



Doctors Could Not Heal My Stomach Pain, Plant-Based Diet Did

By Katie Behnke
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probably rare, but I know I would still be seeing specialists today if it weren't for this documentary. Thank you!

For over seven years, I saw gastroenterologists to try to diagnose a digestive condition but never had any luck. I was so sick that, one year in high school, I missed 45 out of 180 school days from severe stomach pain. Nothing I tried worked and all my test results came back clean. It got to the point where I had to change doctors since my doctor thought I was faking my pain. I had tried every diet including dairy free, gluten free, avoiding trigger foods – but I was still in great discomfort.

In the fall of 2011, I watched *Forks Over Knives* and decided to give a [plant-based diet](#) a try. I figured I had already tried every other diet, so one more wouldn't be too much. In as little as a few days I noticed my pain lessening until it completely disappeared. Over a year later I am still pain free and my doctors are dumbfounded.

I've never felt so good and it feels incredible to actually be able to live my life like a normal college student. Of course I cheat occasionally, but my symptoms tend to come back pretty soon. This reminds me how my success isn't pure luck, but rather that the diet works!

I can't thank *Forks Over Knives* enough for enlightening me to the benefits of this diet. Of course, my case is