

PREVIEW_ Darryl Edwards –

Get Into Great Shape Without Exercise (LCC 2016) 2

Darryl Edwards: I was in my mid 30s at the time and I was like, "I want to be here in the next decade, "the decade after that, the decade after that, "And I want to have a good quality of life "and I don't want to be dependent on prescription meds in order just to go about my normal day."

So in a way it was good having that early warning sign to say, "This could be your future." You could take this path on the right, which is basically a steady decline until the end of your days, or you could prolong your health and longevity for as long as possible.

And so when I was making those decisions around... "You mean I've really got to give up that, "you're going to really concentrate on giving up alcohol and giving up drinking Coca Cola and etc, etc...?"

It was very easy for me to continue on that path, because I had that contrast of poor blood test results, feeling awful, feeling stressed, feeling twice my age and then six months later feeling ten years younger, feeling full of life and vitality. And people would notice, because as I said--

Dr. Eenfeldt: What did people say?

Darryl Edwards: Well people just-- I was a different person. I was far more youth and exuberant and people said, "Have you been on vacation? What have you done?"