

PREVIEW_ Stephanie Dodier –

100 Pounds Gone Without Calorie Counting (LCC 2016)

I got up on stage and I collapsed, I couldn't breathe anymore,

I felt like my heart was getting out of my chest and...

I was 34 years old.

And the people around me and myself thought that I was having a heart attack.

-At 34, huh?

-34 years old.

So what happened?

They've rushed me to the hospital in an ambulance,

I took a ride in an ambulance, got to the hospital

and the doctor, when I arrived, everybody thought I was having a heart attack,

but what you have to understand

is at that point I was 100 pounds heavier than I am today

and I smoked a pack of cigarettes a day

and I was not in a good physical condition at all.

So the doctor treated me as a heart attack patient

and six hours later there's this nice young doctor

that came at the end of my bed and he looked at me and says,

"Your heart is very healthy.

"You probably didn't have anything to do with a heart attack.

It's probably more a panic attack."

And I asked him, "So what is that?"

And he said, "I can't help you in emergency setting,
but you need to go see your doctor."

So the next day got up and ventured to my doctor
and his solution as most medical doctors
were antidepressant and anti-anxiety medication,
so within seven minutes he had me diagnosed with depression and anxiety
and I left his office with scripts for medication.

And I still remember walking down that corridor.

That was quick, huh?

Seven minutes.

Diagnosed, didn't say a thing about the state of my body,
the fact that I was overweight

and I had pills, I had a prescription for pills in my hand.

And I was walking down the corridor leaving his office,
I still have the image in my head of looking at the prescription script
and saying like, "Right now this is a life-changing moment for you.

"If you fill that script and you start taking those pills,

"your life will be with pills for the rest of your life,

or you choose to do something else."

And by the end of the corridor I crumbled the script, I threw it out
and I didn't know what to do,

but I knew intuitively that there was something else.

And the universe put people in my path

and one of the persons I got put into my path
was a natural healthcare practitioner,
who believed in real foods, paleo, low-carb
and a natural way of healing.

And I started working with this gentleman and a year later
my life - physical health, mental health, everything had completely changed.

In what way? What did change?

I lost 100 pounds in a year.

That's fantastic, huh?

Yeah and never counted anything--

No counting calories?

No measuring a thing, just ate to satiety.