



NEWS

Lose 200kg or die

Desperate Jordan turns to hypnosis

Carleen Frost

FOR breakfast it's 10 hash browns and two large coffees, lunch is two Big Macs with fries and dinner time usually serves up four Whopper burgers.

And if that's not enough, custard tarts and lamingtons fill the gaps between meals — and it's all washed down with almost a litre of Coke.

What started out as a few extra sweet treats has ballooned into a nightmare for Jordan Tirekidis, a compulsive eater in a desperate fight to shed kilos and save his life.

Weighing in at more than 300kg, the 44-year-old has to wear custom-made 12XL clothes and can stand only for short amounts of time.

"I have to do something about it because it's getting to me and I didn't want to die sitting in a chair," Mr Tirekidis said.

"I'm looking at an early death or not much of a life and it scares the hell out of me. At this stage I'm sick of it. I eat too much."

Mr Tirekidis said having his tonsils removed as a nine-year-old had triggered his obesity.

The small business owner said he was able to eat only sweet, creamy treats after surgery and those foods soon became

part of his life.

After trying scores of diets and an exercise regimen, he has turned to hypnotist Mark Stephens to help him drop a staggering 200kg.

The Sydney man will be helped by a team of fitness experts and

nutritionists who will — hopefully — assist him in sticking to his new healthy lifestyle.

"A lot of it has been the starchy foods, sugary foods, the unhealthy foods," Mr Stephens said of Mr Tirekidis's high-fat, low-nutrition diet. "I'll make sure Jordan never, ever, ever wants to touch a custard tart and a lamington again."

Mr Stephens' hypnosis encourages Mr Tirekidis to associate his favourite foods with bad smells and foul images, such as a rubbish tip or dog droppings.

Nutritionist Susie Burrell said, to work effectively hypnosis had to be combined with medical supervision, healthy eating and exercise.

"There's evidence to show it can work in some cases," she said.

"But a 300kg person is morbidly obese.



Last hope: Jordan Tirekidis listens to a hypnotist and (below) with 300kg of food.

