



I Stumbled Across Forks Over Knives and It Changed My Life

By Matt Stary
2013-03-11 18:33:56



I was flipping through Netflix one night and came across an interesting movie titled *Forks Over Knives*. At this point in my life, I was overweight and out of shape, going like a yo-yo from one “diet” to another. At my heaviest point, I tipped the scales at nearly 360 pounds. Even at 6’2” tall, that weight was way too much for my body to handle. I’m a former college football player who was done playing, but still eating like a defensive lineman. My weight and unhealthy living was affecting every aspect of my life. After watching the film, I decided that “diets” weren’t going to cut it. What I needed was an overhaul, a complete change. So I adopted the plant-based lifestyle. I gave up alcohol, quit smoking and got my rear end off the couch to exercise.

Now, I am a mid-western boy and come from a family fully immersed in the Western diet. We never had a meal that did not contain meat, butter, or processed foods, so my decision did not come without teasing and ridicule. No one but my wife gave me more than three weeks. That was eight months ago. I incorporated fruits, vegetables and whole grains into all of my meals. I started exercising, slowly at first but gradually increasing the intensity and duration of my workouts. I gave up the vices that were literally killing me and replaced them with something that would be beneficial to my body and mind.

The results have been astounding. I have more energy, feel great and wear the same size pants I did in 8th grade. I’ve lost 100 pounds and find myself in maintenance mode right now. My wife has started to eat more plant-based foods as well, with amazing results.

Simply by incorporating more fruits and vegetables and whole grains into her diet, she has dropped 3 sizes. In addition to the physical health benefits, the lifestyle change has also been great for her confidence and self esteem. Even our children now are reaping the benefits of healthy eating.

Thank you for the inspiration. You have no idea how much your film has helped mold me into a new person. I hope it continues to change our nation’s view of the Western diet and continues to inspire those ready to make improvements in their lives. Perhaps the rest of my family will see the results and decide to make the change too. It’s funny, they ridiculed me for being too heavy, continued to tease me when I made the change, and still do to this day – only now it’s for being too thin! C’est la vie. Thanks again, and God Bless.