

## PREVIEW\_ 5 minutes of fame (Breckenridge 2018) 1

**Man:** I grew up healthy, normal weight, athlete, varsity basketball, volleyball, the whole thing until about med school, 21, 22 years old, got married in med school, gained about 20 pounds, so a little overweight.

In residency I got up to about 285 and then I lost about 60 pounds in about three or four months doing calories in, calories out, calorie restriction which was very painful and I regained all my weight back over the next 10 years and then up to 308, up to 46 inch waist, metabolic syndrome...

I got fed up, I got tired, I didn't know what to do. I don't want to be a burden on my family, my wife, with five kids, and I don't want to have a shortened life... What can I do?" Well, I tried eating less, it didn't work, and I believe in miracles.

And I said, "God, you know what? "I'm really frustrated with you right now because I am 308 pounds, "I'm very sick, my blood pressure is to the roof, "I'm hungry every three hours, I cannot stop eating... "Why is there a body that's this fat and this sick, that's hungry all the time? It doesn't make sense to me."

Well, what happened was I just said, "I won't eat until I know what to eat." That's how frustrated I was and I said, "I don't care what happens." This was a month after my dad passed away.

I figured out... I was like, "Do I ever need to eat fat? Do I ever need to eat protein? Do I ever need to eat carbohydrates?" I said, "Oh, I don't ever need to eat carbohydrates? "Good, how long can I last? I don't want to die before I figure out what I'm supposed to eat."

And so I fasted for four days, it took me that long, so stupid I am I guess. The first three days were the most painful experience of my life. I felt like I was withdrawing. If I was on a pain medicine or morphine or something like that, I felt like that's what it would be like to withdraw.

But then on the fourth day something magical happened and I woke up and I had energy I'd never had before and I felt better than I'd been and I said, "Where is this energy coming from? I haven't eaten anything in four days.

This isn't making any sense." I said, "I'm using my fat for fuel." And I lost 94 pounds in 100 days feeling the best I'd ever felt. Having been in a physician standard medical training, thinking medications and surgery are the answer. And eat less, move more, don't be lazy.

And then I have this epiphany... I'm doing it because if there is me, the old me who had no hope, who thought life will never get better, this is the way it is, because I see patients who were sick and they just get sicker. If I can help one person, inspire one person...