# Transformative journeys: how two women conquered their battles with weight and health



Christy Collins, a 27-year-old woman originally from Essex but currently residing in Toronto, has shared the significant transformation she underwent after a pivotal moment in her life. At her heaviest, Collins weighed over 28 stone (177.8 kg) and felt as though her weight was not an issue until she received an alarming warning from her doctor. The conversation with her healthcare provider prompted her to make essential lifestyle changes.

Reflecting on her childhood, Collins noted that she grew up in a household influenced by "80s diet culture", and has been on various diets from a young age, including participating in Weight Watchers at the tender age of nine. She recounted a lifelong struggle with her weight and an unhealthy relationship with food, where emotional ties often drove her eating habits. Collins stated, "I was using food as a comfort thing and a coping thing, and my relationship with food wasn't healthy."

Her wake-up call occurred during the early stages of the Covid pandemic, when her doctor advised her about the serious implications of her weight on her health and longevity. This prompted Collins to prioritise her mental health and well-being, which she credits as pivotal to her weight loss journey. “I've never done it [weight loss] by the scales as such, just how I feel in myself,” she explained. Since making these changes, she has lost approximately 155 pounds, reaching her current weight of 250 pounds.

Collins emphasised the importance of focusing on life beyond dieting. She described how shifting her attention to hobbies, friendships, and self-care helped her manage her eating habits more effectively. “Working on my mental health has been the biggest thing... I've just been living life, and as I'm living life, the weight has been falling off me because I'm happy,” she added.

In contrast, Claudia Rooks, a resident of Spalding in Lincolnshire, faced a life-changing health crisis after giving birth to her youngest son. Six weeks post-delivery, Rooks experienced severe health complications, initially suspected as a stroke, which left her paralysed and unable to care for her newborn and three other children. In the hospital, a doctor highlighted that her weight could be a contributing factor to her symptoms, compelling Rooks to reflect on her long-standing unhealthy relationship with food.

Rooks recounted her struggles with weight throughout her life, marked by emotional eating stemming from childhood experiences. “I can remember from being just five that I would use food as comfort,” she recalled, describing how her eating habits worsened over time, with frequent diet attempts resulting in temporary weight loss followed by regaining the lost pounds.

Following her health scare, Rooks was diagnosed with Hemiplegic Migraines, which mimicked stroke symptoms, and was warned that her weight could exacerbate her condition. Seeking to improve her health, she began her weight loss journey and initially lost 4 pounds independently, but soon realised she needed additional support. Discovering Mounjaro, a medication that aids in managing eating habits, through TikTok proved to be a turning point in her journey. In a span of 11 weeks, she lost over a stone (approximately 12.7 kg) and witnessed significant improvements in her overall well-being.

Rooks has since adopted calorie counting and sought counselling to address emotional triggers that led to binge eating. She is determined to reach a target weight of 13 stone 4 pounds, which is crucial for her to qualify for sterilisation on the NHS, stemming from concerns about the risks of another pregnancy. Sharing her progress, Rooks stated, “I have gone from 16st 5.3lbs to 14st 10.9lbs in 11 weeks and feel so much healthier.”

Both Collins and Rooks highlight the complex interplay between mental health and weight loss. Collins has embraced a lifestyle that prioritises balance and self-acceptance, while Rooks has underscored the importance of understanding the emotional aspects of eating, advocating for kindness towards oneself amidst the challenges of weight management. Their narratives reflect personal journeys of resilience and transformation, offering insights into the various factors influencing weight-related health outcomes.

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