loses six stone after spending her fertility treatment cash on a diet instead... after GP refused to help her get pregnant as she was 'very overweight'

- Natalie Southernden, 31, blew fertility treatment savings on a £4,000 diet
- She lost six stone in just five months using Alevere Weight Reduction plan
- Natalie now hopes to get pregnant naturally after dropping five dress sizes

By AMY LEWIS FOR MAILONLINE

PUBLISHED: 11:54, 8 March 2015 | UPDATED: 09:04, 9 March 2015

82 shares

86 View comments

A woman who spent the money she had saved for fertility treatment on a diet instead, says she has 'never been happier'.

Natalie Southernden, 31, who lives in Halifax, West Yorkshire, blew £4,000 on a weight loss regime that originally put aside for fertility treatment after failing to become pregnant.

In five months she transformed herself from a size 22 to a size 12/14 by losing six and a half stone and now hopes to become pregnant naturally.

Scroll down for video

SCROLL DOWN



Site Web Enter your search

Like Daily Mail

Follow @Femail

Follow Daily Mail

+1 Daily Mail

### DON'T MISS

A row over a STEAK and a BBC boss who wants Clarkson out: Top Gear host on the brink as it emerges 'fracas' escalated because he was offered 'cold plate'



The Duchess of Downton! Smiling Kate hobnobs with the stars of the ITV drama (as it gets its THIRD royal visit in less than a week) Day out with the bump



Kim Kar-FLASH-ian! Star leaves nothing to the imagination as she appears braless in sheer top for dinner with husband Kanye Made a big impression



'Pure 100 per cent scum': Dan Osborne's dad launches 'scathing attack' at Megan Tomlin... days after TOWIE star apologises for threat to stab her



Kim Kardashian dresses herself and smiling daughter North West in matching black... as they are spotted together in Paris for first time at PFW



Her work is DONE! Kelly Brook looks slender in tight jeans worn with a crop top and killer heels following weight-loss plan



EXCLUSIVE: 'Dating me is life-changing': Joey Essex confirms NEW relationship but fears fame will 'freak out' his girl New girl in his life







Natalie Southernden, 31, from Halifax, has lost more than six stone and dropped five dress sizes, after spending the £4,000 she saved for fertility treatment on a weight loss scheme (Pictured left: before and right: after the diet)

Natalie's decision to lose weight was triggered by a humiliating, five-minute interview with her GP after a year of trying to conceive with husband John, 41, a music teacher who she met eight years ago.

She said: 'The GP was horrible. He said he would not send me for any tests -he just took my hand and said "well you are very overweight, aren't you?"

'I felt patronised. I knew I was overweight but I didn't expect him to refuse to do anything for me at all.'

#### SHARE THIS ARTICLE

#### RELATED ARTICLES



Raisins, bran flakes and VEGETABLE juice: The most...



The making of a very middle-class monarch: How 'Granny'...

She continued: 'I was told to go away and come back when I had lost three stone.'

Natalie felt she had reached a low point in life but now admits that day was the trigger for her amazing transformation.

She said: 'I felt so upset and angry, I hate going to the doctors and really had to gear myself up to go there in the first place.'

Pregnant Abbey Clancy flashes a glimpse of burgeoning baby bump in a low-key outfit as she hits the shops with Peter Crouch  
Baby number two



They Shore look in love! Charlotte Crosby displays her toned legs in hotpants as she enjoys a romantic beach stroll with beau Mitch in Sydney



Kate Moss's ready salted hair, Alexa Chung's 'gringe' and Cheryl's choppy bob: The hair trends you NEED to know about SPONSORED



**NOW TV**

Choose from over 1,000 movies whenever you want

**START YOUR TRIAL**

'Her name will remain on her dressing room door': Coronation Street's Brooke Vincent reveals poignant tribute to the late Anne Kirkbride



Nicki Minaj puts ample cleavage on full view in dangerously low cut dress with just teeny straps in place to protect her modesty Spilling everywhere



Troubled love life of passionate Mr Poldark: Hunk of the moment's real-life romances have been almost as tumultuous as his brooding character's



'Seriously ...with that Photoshop?' Lindsay Lohan is blasted on Instagram for posting altered image of her thighs Has photoshop form



