# UK mother loses nine stone using traditional meal replacement diet over medication



In an inspiring transformation story, a mother from the UK has shared her remarkable nine-stone weight loss journey, achieving her goal without the use of popular weight loss medications or surgical interventions. Amy Swan began her impressive transformation in January 2024, opting for a total meal replacement diet consisting of soups, shakes, and snack bars. This method, which limited her calorie intake to a strict 800 calories per day, helped her lose six stone by June and ultimately reach her goal by year’s end.

Swan's method drew on principles of older weight loss strategies that have become somewhat eclipsed by the recent popularity of pharmaceutical options like Ozempic and Wegovy, which have been widely endorsed by celebrities. In her case, the mother of two relied on a plan that, while traditional, proved effective. Speaking on TikTok, where her video amassed over 2.5 million views, she stated, "I started a total meal replacement diet—that's four products a day." She also highlighted the importance of hydration, consuming three litres of water daily, yet noted that she engaged in minimal exercise during the early stages of her weight loss journey.

Her approach included occasional setbacks, described in her video as “falling off the wagon” three times, but she consistently returned to her disciplined regimen. As she transitioned off the meal replacement plan, she began tracking her calorie intake via an app, focusing on high-protein, low-carb meals. Experts recommend high-protein diets as they can promote satiety, thereby reducing the likelihood of unhealthy snacking—a strategy that seems to have worked well for Swan as she introduced 10,000 steps of walking each day, eventually aiming to run 5 kilometres.

As she moved toward a balanced diet, Swan admitted to allowing herself sweet treats, reflecting a growing trend among dieters who strive for a sustainable and enjoyable approach to eating. Research indicates that restrictive diets can lead to quick weight loss, but numerous studies also suggest that many dieters struggle with weight regain once they stop the restrictive practices. A significant challenge emerging in the realm of weight loss is the reliance on medication. A recent study highlighted that nearly half of users of semaglutide regained at least 25 per cent of their lost weight within a year after ceasing treatment, a commentary on the importance of integrating lifestyle changes alongside any pharmacological interventions.

In a parallel narrative, many success stories worldwide echo Swan’s experience. For instance, Liz, a mother and cardiac nurse, lost 100 pounds using the SlimFast plan, crediting the convenience of shakes that fit her busy lifestyle. Similarly, Danielle and Deb experienced substantial weight loss with meal replacement shakes from the CSIRO Total Wellbeing Diet, highlighting how structured programs can effectively support lifestyle changes and boost self-esteem.

Swan’s story showcases a balancing act between discipline and enjoyment in diet, signalling a potential shift in how weight loss is approached, particularly as high-profile users of weight loss medications like Ozempic face scrutiny for perpetuating unrealistic body standards. Despite the allure of pharmacological solutions, many individuals are seeking sustainable and fulfilling methods to achieve their health goals, as evidenced by the resurgence of meal replacement plans that promote the development of healthy eating habits.

In her triumphant conclusion, Swan noted, "I have to have something sweet daily so I'm never going to cut that out, what's the point?" Her journey has inspired others to view weight loss not as a punitive regime, but as a path to rediscovering a healthy relationship with food, nutrition, and exercise—a perspective that could resonate amidst the current diet culture.

## Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/health/article-14765409/Mum-unrecognisable-NINE-stone-weight-loss-DIDNT-Ozempic.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[5]](https://www.weightlosscherryhill.com/success-stories/)
* Paragraph 2 – [[1]](https://www.dailymail.co.uk/health/article-14765409/Mum-unrecognisable-NINE-stone-weight-loss-DIDNT-Ozempic.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://slimfast.com/success-stories/liz), [[4]](https://blog.totalwellbeingdiet.com/au/2022/fast-start-meal-replacement-shakes-helped-deb-resist-cravings/)
* Paragraph 3 – [[3]](https://blog.totalwellbeingdiet.com/au/2023/the-fast-start-meal-replacement-shakes-helped-danielle-shed-12-2-kg/), [[6]](https://slimfast.com/success-stories/christina)
* Paragraph 4 – [[1]](https://www.dailymail.co.uk/health/article-14765409/Mum-unrecognisable-NINE-stone-weight-loss-DIDNT-Ozempic.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://slimfast.com/success-stories/liz)

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## Bibliography

1. <https://www.dailymail.co.uk/health/article-14765409/Mum-unrecognisable-NINE-stone-weight-loss-DIDNT-Ozempic.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://slimfast.com/success-stories/liz> - Liz, a 36-year-old cardiac nurse and mother, embarked on her weight loss journey in June 2018, starting at 255 pounds. She adopted the SlimFast plan, incorporating shakes and snacks into her daily routine. Over 41 weeks, Liz lost 100 pounds and 55 inches, attributing her success to the convenience and taste of SlimFast products, which fit seamlessly into her busy lifestyle. Her transformation was further motivated by a desire to feel confident and healthy, especially after seeing herself in vacation photos.
3. <https://blog.totalwellbeingdiet.com/au/2023/the-fast-start-meal-replacement-shakes-helped-danielle-shed-12-2-kg/> - Danielle, who had been gradually gaining weight over 12 years, decided to join the CSIRO Total Wellbeing Diet's Fast Start program. Initially apprehensive about dieting, she found the meal replacement shakes both satisfying and effective. In 12 weeks, Danielle lost 12.2 kg, transitioning to a balanced diet and incorporating exercise. She credits the program's tools, like the food tracker, for her success and feels more confident and energetic, with her favourite jeans fitting again.
4. <https://blog.totalwellbeingdiet.com/au/2022/fast-start-meal-replacement-shakes-helped-deb-resist-cravings/> - Deb, a Social Work Support Officer, struggled with cravings and weight management. After joining the CSIRO Total Wellbeing Diet's Fast Start program, she found the meal replacement shakes both tasty and filling. Over 12 weeks, Deb lost 18.9 kg, noting a significant reduction in cravings and an increase in energy. The program's tools and support helped her make healthier choices, leading to a more active lifestyle and improved self-esteem.
5. <https://www.weightlosscherryhill.com/success-stories/> - Medical Weight Loss of Cherry Hill showcases several success stories, including Shannon S., who lost 32 pounds in 10 weeks using the Optifast Medical Meal Replacement System. By consuming high-protein bars or shakes every three hours and a healthy dinner, Shannon experienced increased energy and motivation to exercise. Another success story features Tanya, who lost 100 pounds with the support of Dr. Elyse Dishler, highlighting the effectiveness of meal replacement systems in weight loss journeys.
6. <https://slimfast.com/success-stories/christina> - Christina R. began her weight loss journey in August 2016, initially hesitant about expensive shake plans. She turned to SlimFast, incorporating shakes and snacks into her daily routine. Over three years, Christina lost 132 pounds and 56 inches, attributing her success to the convenience and taste of SlimFast products. She also embraced regular exercise, including group fitness classes, and now enjoys activities she once thought impossible, like dancing and weightlifting.
7. <https://na.310nutrition.com/blogs/all/natasia-dropped-5-sizes-in-4-months-by-committing-to-healthy-living> - Natasia, a busy mother of two, struggled with weight loss due to unhealthy eating habits. In January 2020, she committed to a healthier lifestyle, incorporating 310 Nutrition shakes into her routine. By regularly working out and making healthier food choices, Natasia lost five sizes in four months. She found the shakes convenient and compatible with her busy lifestyle, leading to increased energy and self-confidence.