

PREVIEW_ Kevin Benjamin - How Are You Doing This_ (LCC 2016)

So you had five drugs and you had insanely high blood sugar.

-And now it's normal.

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And the drugs?

I take no drugs now

and what was interesting is I knew that doctors are reluctant,

with all due respect, to reducing medications,

so I reduced them on my own and then would go to the doctor...

I think at that time I was on four months callback,

so I was seeing him quite regularly and he was ecstatic with my results.

And he was saying, "How are you doing this?"

And I told him and he was beside himself and said,

"Whatever you're doing, continue to do."

And at some point he said, "Don't lose any more weight."

Really, he said that? How much weight did you lose?

Well, I lost 93 pounds from 278

and since then I have, you know, with exercise and building back some...

I won't say regained, because it comes back differently,

because it's just different weight,

because I've not changed my way of eating.

But I still consider it always a struggle.

You know, this is a lifelong thing and because I was so metabolically broken

I realized that I am never going to be probably "normal",

like a normal thin person,

but I totally find eating this way for the rest of my life as such a joyous way.

If anything, I enjoy my food more now than ever.