

Benjamin Kuo (preview)

My journey with low-carb started two and a half years ago.

I was nearly 200 pounds and fairly certain I was prediabetic.

I was very fortunate to discover a gym

that was a couple of stories above where I worked in downtown LA.

And it was through this gym where they never--

It was kind of a really interesting process in the way that they sold me the low-carb.

Because I think if they started off by telling me that our program was low-carb

and that you had to give up, you know, pasta and bread and rice...

For me, because I'm Asian, rice is a big thing.

-So what did you say?

-I would have just walked out.

I would've never went through with it.

So I was really glad that when I started with them they said,

"Okay, it's workout but we are also going to fix your diet a little bit."

And it turned out to be an extremely low-carb ketogenic diet.

Within the first 2 ½ weeks I had lost more than 6 pounds.

Oh, quite a lot! So how did that feel?

It was kind of like lifting a load.

I think you almost when you're walking on the street,

you can feel like every pound coming off.

Everyday you're out and you feel a little lighter
and maybe a spring in your step.

There is more energy and then of course with the low-carb diet
all the food cravings, you know, that all disappeared,
there's no more up-and-downs during your day.

Used to be that the afternoon was a pretty bad time for me,
because all the carb was during lunch.

And I didn't have that anymore and afternoons became really productive time for me.

So what happened after that, like the first couple of weeks?

The weight loss continued for a period of several months
and eventually I was able to lose close to 20 pounds with this gym,
while I was enrolled there.

After that I entered a period of intermittent fasting,
because my weight loss had slowed, you know, doing the regular diet.

And it was--

And the intermittent fasting kind of helped me lose the remaining weight.

So I am now approximately 30 pounds down from where I was when I started.

That's pretty good.

So what kind of intermittent fasting did you do?

My first experience with intermittent fasting was a thing called the orange diet.

So they recommended two oranges for breakfast,
two oranges for lunch and two oranges for dinner.

So it was not low-carb high-fat.

No, but that was the only thing that I got to eat.

And they said, "This is your menu.

See how long you can do it - we recommend five days."

And then I realized that oranges were actually a trick,
because after the first day you no longer wanted any oranges.

After the first day I could not eat another orange.

I woke up the next morning and I saw all the oranges and...