

“My Swiss slimming secret”



Sarah Ferguson, Duchess of York, lost almost 20 kilos with the Rohner concept.

Interviewer: How did you discover the Rohner concept?

For years we have had a holiday chalet in Verbier (VS), where we enjoy the mountains and the unique atmosphere in the traditional ski resort. When I was sitting chatting with my neighbour one day, we got talking about various diets, and he mentioned the Rohner concept. I was instantly persuaded by its

simplicity and made an appointment with Dr Rohner straightaway.

Why did you actually want to lose weight?

When I noticed that I weighed almost as much as I had just before the birth of my first daughter Beatrice, I felt it was time to do something about it. It really had me worried.

I could no longer even get into my clothes and was just putting on weight all the time.

When did your weight problems start?

I put my eating disorder down to the trauma I suffered when my mother left our family for another man. I was only 12 at the time and compensated for the loss by eating. Later on, when the media became interested in me through my marriage to Andrew, I found myself under constant media pressure to be slim. The British tabloids are well-known for their aggressive, invidious behaviour – for every kilo too much I was subjected to hateful nicknames, and I suffered greatly from that.

How did you get on with losing weight using the Rohner concept?

What persuaded me was that it's based on the individual's genetic predisposition, according to which a personal list of foods is drawn up. It is important for me that I have a plan that I can keep to – a clearly defined list; red – amber – green! I get much more enjoyment out of food today, because I know what I can eat to my heart's content with a clear conscience. With the special brans of the Rohner concept you can also bake very good bread rolls, pizza and also cakes.

How do you feel today?

I feel in very good health and both physically and mentally fit. The appetite for exercise is a new and unfamiliar experience for me,

and regular sport now occupies an important place in my life.

How did the people around you react?

Friends and acquaintances and also the media reacted with a great many compliments on my new look. A lot of people asked me about my recipe for success, and I got a lot of them interested in the Rohner concept!

Was the Rohner concept the only thing you used to lose and maintain your weight loss?

I started my diet using recipes from a nutritionist that had been recommended to me, I didn't lose a pound.

It wasn't until I started using the Rohner concept that I started to seriously lose the weight. Of course I had regular exercise climbing up the glorious mountains of Switzerland and sessions of pilates. I also used my Duchess Discoveries Fusion Xcelerator, a tool I use regularly to prepare my favorite green drinks and my Duchess Blends Teas. I developed a whole line of delicious teas to give myself a healthy

treat, while everyone else was drinking Hot Chocolate I could have my Chocolate Tart tea brewed extra strong to tickle my tastebuds.

It's about balance and having the right tools in your tool belt to get the job done right. The most essential tool for me was the Rohner concept.