

VIDEO_ Katrin Crum - Success Story (LCC 2018)

Katrin Crum: My husband made me feel like the prettiest girl in the room at 307 pounds. But he was very concerned about my health. I was well on my way to an early death, stroke or heart attack. And I've gone to a lot of different doctors over the years.

My doctor said, "You've got to make a change or you're not going to be here much longer." I started on a low-carb path about two years and a half ago. The first thing I did was get off wheat and sugar and that was the beginning point.

And then I moved into a pretty traditional low-carb diet. A lot of the reason that prior diets failed for me is because the craving cycle would be so intense, after a little while I would just cave-in.

For the first time my appetite started to come under control and in 18 months I lost 150 pounds. I just think there's a big misnomer out there that people that are overweight are just fat and lazy people. That is absolutely not true.

And I don't think there's anybody who is morbidly obese and ill who says, "I want to be this way." They just don't know the way. You do have to dig deep at certain points in the journey. 150 pounds is a lot of weight to lose.

What I would tell people is just don't give up hope. There is a way to regain your health and reverse the trend of obesity. So now I'm off all medications, my blood pressure is completely normalized, I have no more symptoms of PCOS, I don't have hypertension, I'm no longer pre-diabetic.

I am actually healthier now at almost 50 than I was in my 30s and 40s. And so that's what low-carb and keto has done for me. This is one of my pictures after losing 150 pounds. And I actually lost over 100 inches, which is really amazing as well.

So I went zip-lining for the first time and snorkeling and walking to the top of the Mayan pyramids and just all of these amazing experiences that I would not have been able to do. Just things like that, just being able to actively participate in life instead of, you know, sitting on the sidelines.

It's so much more than the weight loss. The weight loss is a beautiful and wonderful byproduct. But it's being able to regain your health and really be able to fully enjoy your life again.