

VIDEO_ Carole Freeman - Success Story (San Diego 2018)

Carole Freeman: In 2014 I discovered I had something called post traumatic hypopituitarism, which means a little gland in my brain that controls all the other glands in my body was not working correctly. I had this symptomless that was so long. It's ridiculous. And nobody could really help me figure that out.

Hi, my name is Carole Freeman and I'm from the Seattle area and I'm a certified nutritionist. I'd remembered about this much learning about a ketogenic diet for treating epilepsy when I was in school. And I reasoned that epilepsy is something is not working quite right in the brain and if a ketogenic diet could help that, perhaps it could help me as well.

After just a few days all my symptoms started to subside and I knew that this was going to be something big. There were so many other things that got better along the way that I didn't even know were possible. I didn't even recognize how unhealthy I was because I've been living that way for so long. I got a lot of pushback.

I got a lot of people, colleagues, nutritionists and dietitians that were secretly reaching out to me and messaging me and saying, "What's are you doing? That diet is so dangerous, so bad for you." And I was like, "Have you even read the research on it?" And they were like, "No, my professor told me that."

And I said, "Here are some research. Take a look. It's not dangerous. It's amazing." And they are like, "I don't have time to read that." And so they weren't willing to take the time to look into it or even be open to it. An area of passion for me and why I have both a degree in nutrition and psychology is that it's so important to address the things that make us fall back into old habits.

And the truth is it's the only diet that actually really works is the one that you can follow long-term. And you can follow a perfect ketogenic diet and get the result you want. But you've got to address the psychology of cravings, appetite regulation and long-term behavior change.

The great thing is that following a ketogenic diet, it doesn't make you feel restricted, it actually gives you freedom. And all of the women that I've worked with they all share that same experience that, "Finally first time in my life after decades of

dieting, I finally feel this freedom, this calm and peace around food in my body and I am no longer obsessed with what I am eating, what I shouldn't eat or should eat."

I can't imagine going back to my former high carb life where I was constantly hungry, I was obsessed with food. I cannot imagine going back to that. So always is my answer for a ketogenic diet as a way of life. And just because of the way that it makes me feel.