



Eric & Peety: A Story of Mutual Rescue

By Forks Over Knives
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In 2010, Eric O'Grey weighed over 300 pounds, had type 2 diabetes, high cholesterol, high blood pressure, and took over \$1,000 in medications per month. When his doctor told him he would be dead within five years unless he got his health under control, Eric found a naturopathic doctor ([Dr. Preeti Kulkarni](#)) to help him. She put him on a whole-food, plant-based diet and encouraged him to adopt a dog from an animal shelter. He went to his local Humane Society and asked for an obese, middle-aged dog.

<https://www.youtube.com/watch?v=Rm0qYRWQpZI>

When we shared [Eric's health transformation story](#) last year, many readers asked to hear more about his dog. So we're happy to share this moving short film about Eric and Peety by the [Humane Society of Silicon Valley](#).