



## Dropping Weight and Feeling Great!

By Erin Finley  
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bring any meat or dairy into the house. And even my parents have joined us—they've been vegan now for over six weeks!

Thanks, Forks Over Knives, for making such a difference in my life and the lives of so many others!

Thanks to discovering *Forks Over Knives* and *The Engine 2 Diet*, I have dropped 12 pounds in ten weeks, and my cholesterol level has decreased significantly. I have never lost weight this quickly, and I feel great. My goal is to drop another 6 to 8 pounds, and I am well on my way.

About a year and a half ago my OB/GYN told me that my cholesterol was too high (224). The number shocked me! It had never been that high before. And the extra 20 pounds on my 5'4" frame was not doing me any favors.

After I turned 40 four years ago, I found shedding the pounds to be even more difficult than before. Until I discovered FOK, I tried and tried to drop weight by counting calories and working out like crazy! I lost maybe 3 to 4 pounds, only to put them back on again and again ... *very* frustrating! More often than not, I seemed to develop postnasal drainage, which resulted in a sinus infection and cough. I always felt tired and rundown.

I started my new vegan FOK lifestyle on the first of April this year, and it's amazing how much better I feel! My cholesterol is 143 ... amazing! My sinuses are better, my weight continues to drop effortlessly, I feel more positive about life ... and when I see my OB/GYN this fall I will be beaming from ear to ear when she sees my blood test results and my weight!

At 44 years young, I feel fabulous! I don't miss dairy or meat at all. I feel like I am helping our planet and supporting our organic farmers. My husband is very supportive and has been trying to follow along, as I don't