



After Hitting Rock Bottom, Forks Over Knives Helped Me Lose 100+ Pounds

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I had struggled with my weight for many years. While cruising Netflix for documentaries I came across *Forks Over Knives*. I'm not going to lie. I passed on watching it on numerous occasions. Finally, one time I decided to watch the film. It blew me away!

I started out halfheartedly trying a plant-based diet. As luck would have it, I got sick, coming down with pneumonia. As I sat in the doctor's office feeling out of control with my health and life, I decided I had hit rock bottom. Like a drug addict, I needed to make a change before my overdose on rich foods came in the form of a heart attack. So I just decided that I was going to fully adopt the lifestyle. I announced it to my wife, who probably thought I wouldn't make it a week.

It's now been one year that I have been on the diet. I have lost 158 pounds. Before I started, I had high blood pressure, sleep apnea, aches and pains. It would take forever for me to get going in the morning and I was in denial about being a type 2 diabetic. I now have normal blood pressure and am going to have a sleep study done again, because my wife swears I am over the apnea.

I just had blood work done and my fasting glucose was 90, my triglycerides were 118 and my cholesterol was 134. I was so happy I thought I was going to cry. My doctor seemed to be at a loss for words. She just couldn't believe there wasn't one bad marker, although she thought I might be losing weight too quickly. I explained to her I don't count calories or limit how much I eat. She promptly told me she did not need to see me anymore unless I was sick or to come in for a yearly checkup.

I swear I was two feet taller walking out of that office. Thank you *Forks Over Knives*. I just know this is not the end. If you are on the fence or not sold, just do it. You have your health to save.