Make-up free Michelle Keegan shows off the results of her intense workout regime as she leaves gym in tight vest and leggings In great shape



Albert Squire: EastEnders' Danny Dyer reveals he's eager for Downton Abbey's Hugh Bonneville to appear on his hit soap Far from Downton



The Jump's Louise Hazel leaves little to the imagination as she goes braless and flashes her big white pants in a sheer dress at Insurgent premiere







Followers of the Alevere regime eat five meal replacements a day as well as three low calorie meals made with normal food. They also have skin tightening treatments to stop their skin sagging from the rapid weight loss

Natalie was a size 22 and weighed 18 and a half stone, despite being a top martial artist, practising Taekwondo regularly for 14 years, and even winning the English championship in her category.

She said: 'We were fit and healthy and I felt I deserved to be tested to rule out any underlying conditions that we were unaware of, and treated with more respect.

'But I also really want to have children, so I decided I would do something about it.'

Natalie initially tried a weekly slimming group and lost a stone - but it took her eight long months.

She said: 'I worked out that if I carried on at that rate I would be 35 or 36 before I could conceive.

'My husband is ten years older than me so I decided I didn't have that much time.'

So Natalie made the decision to spend the £4,000 the couple had saved in case they needed fertility treatment on a new diet regime - and five months later she is a svelte size 12-14 after losing a total of six and a half stone.

Welcome to your new night time host! James Corden bares his bottom in nothing but an apron as he prepares for hosting job on The Late Late Show



'An artist's age is never a factor... tracks are chosen on musical merit': BBC Radio 1 hits back after Madonna, 56, claims the 'ageist' station banned her



Renee Zellweger opts for a fresh-faced look as she attends first public event months after controversy over her unrecognisable appearance



Newark Oak & Leather Dining Chair (Dark Brown Seat Pad)

£69.99  
Furniture Choice Dining Chairs

BUY NOW

Chrissy Teigen goes naked as she smoulders in sexy beach shoot... and besotted husband John Legend seems VERY impressed with the results



Popular pick! Rosie Huntington-Whiteley leads way in leather skinny pants as celebs flock to same restaurant in West Hollywood Model behaviour



Bonding with the boys! David Beckham takes his three sons to watch Chelsea take on Paris Saint-Germain Night out with Brooklyn, Romeo and Cruz



'My Cinderella slippers didn't fit!' Lily James flashes hint of cleavage at Disney screening... as she admits her Swarovski heels were too small



God Save The Queen! Elizabeth Hurley shows off her patriotic and punky sides in Sex Pistols t-shirt and skintight leather trousers in New York



Made In Chelsea's Stephanie Pratt flaunts her toned legs in LBD as she enjoys date night with Josh Shepherd at the Insurgent premiere Made In Chelsea couple



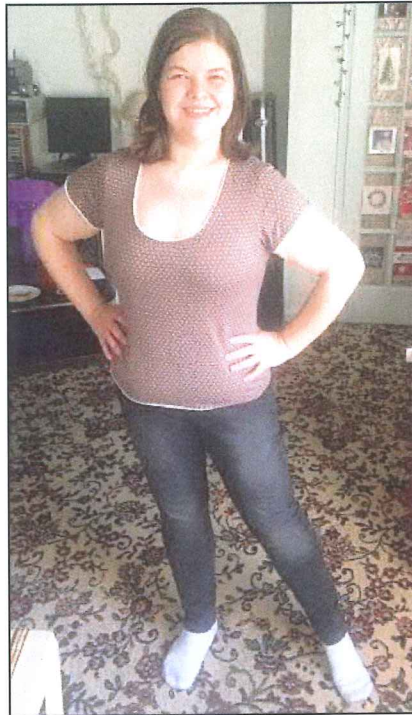
Definitely NOT a look for radio! Stunning Gemma Arterton steps out in embellished black dress and heels for on-air interview British beauty







Natalie lost 11lb in the first week of her new weight loss regime. 'Within a fortnight I had lost a stone. I never felt hungry and managed to keep going through my birthday and Christmas'



Natalie signed up to the Alevere Leeds clinic to take part in their diet scheme.

In her first week on the diet she lost an incredible eleven pounds and continued to lose more every week.

