



I RECENTLY UNDERWENT A health MOT test and came out with a black mark against my name – wheat. Apparently I’m overdosing on it. Mystified, I couldn’t work out where this excess wheat was coming from, until I got home that night and was told by the boyfriend that dinner would be ‘half an hour’. As I yanked two slices of bread out of the cupboard and suffocated them in butter and Marmite, it suddenly became obvious. Although I eat well during the day, I let myself get to such a state of hunger come 6pm that I lose all my good work in a loaf of Hovis.

Hoping and spraying for a skinnier me

Then something interesting landed on my desk. Full Fast: an appetite suppressant spray that boasts just a few blasts under the tongue, five times a day, will quash cravings entirely. Usually I’d scoff at such promises but with a supportive study in the *International Journal of Obesity* showing a significant reduction in patient hunger pangs over three weeks, this one sounded different. Full Fast is a natural food supplement containing an alphabet of botanical extracts but the hero ingredient is griffonia. Although it sounds like a house in Hogwarts, it’s actually a source of serotonin, which controls our feelings of being full.

I’ll take that in a doggie bag, please

First off, it tastes horrid – plus it’s a little clumsy to spray under your tongue. I also find it sparks unwelcome questions about my relationship with food. But it’s at a press dinner that I first notice the spray is taking effect. We’re at an exquisite seafood restaurant where the menu reads like a list of my favourite things. ‘I’ll have it all,’ I think. But

Extreme Beauty

‘Curb My Cravings!’

Jessica Hough tries a hunger-busting spray that promises to put an end to snack attacks

I like the feeling of stopping eating before the point of discomfort’

my stomach has other ideas. I get halfway through my main course and I’m done – not uncomfortable and bloated, just strangely satisfied. The waiter asks if my food’s OK. It’s delicious, I’ve just had enough.

No more pre-dinner witch

This foreign behaviour continues for the entire month – friends exclaim how famished they are before we sit down to eat while I’m ambivalent. Meals are left unfinished and the bread bin gathers dust. Maybe it’s psychological but who cares? I’m no longer

a nightmare when I get in from work. One bottle of Full Fast lasts about a month and as I near the end, I’m fascinated to see if my appetite will gain momentum. If it does, I’ll use the spray again because I like the feeling of stopping before the point of discomfort. Granted, I still think ‘appetite suppressant’ sounds like code for not eating, but it’s as if moderation has replaced gluttony in my dictionary. If only I could be so restrained on my own.

The facts

Three oral sprays of Full Fast five times a day is recommended, preferably before or after eating. A month’s spray costs £23.95. For more details visit fullfastonline.co.uk.



Scan this code to see Jess’s appetite spray video blog



Photograph by Greg Lotus/Art + Commerce