# Brenda Griffin’s 3-stone loss highlights enduring power of The 1:1 Diet over weight-loss drugs



Brenda Griffin’s transformation is a testament to the power of change and resilience. At 63, she weighed nearly 15 stone and faced a myriad of challenges in her life, including personal losses and the struggles of menopause. Often resorting to comforting foods like cheese, chocolate, and wine, Brenda reached a point she described as “rock bottom.” By November 2022, facing a BMI of 31 and a precarious path towards type 2 diabetes, she sought a way out.

In stark contrast to the reliance on weight-loss medications like Ozempic or Wegovy—a trend that sees hundreds of thousands of Brits turning to pharmaceutical aids—Brenda chose the path less travelled. Her remarkable weight loss of over three stone was achieved through a dietary program known as The 1:1 Diet, formerly called the Cambridge Diet. This programme, which gained significance in the 1980s, advocates strict calorie control via meal replacements and individual support. Today, it offers a variety of options beyond shakes and soups, including appealing meals like curries and pasta, designed to address complaints of monotony in traditional meal replacements.

The diet operates on a framework that prompts participants to consume between 600 and 800 calories a day, guiding them through a structured reintroduction of solid foods. Brenda’s journey illustrates this progression; she now enjoys dishes that nourish her both physically and mentally, shifting her relationship with food from emotional crutch to a source of health and vitality.

Research underpins the effectiveness of The 1:1 Diet, notably demonstrated in the DiRECT trial—a pivotal NHS-backed study that revealed participants achieved substantial weight loss, with many reversing their type 2 diabetes. Over 2,000 individuals lost significant weight using a similar meal-replacement approach, shedding more than 33lbs over two years. Nearly half of them experienced remission from diabetes, a breakthrough that adds to the diet's appeal amid the current surge in popularity due to the well-publicised weight-loss drugs.

Despite this evolution in dietary aid, the prospect of using GLP-1 receptor agonists presents its own challenges. While such medications can facilitate rapid weight loss—studies indicating an average reduction of 13lbs over 12 weeks—many users struggle with side effects and the long-term implications, including the potential need for continued use. A significant concern, as highlighted by Mark Gilbert, a nutritionist associated with The 1:1 Diet, is that many who rely on these drugs continue consuming unhealthy foods, merely in smaller quantities, which undermines the benefits of the treatment.

From Brenda’s perspective, the diet provided not only a method for weight loss but also a framework to understand her emotional triggers related to eating. Faced with the death of her mother, Brenda acknowledged the healthier coping mechanisms she had developed through the diet and the supportive network she accessed throughout her journey. This psychological shift is echoed by others within the community, who share similar stories of empowerment through organised support and education regarding nutritional choices.

The transformation is not unique to Brenda. A dramatic case is that of Donna McCaulsky, who, after deciding against a gastric sleeve operation, achieved an astounding weight loss of 12 stone through The 1:1 Diet, reaffirming its premise that with the right guidance, many can reclaim their health. Donna's experience underscores the critical role of community support, which is integral to maintaining motivation and adherence to the diet long term.

But lingering questions remain regarding the sustainability of such diets. While initial results may be promising, studies—like the one conducted in Oxford—show that many individuals struggle to maintain their weight loss after returning to conventional diets. Even with such setbacks, it remains apparent that the integration of healthy habits, such as those encouraged by The 1:1 Diet, creates a more robust legacy of health improvement.

As Brenda approached personal milestones, such as her son’s wedding, she found motivation in wanting to look and feel her best, embodying a goal that many can relate to. With a renewed understanding of food and fitness, she proves that while the journey may not be easy, it is profoundly rewarding. Brenda may not have employed pharmacological aids that have recently taken the forefront of weight-loss strategies, but her story reaffirms the notion that long-lasting change may often stem from what we consume and how it aligns with our lifestyles and emotional wellness.

In an increasingly complex landscape of weight loss strategies, Brenda's journey encapsulates the essence of personal empowerment, underlining that sometimes a return to fundamental dietary principles, combined with a supportive community, can be the key to success.

### Reference Map

1. Paragraphs 1, 2, 3, 6, 7, 8, 9, 10
2. Paragraphs 3, 4, 6
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5. Paragraph 2
6. Paragraph 2
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8. Paragraphs 2, 4, 5, 10

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## Bibliography

1. <https://www.dailymail.co.uk/health/article-14722503/You-lose-stone-time-summer-following-1980s-diet-thats-better-Ozempic.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.one2onediet.com/how-it-works/supported-by-research> - This page outlines the scientific backing of The 1:1 Diet, formerly known as the Cambridge Diet. It highlights various studies, including the DiRECT trial, which demonstrated that participants using The 1:1 Diet products and receiving one-to-one support achieved significant weight loss and, in some cases, reversed type 2 diabetes. The page emphasizes the diet's effectiveness and safety, citing multiple research findings that support its efficacy in weight management and health improvement.
3. <https://www.one2onediet.com/blog/great-research-published> - This blog post discusses the results of the DiRECT trial, which investigated the impact of The 1:1 Diet on type 2 diabetes remission. The study found that over a third of participants who lost more than 10 kilograms achieved remission. The post also highlights the importance of personalized support in maintaining weight loss and improving health outcomes, reinforcing the diet's role in managing and potentially reversing type 2 diabetes.
4. <https://www.one2onediet.com/blog/a-review-nhs-type-2-diabetes-path-to-remission-programme> - This article reviews the NHS Type 2 Diabetes Path to Remission Programme, which utilizes The 1:1 Diet's Total Diet Replacement approach. The program has shown positive results, with participants losing an average of two and a half stone and 27% reversing their type 2 diabetes. The review underscores the diet's effectiveness in weight loss and diabetes management, supported by studies like DiRECT and DROPLET.
5. <https://www.one2onediet.com.au/supported-by-research/> - This Australian page details the research supporting The 1:1 Diet, including the DiRECT study, which demonstrated that a significant portion of participants achieved type 2 diabetes remission through the diet. It emphasizes the diet's role in weight loss and health improvement, citing various studies that validate its effectiveness and safety.
6. <https://www.one2onediet.com.cy/health-wellbeing-great-research-published/> - This page discusses the findings of the DiRECT trial, which showed that over a third of participants who lost more than 10 kilograms on The 1:1 Diet achieved remission from type 2 diabetes. It highlights the diet's effectiveness in weight loss and diabetes management, supported by multiple studies.
7. <https://www.one2onediet.com.cy/how-it-works/supported-by-research/> - This page outlines the scientific backing of The 1:1 Diet, formerly known as the Cambridge Diet. It highlights various studies, including the DiRECT trial, which demonstrated that participants using The 1:1 Diet products and receiving one-to-one support achieved significant weight loss and, in some cases, reversed type 2 diabetes. The page emphasizes the diet's effectiveness and safety, citing multiple research findings that support its efficacy in weight management and health improvement.