

PREVIEW_ Tommy Runesson –

Tommy Is Half the Man He Used to Be (LCC 2016

I mean it was really motivating of course.

After the first week I couldn't believe it, it was crazy.

And I started actually to feel it in my clothing and everything after a couple of weeks.

And my wristwatch and everything...

And you say sometimes that you've melted away and that felt true for me as well.

Were you hungry?

No, absolutely not.

My first principle, when I started this, because as I said I've never been "banting", I've never been on a diet...

So my main thing with this was, "I'll never torture myself to losing weight."

I was not going to allow myself to be hungry at all.

So my first principle when I started was, "I will never be hungry."

So I ate until I was full and if I wasn't hungry, I didn't eat.

So that was my main principle from the beginning.

And then it just plummeted away?

Yeah, then it went straight down.

So what did people say?

You were like 5 pounds lighter every single week.

It just adds up, right?

People close to me that saw me every day, they didn't really see this change.

But after a year, when I lost quite a lot of weight,
people actually didn't recognize me.

People I see kind of once a year or something,
they sometimes had problems recognizing me, it was quite funny.

What did they say?

I worked for an international group then
and when people came to Sweden and we met, they introduced themselves to me
and when I introduced myself to them and said, "We met a year ago",
they got pretty embarrassed.

So that was quite a bit funny.

And then I was asked a lot of questions,
especially when I lost my full 50%, my 200 pounds,
that was actually the result of two years of--

You lost 50% of your weight!

Yeah, I lost 200 pounds in roughly 18 months, so it was really straight down.

And then I was asked a lot of questions
about if it was voluntarily, if I was sick, if I had cancer... those kind of questions.

Gastric bypass surgery?

Yeah, surgery is a very common question also.

And I was really proud to say, "No, nothing like that.

I am as healthy as ever... probably healthier inside."

So those kind of reactions... it was really, really interesting.

And I got a lot of those reactions about sickness - "What happened to Tommy?"

So I actually had to or wanted to travel around

to all of our different sides of Sweden for the company I work for

and actually did a presentation on the low-carb high-fat diet

and about my journey from 385

to the 200 pounds less journey.

So a lot of rumors in the company got cleared out in this process.