



From 225 and Sick to 160 and Well ... Effortlessly!

By Joe Morales
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Forks Over Knives has completely changed my life! I have been overweight with high blood pressure (190/100) and high cholesterol since high school, which was about ten years ago. I have been on and off a series of medications for the past ten years—definitely playing Russian roulette with my health.

I tried every diet you can think of over the past decade. I would lose 20 pounds in January, only to gain it back during the year. I was like a yo-yo with my weight. I seemed stuck at 225 pounds, and it seemed impossible to break below 205.

This past January, I was starting the typical diet and exercise routine that I attempted every January. After two weeks went by and I hadn't lost anything, I figured I would give up and just accept the fact I was going to be fat the rest of my life.

Then I stumbled upon *Forks Over Knives* one night. My wife and I were blown away! We went to Whole Foods the next day and loaded up on [plant-based foods](#). I started eating plant strong and exercising ... and never looked back!

Six months later I have lost 65 pounds—I weigh 160 now! I am completely off my medication. My blood pressure is normal, and my cholesterol numbers are awesome as well.

I feel so alive! I have way more energy to exercise every day, which has turned into a new passion of mine. My wife also lost 35 pounds!

FOK was a true blessing! I am even getting some of my family members going plant strong. I am still working on my brother, who is a hardcore Paleo follower. For me, there is no question that a [whole-food, plant-based diet](#) is the only way to go.

Plant-Strong for Life!