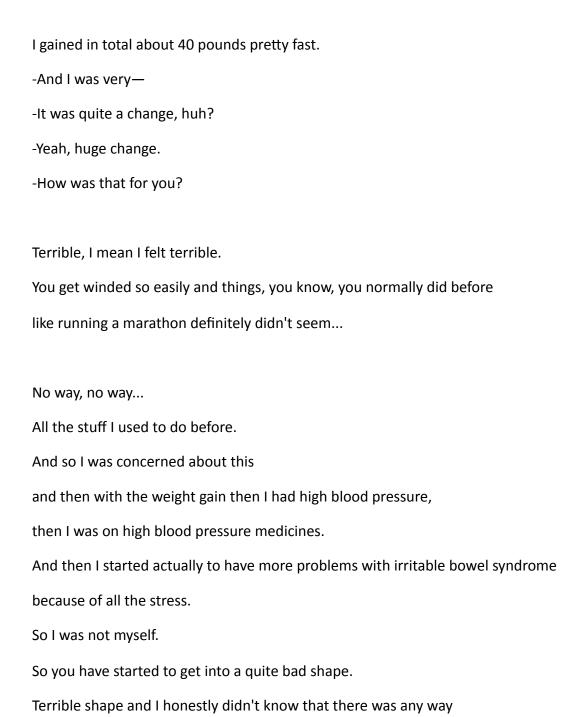
Lisa Colclasure (success story) preview



that I would ever feel this good again. So what happened then? So I had the doctor, a psychiatrist, tell me that I would never be off these antidepressants. Really? For life? For the rest of my life because of my family history. Then I was like, "Well, I am sad because my husband passed away. And I think that's a good reaction to have, that's normal." -Yeah. -That's normal. So I started researching and researching and researching and started playing with diets and I've done a lot of diets over the years like most women. And I came across the low-carb high-fat thing and I tried it for two weeks. So what happened? I actually lost 8 pounds. In a couple of weeks? That's pretty good. And no exercise.

And I was like, "Wow, there's something going on."

And I wasn't even aware at this time of all the health benefits and stuff,

but I thought, "Well, I lost 8 pounds - that's going to help."

And so then, of course I told my doctors this

and they told me that that was bad - "You shouldn't do that."

And I said, "I'm going to keep doing it because I'm feeling better."

So then it took me a while and off-and-on, off-and-on from influences and stuff...

Which is hard, because people are saying,

"It's not good for you, you shouldn't do that."

But I'm feeling better and I lost weight, which is what I wanted.

So people said it could be a problem, but you felt great.

I felt better and I was finally losing weight,

because it seemed like nothing I was doing was helping.

And so I stopped taking the sleeping pills, because they were terrible.

And so I started really sleeping better.

And then I mentioned to my doctor, "I'm feeling better,

I want to get off antidepressants."

And they were like, "No, you need to take them."

And so I did some research and I tapered myself off my antidepressants.

Really? Without your doctors, so--?

Yeah, so I tapered myself off--

- -How did it go?
- -Oh, fantastic.

Fantastic.