

*"Now I am a completely
normal person
taking part in life"*



Interview with Jannice Andersson



*Cecilia Bergh in Interview with
Jannice Andersson*

Jannice, 29 years old who has lost 40 kg.

Jannice: - Two years ago I weighed 278 lbs (125.7 kg), that is a BMI of 46. It was my highest weight ever. I don't weigh myself regularly but these days I weigh around 192 lbs (87 kg). I am 165 cm tall. BMI=32

Cecilia: - How long did it take to reach that weight?

Jannice: - When I passed the 100 kg limit, the increase in weight went very fast. In half a year I went up from 220 to 276 lbs (100 to 125 kg). Then it felt like now I don't care, I might just as well eat because 220 lbs (100 kg) is very, very much, it doesn't matter how much you weigh because it is the same thing.

Cecilia: - When you were a little girl, was your weight normal then?

Jannice: - I was probably a little chubby, had a few extra kilos. It was not more than that. I moved around a great deal, I was always outdoors and running around. Mum and Dad got divorced when I was six years old and then I got some extra sweets and extra comfort with food.

Cecilia: - Were either of your parents overweight?

Jannice: - Maybe a few comfort kilos here and there but absolutely nothing which has affected them. But my

elder sister she is very overweight. She has been through what I think is called a gastric banding operation. So she is very overweight. She weighs 243 or 254 lbs (110 or 115 kg) and she is shorter than I am. She lost weight then, four years ago but she has gained it all back again and a little more.

Cecilia: - What happened after the surgery, did she get complications?

Jannice: - She threw up very, very much and still does, she did lose weight, her weight dropped drastically. If you have an eating disorder, then the operation doesn't change your behaviour, it only changes the size of your stomach. Then if you eat constantly but small amounts for instance cake, you do gain weight sooner or later because it becomes too much.

Cecilia: - So then she can't eat, doesn't know how one should?

Jannice: - No.

Cecilia: - And you do not get to learn that at the operation?

Jannice: - Well, it should be that way but it is one's own responsibility too, she thought she wouldn't have to attend dietary advice because now it is fixed.

Cecilia: - Was the band removed?

Jannice: - No, she still has it, but I don't know if it has expanded or what has happened. She feels very bad as she can still not eat and she throws up, she does have all the complications even though she hasn't had anything good out of it, she is not happy, because she

hasn't lost weight.

Jannice: - For my part, it started at 13-14 years of age when I started secondary school, I was teased for being chubby and a little round.

Cecilia: - What did they say to you?

Jannice: - They called me *fatso*. They also used to call me *Volvo*, which means I roll in Latin.

Jannice: - I started starving myself and I dropped drastically in weight. I was almost underweight for some time. That was when the real problems started. Since then, I have been starving myself and binge-eating and gone up and down in weight. Until I became pregnant at the age of 21, then I couldn't starve myself; I had a responsibility for my child. Then I ate in a wholesome way.

Cecilia: - And what do you mean by wholesome?

Jannice: - I ate regularly above all.

Cecilia: - No binge-eating?

Jannice: - No, but when my daughter was born, I started binge-eating. Now my child is outside, so now I can't harm her. So then I started binge-eating and starving myself to compensate for the weight that went up and down, up and down.

Cecilia: - How big were the weight changes during one month?

Jannice: - It could be as much as nearly 22 lbs (10 kilos) in a month. I virtually ate nothing at all. Only drank water or Nutralight cures or Cambridge cures or...

Cecilia: - What is a Cambridge cure?

Jannice: - You eat soups, shakes that you mix with milk or water that you live on. So you live on 550 calories per day.

Cecilia: - How do you feel when you only eat soups containing 500 calories?

Jannice: - You become distracted, you are not so conscious about the world around you, become very tired and heavy and can't concentrate, you just float around... You manage but you don't have the strength to do very much. The longest I could stand such a diet was 10 weeks.

Cecilia: - How much weight did you lose then?

Jannice: - 33-44 lbs (15-20 kilos).

Cecilia: - And how long did it take until you ate yourself up again?

Jannice: - One month. I was so hungry that I couldn't stop eating. And the stomach expands so amazingly fast, I can't understand it. I could eat, eat, I didn't feel any end, nothing. A usual portion of 14 ounces (400 grams) took a few minutes but then I didn't stop. I could eat anything from the cupboards. Cakes if there were any, buns, potatoes if any. I ate, ate what there was. Sometimes I went shopping in secret when I knew that now I had two hours all to myself and then I ate constantly for two hours. Lots of chips, sweets, cakes, sandwiches, anything. It was always at dinner time, I ate with my family first and then I sneaked away and continued to eat. I was very careful not to show my daughter how much I ate and what it was that I ate. I



*Jannice with
her daughter
before the
treatment*

have been very strict with her only being allowed to eat sweets on Saturdays. I am completely aware that my eating behaviour hasn't been okay. I have concealed it from my daughter.

