

VIDEO_ Success Story - Jim Caldwell (Breckenridge 2018)

Jim Caldwell: When I started the process I made a plan and I started with a low-carb diet and a bit of intermittent fasting in tandem. It started working very, very well for me right off the bat. It was actually easy for the first time in my life, weight just dropped off automatically, month after month after month.

And I thought, "My gosh, why don't more people know about this? Why haven't I been informed about this?" My name is Jim Caldwell, I'm a product manager. I come from Chicago, I'm 59 years old. I started my journey on weight loss when I was 57.

When I started I weighed about 352 pounds and today I'm down to 170, so I've lost more than half my body weight. It's changed everything; my attitude, my mood, my clarity of thinking. I work better, even at the office my boss gave me a good review and said, "Jim, you look better, but you also perform better."

So more positive outlook on life, so it's really hard to just pin down one thing that has changed. Has changed literally everything, not only how I look and my weight, but mentally and emotionally as well. I see a lot of people correspond on social media, I talk to people all the time and it seems like they want to be half in low-carb and half out.

They still want to maintain an attachment to carb, they want to give a little cheat day or this and that. I advocate more making a clean break, in the beginning be very hard and tough on yourself and just make a break from sugar and grains.

You might have a little period of adjustment but in the end it's worth it. Because if you break the sugar habit, it's well worth it and you are free and you can explore different opportunities. I've been doing it one year and a half and now I can't stop. I don't need to anymore, I don't need it for weight loss, but it's an easier life, you don't have to worry about lunch.