



From Misguided Food Addict to Health Coach

By James Dyer
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In January of 2009, at the age of 32, I weighed 400 lbs. — a result of years of addictive eating, fueled by a lifetime of loneliness, depression, and anxiety. Like all addicts, I used my drug of choice (food) to disconnect and anesthetize myself from painful emotions.

My food addiction led to serious health complications, including an umbilical hernia, prediabetes, difficulty walking or standing, and many more. Life had truly become unbearable, and I had become someone I did not want to be. In January of 2009, determined to make a change, I conjured a mental picture of how I wanted to look and feel. From that day on, I began re-educating myself to make better, more informed decisions about my health.

I started with a book that I owned, about the healthiest foods on the planet, and then I came across the *Forks Over Knives* documentary on Netflix. Wow – what a life-changer! Almost effortlessly, I began to shed pounds by eating a satisfying and delicious [whole-food, plant-based diet](#). And as of today I have dropped 225 lbs. and am working on a number of endurance athletics goals. I was once blind to the consequences of my choices. Today I am not, and for that I am truly grateful!

These days, I make my living as a health and life coach who seeks to inspire, motivate, and help others. I feel truly blessed to have experienced all that I have, and to have healed myself to a point where I can provide others with a sense of possibility for their own transformation.

Thank you all for making *Forks Over Knives*. I feel in my heart that this is truly one of the most important documentaries ever made because it empowers people with truths that can shift entrenched personal and societal patterns. I personally suggest the film to anyone who seeks to switch to a healthy lifestyle. It's so rewarding to share this important and life-changing information with people I love!