



## Sick and Declining at 23 ... Radiant and Soaring at 25!

By Kimberly Allison  
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health and what they are putting in their mouths. I am aspiring to find a job where I can speak out about this matter and change lives!

To the producers/doctors of *Forks Over Knives*—I am forever in your debt. You have dramatically changed my life by sending me off in the direction of a long, healthy, happy life. Please know what an incredible documentary you have produced, and how much it contributes to one of the most important movements in our time.

THANK YOU!!!

My name is Kimberly Allison, and I am 25 years old. I was raised on the standard American diet and ate that way my whole life—eggs for breakfast, sandwich for lunch, and steak for dinner. Snacks would be chips, cookies, etc. More than two years ago, at 5'5" tall I weighed 168 lbs. and had borderline high blood pressure and high cholesterol. I caught every single bug and flu that was going around. It seemed like every few months I was sick with one thing or another. I also had horrendous stomach problems. My parents and relatives were sick, and I just assumed such maladies were part of growing older.

One Sunday night I ate a plate of my mom's meatloaf and headed to a movie/dinner night at my boyfriend's house. His mother had stopped eating meat, and of course my first question was, "well, what *do* you eat?" She had it planned for all of us to watch *Forks Over Knives* ... and my life was never the same.

That night was the last time I ever ate meat. Within six months I dropped 35 lbs. and cut my triglycerides, cholesterol, and blood pressure *in half!* Over the next two years, I did a lot of research on the plant-based diet. Dr. Fuhrman's book *Eat to Live* was another wonderful resource. Now here I am, two years later, as a gluten-free vegan! I have never felt or looked better. I have a strong immune system, my stomach problems have vanished, and I have amazed all of my doctors (even though they still think everyone should eat meat).

I have become a strong influence among my family and friends; I have influenced them to think about their