

VIDEO Michael Bertha - Success Story (LCC 2018) - vimeo copy

Michael Bertha: I was tired a lot, I didn't have any energy, I had really bad acid reflux that was very hard to live with and the medications had some long-term side effects that I didn't really want to find out if they applied to me or not.

My name is Michael and I am an engineer. As an engineer I wanted to be super-efficient and keep everything as simple as possible and I figured I could count to 2000, which should be calories, or I could count to 20, which should be carbs and I'm like, "I'm going to count to 20 instead".

And so that is literally the reason I decided to go onto a low-carb diet. After my daughter was born I had gained a fair amount of weight over the years, but when she was born I knew that I needed to be healthier.

I've lost 80 pounds... I specifically say 80 pounds of fat because I've been gaining weight but that's been at the gym, lifting, and I'm still wearing the same pants. After losing the weight I now have no more acid reflux, my blood pressure is totally fine and I feel fantastic.

I had some people who would ask me what it was and this was before keto got like as big as it is now and so I would tell people I'm doing a low-carb diet and I think people would think about the Atkins diet back in the day and like, "Oh, that's cool".

But then more recently as soon as keto took off like a year ago, now I'm having a ton of people like asking me a ton of questions. I'm fielding private messages all the time from friends, family, acquaintances, strangers... the whole nine yards.

This one here is about a year or so after I started doing weight training. I really enjoy hiking and it's a lot easier for this guy to go hiking than it is for this guy to go hiking. I can go hiking now and then go play soccer the next morning. The transition was pretty easy for me actually.

I think it was just ongoing knowing that this process sort of takes a while. You won't decide, "I'll go on a low-carb diet and the next week I'm going to get to my goal weight". So I think there was some mental blockage there.

I was just knowing that this thing actually takes a while. I think being overweight is a lot harder than being on a low-carb diet. If people were just eating real food... It's so hard to see that as being unsustainable.