

PREVIEW_ Living low carb with Jill Rieder (Short doc 2018)

Jill Rieder: Before I found a ketogenic diet I was 100 pounds overweight, full of inflammation all over my body. It was very hard for me to interact with my family. I started feeling better, I wanted to move more. and one of things I would do is I would come here to Pacific Beach.

I was able to walk in the morning, I was able to interact with my kids I lost about 70 pounds in the span of four months. I think the biggest struggle for me was being the only person doing it in the house. How could you not love this? It's so good.