Natalie, who has a degree in chemistry, said, 'I did my research and everything the clinic told me about this diet made sense.'

The diet, called Alevere Weight Reduction and Body Contouring Therapy, costs around £200 a week and is designed to help very overweight clients lose weight quickly and safely.

Followers eat five meal replacements a day as well as three low calorie meals made with normal food.

#### NATALIE'S DIET BEFORE:

**Breakfast** - nothing  
**Mid morning snack** - savoury cracker biscuits  
**Lunch** - Instant pasta with no fruit or veg  
**Mid afternoon snack** - bag of tortilla chips with dips or crisps  
**Dinner** - toad in the hole, usually eaten around 10.30pm  
**Evening snacks** - two slices of toast with butter, which could be repeated several times during the evening

#### NATALIE'S DIET AFTER:

**Breakfast** - four tablespoons of muesli with natural yoghurt  
**Mid morning snack** - piece of fruit  
**Lunch** - salad with a small can of tuna and some low fat cheese  
**Mid afternoon snack** - piece of fruit  
**Dinner** - home made soup or a lasagne made with turkey mince and aubergine layers in place of pasta

They also have skin tightening treatments to stop their skin sagging from the rapid weight loss, plus the latest ultrasound treatments to destroy fat cells.

Natalie said, 'Within a fortnight I had lost a stone.

'I never felt hungry and I managed to keep going through my birthday, my sister's birthday and Christmas.

'The difference it has made to me is amazing. It is as if I suddenly exist.

'When I was fat people would avoid me, now they hold doors open for me, they want to talk to me.'

**Off to booty camp?**  
 Khloe Kardashian displays her shapely derriere in gym gear ...as she heads to yet another workout in LA  
 Keeping lean



**Ashley squared!**  
 Screen beauty Greene displays her taut tum in a black crop top as she meets fellow actress Tisdale for lunch  
 Ladies who lunch



**Cara Santana slips into an unusual cut-out LBD** as she and Jesse Metcalfe glam up for gory date night at horror film premiere  
 Life after Desperate



**Model passenger Heidi Klum keeps it casual** in oversized sweater and skinny jeans as she catches a flight out of LAX  
 Spotted in Los Angeles



**Miley Cyrus kisses up to Madonna** as she posts snap of her hugging a poster to help promote legendary singer's new album  
 The two have performed together before



**Rugged Patrick Schwarzenegger puts his good looks to work** in beach photoshoot as he leaves girlfriend Miley Cyrus at home  
 It's in the genes



**Kelly Rowland shows off her trim post-baby waist** just four months after giving birth as she jets home from Paris Fashion Week  
 Enjoyed a whirlwind trip



**Lusciously leggy!**  
 Jennifer Lopez steals attention in a VERY short gold-embellished white dress for American Idol finalists party  
 Top girl



**When Camilla met Katie:** Bizarre moment Duchess of Cornwall rubbed shoulders with model during Ladies' Day at Cheltenham



**SEBASTIAN SHAKESPEARE:** Now Camilla won't see her grandkids either.  
 Tom Parker Bowles, is moving to Australia for three months



**Patricia Arquette cuts a stylish figure** in camel-coloured coat and monochrome dress suit as she exits The View  
 She is riding the crest of her career-high wave



**Fitness fanatic Emily Blunt slips into tight leggings** and a bright gym top for yet another workout session  
 More often seen in her gymwear than a dress







Natalie believes that she was almost invisible when she was at her heaviest

Before her dramatic weight loss, Natalie says she spent many years feelings invisible.

She said: 'I wandered around trying not to be seen, I was confident on the outside but not on the inside.

'I was always the one to make the joke about myself first before anyone else could, but I hated my size inside. Humour was my defence mechanism.

'I have always had issues with food. I love stodgy, savoury things, and I was eating for comfort and eating large portions. I would eat the same as John and he is 6ft 3ins tall while I am only 5ft 6ins.

'I would graze constantly.

'I would eat toast with butter as a snack, and then an hour later I would be making some more. Or I would eat a full bag of tortilla chips with a dip while I was cooking my dinner.

'I have always had a problem with food, but it is a drug you cannot quit.'

