



I Reversed Metabolic Syndrome in Months, Shocking My Doctor

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I'm a disabled combat veteran, retired from the United States Air Force. Several years ago, I found myself grappling with post-traumatic stress disorder (the aftermath of a plane crash during my military service) and a host of other medical issues, including prediabetes. It was hard to accept how much my health had deteriorated, when I'd previously been very physically active—a semi-pro football player, track sprinter, and champion amateur bodybuilder.

In 2022, I was diagnosed with [metabolic syndrome](#). The diagnosis was a wake-up call. I realized that I needed to make drastic changes to reclaim my health and vitality, starting with my diet—which, up to that point, consisted mainly of [highly processed foods](#), meat, and dairy, with very few whole foods. I knew it was time to shift toward a more whole-food, plant-based (WFPB) diet, to lower my cholesterol, lower my blood sugar, and restore my metabolic health.

A Surprising Reversal

The transition to a WFPB diet was not without its challenges. However, as I embraced this new way of eating, I began to notice significant changes: I was losing excess weight and feeling rejuvenated and energized.

One of the most surprising aspects of going WFPB was that I was able to reverse metabolic syndrome within just a few months. My primary care provider was astonished by my progress, and my lab results confirmed the positive impacts of my dietary shift, with decreases in

my A1C (a measure of average blood sugar) and [cholesterol](#).

Empowering Others to Go Plant-Based

Over the past two years, following a plant-based diet has truly transformed my life. I've normalized my cholesterol and blood sugar. I now have confidence that I will live a long and fulfilling life, free from the burdens of chronic illness. I am committed to never consuming animal flesh or dairy products again.

While my military disabilities continue to limit my physical activity, I am determined to make the most of each day. My diet now consists of creative and delicious WFPB dishes (I often use [Forks Over Knives recipes](#)) that nourish my body and soul.

Moreover, my journey has inspired me to advocate for the plant-based lifestyle within the veteran community and beyond. I am passionate about sharing the importance of prioritizing health, wellness, and fitness, especially for those living with disabilities. Through various avenues, including educational workshops and community outreach programs, I am empowering others to take control of their health and embrace a plant-based lifestyle.

My story is a testament to the transformative power of food. By nourishing my body with wholesome, plant-based foods, I have regained my health, vitality, and zest for life. At 61 years of age, I am living proof that it's never too late to embark on a journey of wellness and reclaim control over one's health destiny.

Ready to get started? Check out [Forks Meal Planner](#), FOK's easy weekly meal-planning tool to keep you on a healthy plant-based path. To learn more about a whole-food, plant-based diet, visit our [Plant-Based Primer](#).