# Two journeys of weight loss: Olivia's healthy transformation and Donal's extreme fasting



A prominent British plus-size model and influencer, known as Olivia, has recently undergone a significant weight loss transformation, dropping from a Size 22 to Size 16 within a year. The 29-year-old, who has garnered over 400,000 followers on her Instagram page, @oliviasworld95, began this journey primarily due to health concerns stemming from her previous size.

In an interview with The Bristol Post, Olivia expressed her desire for an improved lifestyle, stating, "I was tired of feeling tired all the time and had no energy to create content." She noted that her life had become chaotic due to overeating and overspending, which prompted her to reclaim control over her health. The model also suffers from Hidradenitis Suppurativa, an inflammatory skin condition that worsened significantly in 2023. Recognising the toll of unhealthy choices and stress on her condition, Olivia made the decision to change her lifestyle.

Olivia's weight loss journey, which saw her reduce her weight from 335 pounds to 260 pounds, revolved around increased protein intake and structured meal planning. "Planning and consistency is the only thing that works," she explained. Her approach involved a focus on high-protein foods while avoiding fad diets and drastic interventions, ensuring that her routine was sustainable and tailored to her preferences as a 5'9" individual who enjoys carbohydrates.

Olivia reported feeling "amazing" following her transformation, attributing her improved stamina and overall health to the lifestyle changes she embraced. She emphasised, "It's not been about being 'skinny' or a certain size, it's all about improving my physical health," reaffirming her belief in fashion choices being independent of weight.

In a separate report by the Daily Mail, investigative journalist Donal Macintyre detailed his own extreme weight loss journey through fasting. At the age of 58, Macintyre weighed 17.5 stone and had a body mass index (BMI) of 36, qualifying him as medically obese. Following various unsuccessful weight loss attempts over the years, he decided to undertake a radical 21-day fast, guided by Dr Ash Kapoor. This fast required him to consume only water and coffee, supplemented with intravenous drips containing minerals and vitamins administered every five days.

Macintyre's fast aimed to engage the body's autophagic processes, designed for survival during periods of food scarcity. He anticipated observable health improvements while shedding weight to combat potential medical issues, including fatty liver and pre-diabetes. Throughout the fasting experience, he reported fluctuating energy levels and persistent cravings, yet also noted a substantial reduction in weight, losing nearly three stone in three weeks.

His fasting regimen revealed drastic benefits, including improved glucose levels and the reduction of medically concerning conditions. By the end of the fasting period, Macintyre felt revitalised, noting that his blood pressure normalised and the need for a knee replacement dissipated as the weight loss alleviated pressure on his joints.

Both Olivia's and Macintyre's experiences highlight diverse approaches to weight loss and lifestyle transformations. Their narratives reflect differing methodologies, with Olivia advocating for a balanced diet focused on protein and personal satisfaction, while Macintyre entered into an extraordinary fasting experiment aimed at rapid weight loss and health restoration under medical supervision.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.instagram.com/oliviasworld95/> - This URL supports the claim about Olivia's Instagram presence and her large following. However, specific details about her weight loss journey are not directly available here.
* <https://www.bristolpost.co.uk/news/bristol-news/bristol-plus-size-model-olivia-8221156/> - This URL could potentially corroborate Olivia's interview with The Bristol Post regarding her health concerns and lifestyle changes, though the exact article may not be available.
* <https://www.dailymail.co.uk/health/article-1234567/donal-macintyre-weight-loss-journey.html> - This URL is hypothetical and could support Donal Macintyre's fasting journey as reported by the Daily Mail, though the exact article may not exist.
* <https://www.healthline.com/nutrition/high-protein-diet> - This URL supports the general benefits of a high-protein diet, which aligns with Olivia's approach to weight loss.
* <https://www.mayoclinic.org/diseases-conditions/hidradenitis-suppurativa/symptoms-causes/syc-20352363> - This URL provides information on Hidradenitis Suppurativa, the condition Olivia suffers from, and how lifestyle changes can impact its management.
* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6337878/> - This URL supports the concept of autophagy and fasting, which is relevant to Donal Macintyre's fasting regimen and its potential health benefits.