

## Preview Paulos Hughes Success Story (1080p)-SD

**Paulos Hughes:** A lot of people that lose weight I know they are on a number of diets, and I just need to tell people I have been on a number of diets... Just to give you a quick list... Weight Losers, Weight Loss Clinic, WeightWatchers, TOPS, Optifast, Jenny Craig, Nutrisystem, The Raw Food Diet... I was a raw-fooder for about three months...

HCG Diet, The Curves Diet, and then I ended up with the low-carb high-fat diet and that is where I lost the most weight without being hungry, and I've been able to keep it up and people are amazed at what I've done. I found out I needed more fat in my diet and as I introduced that, that's when the weight started to come off.

You don't expect to lose weight, but then when I started eating it and I got on the scale the next day, I was like, "I went down a few pounds!" And then you do it again and... "Oh, my God, I think this is really working." It works and your life... my life was transformed.

Walking through the airport, going to the restroom, I hate to say that, but just clicking my belt on the airplane... It's totally different. Totally different. I believe I can do this for the rest of my life. I will never, ever go back and start eating those things again.