



I Changed My Diet at Age 67 and Never Looked Back!

By Kate Collins-Thompson
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Six years ago, my doctor discovered that I had a blockage in one of my carotid arteries. That night, at age 67, I started on a vegetarian diet. After the blockage was measured and found to be significant, I read *The China Study* and other books about plant-based eating. Gradually, my way of eating became pretty much vegan, and I have never looked back ... except to wonder how I could have been crazy enough to eat all that meat and dairy!

My weight went from 153 pounds down to 119, and my dress size went from a 14 to an 8. I look and feel better and have more energy than I have in years, and it's reversing arterial plaque!

I continue to read books about the plant-based lifestyle, and I have acquired a whole new set of cookbooks and a new love of vegan menu planning and meal preparation!