



In One Year, I Dropped 103 Lbs, Lost 12 Inches off My Waist, and Transformed My Life

By Kelvin Suarez
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I struggled with my weight my entire life, trying every diet you could imagine from the age of 13. In the last few years, I started developing health issues and had to go to the hospital several times for various weight-related issues. I had high blood pressure, type 2 diabetes, high cholesterol, and fatty liver/high liver enzymes, in addition to many aches and pains. By last year (2014), my weight was at an all-time high of 331 pounds.



One day I read an article on [CNN](#) about a man who had lost over 100 pounds after adopting a plant-based diet. That article was my first introduction to the [Forks Over Knives](#) documentary, and it described how the film had helped this man. I did further research online and checked out the FOK DVD from the library. What I learned sounded amazing and different! I decided to jump right in on August 31, 2014.

As a gesture of solidarity, my wife adopted the 100 percent plant-based diet along with me. We began by reviewing all the recipes on the Forks Over Knives website and then went shopping. At first, eating this way was a little difficult, but once we realized how delicious some of the foods tasted, we were hooked. Three of our favorite recipes are plant-based pizza, chili, and shepherd's pie. I enjoy the flavors of the foods I eat now more than anything I have ever eaten ... and they are healthier to boot!

In the first four months of perfect adherence to this new way of eating, my body transformed dramatically. My hemoglobin A1c went from 8.9 (full-blown diabetes) to 5.9 (prediabetes, if that). I also dropped a huge amount of weight, and my blood pressure dropped significantly. When I visited my doctor, he was ecstatic. He asked me what I had been doing differently, because he had never seen such amazing results in just four months. He called other doctors into the room and had me share my story with them. It was an emotional day of celebrating my successes, but I knew I still had a long way to go.

It has been a year now since I started eating this way, and I have lost 103 pounds (down from 331 to 227). My waist size has gone from 50 to 38 inches. My doctor has reduced my Lisinopril (blood pressure) prescription from 20 mg to 5, and he expects me to off blood pressure medication entirely by my next visit. Also, my liver is no longer fatty, and my cholesterol, blood pressure, and blood sugar all fall within the normal range.

Before *Forks Over Knives*, nothing had worked in my battle to combat weight gain. Not only did it change my life forever, it also helped my wife and daughter to lose

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26 pounds and 15 pounds, respectively. I can confidently say that owe my life to Forks Over Knives ... thank you!