

## VIDEO\_ Success Story - Nathan Wiens (Breckenridge 2018)

**Nathan Wiens:** Once I committed it was really easy particularly for the first few months. Later on it got a bit more challenging.

If I did decide to have a burger or some fries or whatever I found that the best thing for me to do was just kind of forgive myself and say, "Okay, no problem. I didn't make the best choice, but it wasn't a horrible choice and it's not anything that I can't change, so I will start again."

My name is Nathan Wiens, I am a family medicine physician assistant in Spokane Washington and I've been doing LCHF for almost exactly a year now. I've had great success, I've lost about 50 pounds and I feel immensely better.

I've discovered a real passion for not only doing this for myself and my family but also sharing this with my patients. I was the heaviest I'd ever been, I was 275 pounds. When I got home from work I'd have just enough energy to make dinner and then I was done.

I'd sit on the couch, watch TV... And what that meant was I didn't have energy left over to play with my children. That was heartbreaking to me, it was horrible. I always felt sort of intuitively that that was the right approach.

I never felt like really connected on a deep level with actually why it worked and why it was important for my health up until really just recently. Understanding how it works and why it works really shows me how wrong we as a medical profession have been for so many years and how much well-meaning damage we've inflicted on people.

And I want to do everything I can to change that. I work with patients who are interested in losing weight and talk to them about LCHF. This is what I want to do for the rest of my life. Is to treat people with obesity.

I feel incredibly lucky to now be in a position to help people in this really important way. And because of this journey I know exactly who I am, so I know what to do.