

PREVIEW_ Living low carb with Caroline Smale (Short Doc)

Caroline Smale: At first I think it was really strange eating all the oils and going back to butter, because I really love butter and I've been avoiding butter. Me and butter haven't had a relationship for a long time.

I used to store a lot of bread-based products in the freezer. In fact a large proportion of my freezer would have been filled with carbs. Altogether I've lost about 2.5 stone.

I would like to lose some more weight and I feel absolutely free of IBS now, it's good.