



Sun Says

## Computer says 'No' to chips



In charge ... the Mandometer

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AN obese teenager has lost four stone – thanks to a Little Britain-style computer that says “No” when he tries to overeat.

Before eating Laurence Willshire, 16, carefully weighs his grub on the Mandometer – a computer linked to a plate on scales.

Its microchip records how much he eats, tells him if he is stuffing it too fast and when he can have more. It asks, “Are you full?” and, “Are you still hungry?”



XXXXXXLaurence ... before diet

Laurence, who is 6ft 7in, ballooned to 21st after wolfing down mounds of biscuits, toast and crisps.

*He is now 17st after agreeing to trial the Mandometer and well on the way to his target weight of 15st.*

Laurence, who needed XXXXXL clothes, said yesterday: "I used to eat a large meal in three minutes. Now I take 16.

### **Confidence**

"The treatment has given me so much confidence. I feel very good about myself now."



Slimmed down ... Laurence now

Laurence, of Horfield, Bristol, was one of 120 volunteers in the first trial of its kind in the world by the Childhood Obesity Clinic at the city's Royal Hospital for Children.

*Mum Lydia, 47, who with dad Roy, 48, had tried desperately to stop him bingeing, said: "He is a different person."*

Research leader Dr Julian Hamilton-Shield said the Mandometer – named after the Swedish word "mando", meaning "I eat" – was originally designed to help anorexics.

He said: "The key is changing the speed at which we eat."

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