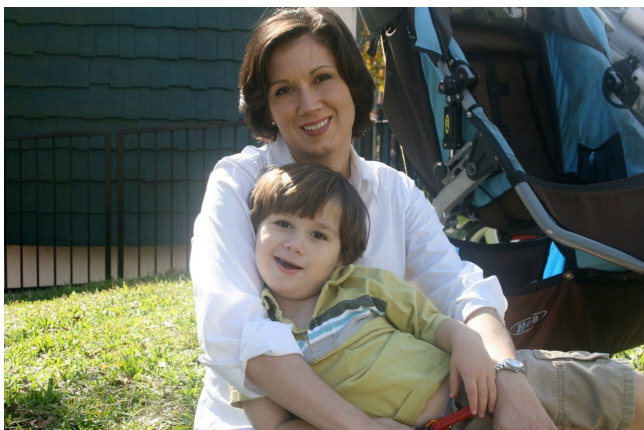




Inspired by "Forks Over Knives" and "The Engine 2 Diet," I Lowered My Cholesterol and Cleared My Skin

By Shelly Vincent
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spreading the word. Unlike other diets, the plant-based diet is easy to stay on. This one actually makes me feel great!

I'm 38 years-old, and my father had his first heart attack at 40. I've been taking beta-blockers since the age of 20 and my cholesterol has never been below 230. I am married with a four-year-old autistic child and work full-time. It is very important to me to break through this family gene that has been so deadly.

Already a healthy eater and regular runner, I could never seem to break the cholesterol barrier and got sick often. I have an extremely hectic schedule between work, home and therapies for my son, making it difficult to find fast, healthy food.

I finally took a week off over the holidays, when I watched *Forks Over Knives*. I bought *The Engine 2 Diet* and read it. I started my diet on December 31 — why wait another day?

After six weeks, I had a full blood panel done and found my cholesterol to be down to 180...but my LDL only 59! My LDL had never been below 90 in my life. I also lost seven pounds and was the only person in my house to miss getting a bad cold. I have continued my diet and feel better than ever.

I not only have more energy, but clearer skin! My lifelong battle with acne appears to be based on a dairy allergy! I plan on adopting this diet permanently and