

PREVIEW_ Success Story - Stephen Thompson (SD 2016) 2

Dr. Eenfeldt: What did you do? I mean how strict low-carb, what kind of changes did it do to your life?

Stephen Thompson: I have an extreme sensitivity to carbs. I had to be very careful. I'm not where I want to be yet. You know, I want my A1c's in the 4s. And still my blood sugars vary quite a bit.

And I'm still having some problems with my appetite, I can't trust it. I had to think logically whether or not I should be hungry and it's getting better, my sugar cravings have gone away.

Dr. Eenfeldt: When you say very strictly carbs, do you ever count? Do you have an idea of how many grams of carbs you would have in a normal day?

Stephen Thompson: Well, definitely under 20. Sometimes a lot lower, I even have trouble... I had to be careful if I might eat too many vegetables.