

Craig encourages others to follow his lead: 'It won't take forever. Just get in and do it'

# Driver sheds a huge 100kg

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ALBURY truck driver Craig McPherson weighed more than 190 kilograms when he finally decided that enough was enough.

He felt unwell, was tired and had no energy.

"I was borderline diabetic, the doctors were always warning me to start losing weight so I just thought it was time to do something about it," he said.

"I was sick of looking so big and helpless, I guess."

Thanks to his brother's experiences and encouragement and Riverina Hypnotherapy's James Duncan, Craig was able to change his mindset in just two days and in the six months afterwards, shed about half his weight.

"Being a truck driver you sort of lose your way in eating. You go to the takeaway shops, the pie shops," said Craig, who works for Greenfreight.

"I work in the logging game and it was easy to just

throw the sandwiches out the window and grab a pie.

"When you live like that, from work and go to bed with that sort of stuff in your stomach it turns to fat and you just lose your way."

The two-day hypnotherapy seminar Craig went to was run by Mr Duncan and focused on eating patterns, stress, how memories are stored and how you can change your eating and way of life.

"I was sort of a bit confused, I was never a believer in hypnotherapy," Craig said.

"But I just had a goal to get in and get it done, it's not going to take the rest of my life.

"I had a goal of where I wanted to be and it took six months for me to get done what I wanted.

"Now I feel better and have more energy."

Craig got down to his goal of 86kg and is now working on putting on muscle at the gym.

But it wasn't just Craig's

life that changed after he went to the seminar; he encouraged several other Greenfreight truckies to go down the same path.

Now, the five of them have lost a total of nearly 300kg.

"I'm happy for them and I'm happy to help anyone that needs a bit of help along the way," he said.

"I know the trucking industry is still in the same routine as me – going into truck stops and eating rubbish.

"Driving trucks you're just sitting there and not burning anything and there's a lot of big truck drivers out there."

His advice to others wanting to shed weight?

"It is achievable, it's not hard and it doesn't take forever...

"I still enjoy life but (you've) gotta have things in moderation."

Find out more about hypnotherapy at [riverinahypnotherapy.com.au](http://riverinahypnotherapy.com.au).



**AMAZING WEIGHT LOSS:** Truck driver Craig McPherson lost an amazing 100kg thanks to Riverina Hypnotherapy and his own hard work.

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