Cecilia: - Are your partner and daughter normal weight?

Jannice: - Yes, my daughter is normal weight and my partner has lost weight at the same time as me. We ate unhealthily, he too, if I ate something in the evening when Natalie had gone to bed, then he also ate.

Cecilia: - What a nice name Natalie.

Jannice: - Yes.

Cecilia: - Why did you eat so fast, a few minutes for a

whole portion and maybe even faster when you binge-ate?

Jannice: - You want to have so terribly much, you don't have the time to chew, nothing. You just stuff it into the mouth, it is not actually because you are hungry but it is something else that you want to numb. You feel a terrible liberation when you start eating but then you get anguish again when you have eaten... it is like you go into another world, as if you are not quite aware about the rest of the world.

Cecilia: - When you started to eat a meal with your family, did you then know that you would continue to eat?

Jannice: - Sometimes I could sit and long for everyone getting ready. When Natalie should go to bed, then I was allowed to be in peace and eat.

Cecilia: - When the eating was at its worst, did you know what satisfaction was?

Jannice: - I was never satisfied.

Cecilia: - Were you hungry then?

Jannice: - I was probably not hungry either, nothing that I could feel in my stomach. But only in the head. I was craving. The body adjusts to receiving food and then comes the mandatory anxiety that now I must eat, because then it will be cured and it is a vicious circle. It is much of a habit also that the anxiety comes on command, that it is about to come and then I eat.

Cecilia: - Did you eat in the same places, was it in the same environment and did you buy the same groceries?

Jannice: - Yes, that's about right and it was always at home, I hardly ever went out to ate. If I did, I ate very properly, slowly and just a little. It was expected of me. I was that overweight, I thought everyone was watching me and then you have to eat finely and properly and some fish. Or salad.

Cecilia: - Which weight reduction programmes have you attended? Have you participated in any treatment programmes except for Mandolean®?

Jannice: - I joined Weight Watchers. I have also gone through Cambridge cures and Nutralight cures and ordered weight loss pills over the Internet. I have surely spent 10.000 SEK (1.700 USD) on different quick cures.

Cecilia: - When you weighed 276 lbs (125 kg), did you then consider an operation?

Jannice: - Yes, I have seen a therapist all the time, we discussed an operation and she could arrange a doctor's meeting for me. But as I have it so close to me with my sister and in addition my fathers partner.

Cecilia: - Your father's partner?

Jannice: - She has had a bypass operation. She now goes to the Mandolean® clinic.

Jannice: - I have seen how they have had it. Vomiting and gaining weight. Both of them. That's no life.

Cecilia: - So how did you come to the Mandolean® clinic?

Jannice: - My therapist has been very helpful and she said that there must be something that can help. She found the Mandolean® clinic on the Internet.

She sought help for me, she joined me to the clinic. I felt very unwell, I also had social problems, didn't want to go out, I locked myself up. Didn't want to make phone calls, couldn't travel by bus, there were also a lot of other things going on. So she said, we'll get a car and go there.

Cecilia: - What expectations did you have?

Jannice: - I thought that when I came to the clinic, they could do something so that I would lose weight very fast.

Cecilia: - It wasn't like that, was it?

Jannice: - No.

Cecilia: - You learnt how to eat with Mandolean® and then, little by little you started losing weight.

Jannice: - I started losing weight right away. During the first half year, I lost approximately one kg each week, then I started to level off...

Cecilia: - How did you feel losing weight?

Jannice: - I felt very good, but I couldn't quite believe it. This is very good, but soon my weight will go up again. I will get these kinds of whims and start eating again, so it took a very long time until I accepted that it actually went well.

Cecilia: - How long did it take for you to be able to identify fullness and hunger?

Jannice: - It took approximately half a year until I felt, I am actually hungry.

Cecilia: - What is it like to eat slower and smaller portions?

Jannice: - In the beginning it was very difficult to sit amongst others and eat, people I didn't know. Just after a week, I felt so well, so extremely well in the stomach that is, I was more fit.

Cecilia: - So there were quick effects of eating regularly and sufficiently? You were allowed to eat six times a day? Did you go to the clinic every day?