**Lost in the shuffle!**  
Rihanna makes a comfy landing in fur-lined slippers at JFK Airport after whirlwind trip to Paris  
Helps to slow down



**Lindsay Lohan is given strict new rules to follow** as she completes remaining 125 hours of community service  
Received new rules from judge on Wednesday



**'I think she was quite relieved':** Freddie Flintoff speaks about wife Rachael's reaction to his decision to seek therapy for battle with depression



**Less is not Moore!**  
Julianne steps out in THREE different outfits ...as she films new project Maggie's Plan in New York City  
Walking wardrobe



**Feeling tired?** Kendall Jenner shuns the spotlight while Kris embraces it as they arrive at LAX after busy Paris Fashion Week  
Worn out



**What a result!** Football star Daniel Sturridge swaps his boots for an apron to cook his mum a special meal ahead of Mother's Day  
He's a mama's boy!



**Why Cheryl Fernandez-Versini was wrong to get married without a prenup** by the woman who says EVERYONE should do it  
Cassie, 33, refused to marry without one



**'I was feeling very gangsta':** Madonna reveals she dated Tupac Shakur before his tragic death  
Rapper died in 1996



**Dog tired!** Milla Jovovich's pups get a lift from husband Paul W.S. Anderson as the pregnant star goes for another six-mile hike  
She's not slowing down



**What an EIFFEL!** Paris Hilton flashes her figure as she parties in revealing lace dress with semi-sheer panels  
Hardly the shy and retiring type



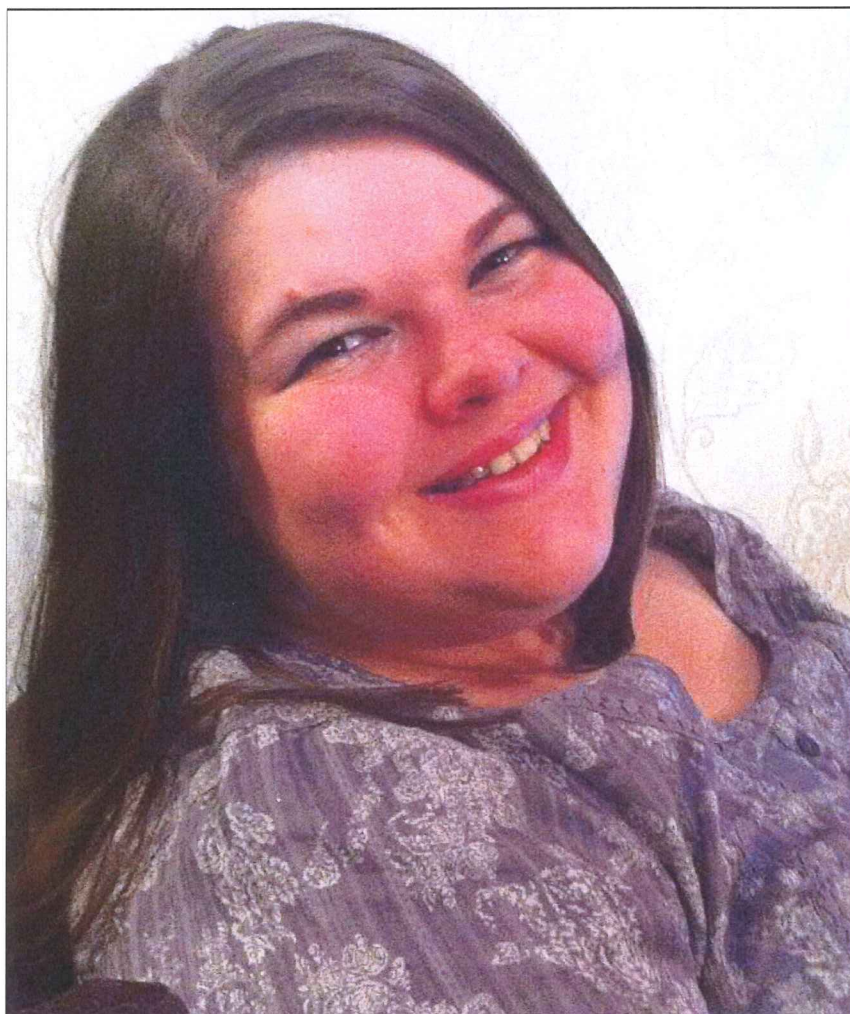
**'I wish you a miserable death':** Naomi Campbell makes another Empire cameo ...and rips into Terrence Howard's character



