

PREVIEW_ Stephen Bennett - It Was So Incredibly Easy! (LCC 2016)

I was sick and tired of being sick and tired.

I was grossly obese,

I was playing with one of my grandchildren

and we were on the floor kind of tickling and laughing

and when we were done I couldn't get up.

And I think about today, I still get emotional about it,

because I was sitting there literally in tears and humiliated.

And he came up and said, "Are you okay grandpa?"

And I said, "No, I'm not."

Didn't feel like you were okay.

No, I knew it wasn't okay.

I knew that if I remained at that level of lack of fitness and horrible health,

I wouldn't be around and enjoyed these seven grandchildren that I have.

Now I laughingly say, "I want to live long enough

to be a burden on my great-grandchildren."

So what did you do?

I bounced around and started looking for--

I knew I wasn't going to do it by exercise.

I knew that, because there was no amount of exercise that could do it at my age,

that would get this rapid weight loss or even a sustained periodic weight loss.

So I looked around on the Internet and I tried to do some research.

It was just horrible, it was miserable, we're talking about three years ago.

Of course it's better and more coalesced kinds of information today, but...

Thanks to folks like yourself and your website...

But, you know, I stumbled on the Jimmy Moore Livin' La Vida Low-Carb, and started listening to his guests and him and his story.

And I said, "This is something that we could try, because it's going to allow me to eat things I like to eat", and give up some things that over a period of time incrementally as it were from me, that I was perfectly willing to make that trade-off and that became so incredibly easy...

After I gave up grains, breads and sugars.

And literally, without any exercise, just limiting my carbohydrate intake and limiting the amount of protein I was taking in and increasing the amount of fat that I was eating up to about 80% at that time.

Like the video that we saw that you showed, you know, the morphing, it just started melting away, literally it just felt like it was melting away.

It felt like it was melting away... What was that like for you?