Jannice: - I was at the Mandolean® clinic between 8 and 4 everyday for maybe half a year. Then, I started reducing my visits step by step to three times per week and half days.

Cecilia: - When did you understand that Mandolean® will help you losing weight?

Jannice: - When the summer was over, I realized that I hadn't gained, I had actually lost weight. So I was feeling well. Then I started believing in the treatment very much, this actually works.

Cecilia: - How much weight have you lost?

Jannice: - I am approaching 88 lbs (40 kilos).

Cecilia: - That is really incredible! Have you got much support from home?

Jannice: - My partner has been absolutely incredible. He has been very supportive and in the beginning he was very understanding. I had a schedule to follow and there was nothing else I should eat, so he ate on my times and that was probably why he has lost weight too.

Cecilia: - How much did he lose?

Jannice: - He lost 22 lbs (10 kilos) approximately. He is very happy.



Cecilia: - Do you exercise? Did it get into the picture during the time that you got help?

Jannice: - I was allowed to start directly with physical activity when I started at the Mandolean® clinic. I should go out and walk for an hour every day.

Cecilia: - Did you do it?

Jannice: - Yes, I had to. I wasn't forced, I came with some excuses sometimes and it was tough, I had pains in my knees and it was rainy and... But they persuaded me. It got easier and easier, in the end I went for long walks. I became so angry sometimes because I had only walked for 45 minutes even though I had walked the same round that had previously taken an hour.

Cecilia: - Did you feel cold when you lost weight?

Jannice: - No.

Cecilia: - Did you have diabetes?

Jannice: - No. I have been very lucky to have good blood sugar, but I have had high blood pressure. I was panting and had problems walking the stairs and I couldn't play with my daughter. I had pains in my feet, I had pains everywhere. I was mostly lying on the sofa at home.

Cecilia: - How did you shop for clothes?

Jannice: - Well, that was no fun. You had to go to immense departments and shop clothes which I did not do. I shopped mostly at Ellos and Haléns and on the net. Nearly only black. Saggy clothes that became tight because I gained weight all the time. And it was no fun to buy bigger sizes all the time.

Cecilia: - When did you go for the first time to a clothes shop and try on clothes? You look so cool today!

Jannice: - Oh (laughter)!

Cecilia: - You look very trendy, you are flourishing. You are so incredibly sweet.

Jannice: - Thank you.

Jannice: - Something happened that summer when I had lost weight during half a year, and then did gain weight but continued losing weight. I got energy and wanted to dress better, to put on make-up, fix my hair, I coloured my hair and changed hairstyles. I thought, I want to do it now. But I felt a big resistance, I didn't like it.

Cecilia: - How did you go about things?

Jannice: - I got a lot of support, on the one hand from my therapist but also from the Mandolean® clinic, the hairdressers from Tre Klippare came to the Mandolean® clinic every second month and showed us make-up, brows and hair. I talked to them about what I was going to do. I felt more secure.

Cecilia: - When you went shopping clothes for the first time, did you go alone or did you bring someone with you?

Jannice: - No, I went alone. I went to Lindex.

Cecilia: - How did it feel to enter a dressing room, trying clothes on?

Jannice: - It was great fun as if I had decreased two or three sizes.

Cecilia: - What is the biggest size you ever had?

Jannice: - Size 56. Now I have 44. These jeans are supposed to be a little tight as they go into the boots.

Cecilia: - What did your therapist say about your weight loss? It was also a victory for her, because she helped you to find Mandolean®?

Jannice: - She thought it was great fun of course. She was very happy for me.

Cecilia: - Has your daughter changed after you lost weight?

Jannice: - She is much happier and angrier, now she kind of dares to... Before she noticed I was sad, but now she pulls me and is sometimes obstinate and now we go out doing things, she enjoys. We are out

walking, biking, in the playground and in the forest and... I can do anything today!

Cecilia: - How do you think that your relationship with your partner has changed?

Jannice: - It is much better. There is a completely different kind of trust. Yes, it is very good.

Cecilia: - Are you planning to have more children?

Jannice: - Yes, little by little. We just bought a house so now it is our focus. My menstruation was gone for many years because of the overweight, the binge-eating and the starvation, but now it is regular

Cecilia: - Has the skin adjusted to your new body?

Jannice: - Yes, that's not a problem. In some places maybe, but not a lot. Because the weight loss took such a long time, my skin had time to withdraw. When you are operated for overweight, you must operate your skin here and there.

Cecilia: - How long did it take to lose 88 lbs (40 kilos)?

Jannice: - I started in January 2005. It is three years now.

