

Lisa Colclasure (success story) preview

I gained in total about 40 pounds pretty fast.

-And I was very—

-It was quite a change, huh?

-Yeah, huge change.

-How was that for you?

Terrible, I mean I felt terrible.

You get winded so easily and things, you know, you normally did before like running a marathon definitely didn't seem...

No way, no way...

All the stuff I used to do before.

And so I was concerned about this

and then with the weight gain then I had high blood pressure, then I was on high blood pressure medicines.

And then I started actually to have more problems with irritable bowel syndrome because of all the stress.

So I was not myself.

So you have started to get into a quite bad shape.

Terrible shape and I honestly didn't know that there was any way

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.