

Interview with Lorraine Chinouriri

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I had an opportunity to interview Lorraine Chinouriri as part of my endeavour to see what some of the people in our community are doing about their health. Lorraine Chinouriri is a Presenter, Model and Entrepreneur. Born in Zimbabwe, her family relocated to the UK when she was aged 10 and she quickly established her first business aged 14. At the age of 19, she was mentored by top business owners as a mentee with Croydon Enterprise and started a Youth Recruitment Agency aged only 20. Lorraine pitched her business idea to 'o2 Think Big Project', who awarded her a grant and enrolled her onto their 'Think Big Project' programme.

In 2012, Lorraine graduated with a BA Honours in International Business and Marketing.

Lorraine is a Virgin Media Pioneer, the incredible online community has given her the opportunity to meet, be mentored and interact with some influential and successful entrepreneurs such as Channel 4 'Secret Millionaire' Caroline Marsh, Award Winning PR Guru Mavis Amankwah, Motivational Speaker Anthony Robbins, Billionaire Donald Trump and many more. Lorraine was named a 'change agent' by isthisafrika.com and listed among the '30 Young Zimbabweans to Watch' on its online global poll in 2012.

In late 2015, Lorraine was featured in the national newspaper, The Sun. The article was an inspirational piece about her weight gain journey and the struggles she faced, she currently runs weight gain and weight loss programs and is a Herbalife Nutritionist.

Here are the three questions I posed to Lorraine Chinouriri;

1- how is your diet like and do you have a special diet ?

My diet varies but the calorie intake remains the same , I am on a weight gain diet so whatever I eat has to help me achieve my 3000 calorie a day target.

2- do you exercise regularly and what is your favourite form of exercise?

I do have to exercise regularly because the weight I'm gaining doesn't always go to the right places, I don't do a lot of cardio though as I don't want to burn too much fat I focus on weight lifting and mainly lower body exercise and abdominal exercises.

3- how do you avoid or keep yourself stress free?

I listen to music or read a book or watch a movie or catch up with my sisters on whatsapp, one of the 4 usually does the trick !

I was impressed by Lorraine Chinouriri as she is involved in the modelling industry and a lot of people are struggling to lose weight but with Lorraine it was the opposite. She struggled to gain weight and her story is inspiring . She is now running a weight gain and weight loss programs and

is a Herbalife Nutritionist.

What inspires me is that we see a lot of young girls trying to lose weight to be in the modelling industry . Here we have someone who went through that and is working on maintaining a health weight . Some people miss meals , eat very little and avoid eating any fatty foods. They get leave the table immediately after eating so they can vomit or take tablets to suppress their appetite. Sometimes they take water tablets (diuretics) so that they can lose fluid from their body. These people can end up having depression, anxiety, low self-esteem, alcohol misuse, and self-harm.

The most important first step is for someone with eating or weight problem is to realise they need help and want to get better. Friends and relatives can help but this is a very difficult conversation because they may be defensive and refuse to accept they have a problem. However, it's important not to criticise or pressure them as this can make things worse.

This article is not to be used to criticise people with eating or weight problems. The main purpose of this article is to motivate people to seek help . Help is available by speaking with doctor or people that have experienced the problem and overcome it.

If the eating disorder is so severe you may need to see your doctor urgently for help as it might Anorexia Nervosa.

Anorexia Nervosa

Anorexia nervosa is a serious mental health condition. It's an eating disorder where a person keeps their body weight as low as possible. People with anorexia usually do this by restricting the amount of food they eat, making themselves vomit, and exercising excessively. The condition often develops out of an anxiety about body shape and weight that originates from a fear of being fat or a desire to be thin. Many people with anorexia have a distorted image of themselves, thinking they're fat when they're not. Anorexia most commonly affects girls and women, although it has become more common in boys and men in recent years. On average, the condition first develops at around the age of 16 to 17.

See you doctor if you think you have the above problem. Do not delay .

You can contact Lorraine Chinouriri on the following website to hear about her story [LORRAINE'S WEBSITE](#)

This article was compiled by **Dr Brighton Chireka**, who is a GP and a Health Commissioner in South Kent Coast in the United Kingdom. You can contact him at: info@docbeecee.co.uk and can read more of his work on his blog at [DR CHIREKA'S BLOG](#)

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