Cecilia: - Are you afraid of gaining weight?

Jannice: - No, I still lose weight, but now it takes more time.

Cecilia: - If you compare the initial weight loss, how much longer and how much more effort does it take to lose one kilo now?

Jannice: - Yes now it can take two months to lose one kilo. I go to school and I have got an extra job. My exercise suffers. I am very careful to eat regularly

and I have breakfast every day and I eat normal portions, that is 12 ounces (350 grams) in 12 to 15 minutes. I quite simply have to move, if I am to lose weight faster.

Cecilia: - Do you keep to that rule, I shall eat this amount of food according to what I have learnt?

Jannice: - I do not use Mandolean® any longer, I haven't done that for a long time but I would think that I serve a portion very well and eat for around 15 minutes, as it should be.

Cecilia: - Does your family do that as well? Does your partner eat at the same pace as you do?

Jannice: - Yes he does.

Cecilia: - Do you allow yourself sweets and buns? The things you craved for before?

Jannice: - Mmm, I do. Now I can eat a pizza. I can't eat a whole pizza, but I eat until I am satisfied.

Cecilia: - What is satiety or fullness today?

Jannice: - You feel it in your stomach, you can feel that you are satisfied, Now I am satisfied, I don't want to eat more. That's what's so difficult to explain because it works automatically, that's the whole thing.

Cecilia: - That you went shopping in secret, eating after dinner, do you still have these thoughts today?

Jannice: - I don't crave in the same way today. Of course, I can feel a craving if they say, oh now I feel like having a piece of chocolate. For instance, at school when we have lectures and you feel tired, I can go buy

a piece of chocolate, there is nothing more to it than that.

Cecilia: - Do you continue eating another 10 pieces of chocolate?

Jannice: - No, just one piece, that's it. At school, I also try keeping the times when I am going to eat, I eat snacks as well, if it is possible. Of course, you have to be a little flexible with the times.

Cecilia: - Do you go to school full time?

Jannice: - Yes, I am going to be an assistant nurse.

Cecilia: - That's nice. And how long will it take before you are finished?

Jannice: - I have one and a half terms left.

Cecilia: - Even now that you work an extra job?

Jannice: - Yes, I have got an extra job as an attendant at a service house.

Cecilia: - Do you enjoy it?

Jannice: - Yes, I enjoy it a lot. It is great fun to come out.

Cecilia: - And make some money?

Jannice: - Yes, absolutely. I don't think that is the most important thing, the most important thing is that I am among people, doing something, I am part of society again, I do not stand outside as I used to do.

Cecilia: - What has Mandolean® meant to you and your life?

Jannice: - It has meant a tremendous lot. Actually, I do not think I would have had the strength to stay alive today, that is how much it means to me, it feels that much. Now I get moved, emotionally. It has meant

incredibly much for everything, myself and my family, the rest of the family and friends and... yes, now I am a completely normal person, a part of life. And I do not think I would have succeeded if I hadn't lost weight. It is not only the weight, but it is the self-confidence, my self-confidence has increased as my weight has decreased. That's the way it is.

Cecilia: - How fast did your self-esteem increase when you lost weight? Was it after two pounds or twenty (one kilo or ten)?

Jannice: - I had problems in the beginning, believing in the treatment. After the summer, when I did not gain weight, I started allowing myself a little more, arranging a party at home, hanging out with friends, yes I actually went dancing in a bar and had a ball and that I hadn't done for several years.

Cecilia: - Would you recommend Mandolean® to others?

Jannice: - Yes, absolutely. I actually do, a little here and there.

Cecilia: - It is very, very unusual to lose 88 lbs (40 kilos) and continue losing weight.

Jannice: - Is it? Just now I have stood still for several months. But it is not so important, and I am completely surprised that I don't think it is so important any longer, losing so much weight but right now, I feel extremely well. If I lose a little more, it would be like a bonus, but it is nothing that I demand, I had difficulties accepting that in the beginning. That maybe you

have to stop at one weight, that maybe you can't lose 132 lbs (60 kilos) which maybe would be normal for my 165 cm. I can't have such a goal, it is not realistic.

Cecilia: - Have you reached your dream goal?

Jannice: - Yes, the only thing that remains is getting a proper job after the summer or after school. Then, I will be completely satisfied with my life.

Cecilia: - Yes, is there anything that you want to add?

Jannice: - No, I don't know.

Cecilia: - Thank you for a fantastic story. What shall we call this story?

Jannice: - I have no idea, but maybe "Now I am a completely normal person taking part in life."