**Lost In New York?**  
Macaulay Culkin smokes alone (again) as he wanders around in paint splattered jeans  
Tuned out the world with his large earphones







Natalie was badly bullied at school for being overweight and during one incident a group of boys kicked her down a flight of stairs

She continued: 'I started putting weight on when I was aged six and from then on I was the big girl. When I was thirteen I had to change schools after a group of lads kicked me down some stairs.

'They said they were going to kick the fat out of me and started booting me in the stomach.'

But life got better for Natalie at the next school, and she went on to study at The University of Manchester.

She said: 'I had lots of people around me, and I cycled everywhere even though I was a size 18-20.

'My life was okay but I never had one single boyfriend.'

That all changed when Natalie, who has always been musical and played the violin from the age of six, was introduced to music teacher and musician John eight years ago.

'I wanted to learn the bass guitar and my Taekwondo teacher introduced me to John.

We were mates for about eight months while he taught me to play the bass guitar and we even play together in a band now.

'But eventually we realised there was something more between us.

'John has always accepted me just as I am.

'When I said I was going to lose weight he said okay but not to lose it for him because he loved me as I was.

'I was a size 22 when we got married and he said I looked beautiful.'

But now Natalie is gradually learning to live with her dramatically altered body.

She said: 'My brain hasn't quite caught up. I keep picking up size 20 tops. My sister has always been slim and she is encouraging me to try new styles. We go shopping together and she picks out things for me I never imagined I would be able to wear.'

#### JUST WHAT IS THE ALEVERE DIET?

Clients eat five, protein-based nutritional supplements per day, each containing around a hundred calories.

These are sachets of dried nutrients that can be made into various products, including omelette, pizza and chocolate desserts, with 35 flavours to choose from.

From the start of the therapy, these are eaten in addition to three meals of normal food per day.

Weekly sessions of ultrasound and skin tightening treatments are then used to stop the common problem of loose skin after major weight loss

The diet is in three stages and at each stage, a wider range of natural foods is reintroduced.

At the end, to avoid any rebound weight gain, there is a stabilisation programme to follow which takes around one month. By the end of this the client is back on a healthy, normal and balanced diet.

The average client is on the therapy for 16 weeks.

**How sweet! Denise Richards takes daughter Eloise for ice cream before picking up some cupcakes to go**  
They 'eat ice cream all the time'



**There she blows! Gisele Bundchen has a hair raising moment as she gets caught up in a gust of wind in New York**  
Lost control



**Puppy love! Kate Upton and boyfriend Justin Verlander host pet adoption event in her Florida hometown**  
Inspired to launch the event after fostering dogs



**Make-up free Emma Stone ditches the glamour in baggy clothing as she shops for groceries in Malibu**  
Not seen with Andrew Garfield in two months



**No ifs or blondes about it! Naomi Watts trades in her light locks for brunette hairstyle in upcoming sci-fi action film The Divergent Series: Insurgent**



**Feeling blue? Barefaced Rose Byrne looks ready for serious business as she steps out in navy blazer and dark jeans with windswept hair**



**All grown up! Dance Moms star Maddie Ziegler, 12, leaves her Sia wig at home and lets her brunette locks down at ASTRA Awards in a silver and green dress**



**His good luck charm! Justin Bieber joins boxer Floyd Mayweather during press conference for upcoming superfight with Manny Pacquiao**



**She's getting results! Rumer Willis reveals her toned dancer's tum as she leaves Dancing With The Stars rehearsals in a white crop top**  
Dance show is on



**'As long as you know the truth that's all that matters': Giuliana Rancic addresses extreme weight loss rumours as she displays slender frame**



**Forever young! Blake Lively shows off youthful complexion in posters depicting her as ageless Adaline Bowman, 29, in movie Age of Adaline**



**Sam Faiers has a fashion moment in coral dress embellished with gold sequins as she attends Insurgent premiere**  
Dazzled in coral

