

PREVIEW - Heidi Staden (LLC UK 2019)

Heidi Staden: For quite a long time I just didn't know what was right to eat anymore. It seemed like everything wasn't right. You feel you can't lose weight, it's your fault and if only you exercise more. It was difficult.

Andy Staden: We both have always struggled with weight and always had that... I call it an addiction problem.

Heidi: Cutting calories and the fat was not the way to do it, we had to approach it the low-carb way. We both lost significant amounts of weight.

Andy: You had more energy, felt a lot better with yourself.

Heidi: And I've been really enjoying the cooking and I think we've cooked more now than ever. I don't ache, you know... I've not felt depressed or down.

Andy: It just allowed me to unlock the door and be free of all the challenges around the addictions with food.

Heidi: When I do it, I really enjoy what I eat and I don't have this fear anymore. It doesn't control me.