



The 10 Most Popular Plant-Based Success Stories of 2018

By Courtney Davison
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One of the best parts of working at Forks Over Knives is hearing from people who have transformed their health by adopting a whole-food, plant-based lifestyle. If you're looking for encouragement to stay committed to your health goals in the year ahead, bookmark this list of our most popular Success Stories of 2018, and stay tuned for many more such stories in 2019. They are an endless well of inspiration.

Overcoming Food Addiction Heather Goodwin had a difficult relationship with food her whole life, and in her 40s, her weight crept into the 400s. "That's when I decided to try a whole-food, plant-based diet." Read the full story [here](#).



After Dad's Cancer Diagnosis, the Whole Family Went WFPB After Justin Greener's cancer diagnosis, he and his wife, Erin, decided to transition the whole family to a plant-based diet with the hopes of promoting better health overall. The results shocked them. "I couldn't believe the difference in how I began to feel," Erin says. Read the full story [here](#).

From Obese to Her Best Shape Ever Alishea Basson had resigned herself to being overweight for the rest of her life. Then she watched the Forks Over Knives documentary after seeing some friends post about it on social media. "I was scared straight by the film." Read the full story [here](#).

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Getting Healthy Together Don Taylor had congestive heart failure, and his arthritis and inflammation were severe enough to render him immobile. His wife, Betty, had struggled with weight her whole life. “Neither of us really knew what we could do to get our health back on track, until I attended a plant-based nutrition class on the recommendation of a friend,” says Betty. Read the full story [here](#).

The Barbecue Chef Who Went Vegan After opening a barbecue restaurant, Jeff gained 150 pounds in five years. “I developed severe joint pain and was taking 21 ibuprofen daily.” Read the full story [here](#).



A Newfound Love of Marathons Heather Kaufman’s husband went plant-based in 2011, but she hadn’t made the switch herself. Then she was diagnosed with uterine fibroids and, in 2015, had a total hysterectomy. “During the surgery and hospital stay I had flashbacks to my mother’s long days and nights at the hospital as she battled leukemia. I vowed the day after my own surgery that I would never set foot in a hospital again if I had anything to do with it.” Read the full story [here](#).

Yo-Yo No More In March 2017, Mary Beth Brendel decided to go plant-based after she had blood work done and found out her cholesterol was 278. “All I could think of was that my mother had experienced her first heart attack when she was about my age.” Read the full story [here](#).



64 Pounds in 7 Months Tony Confer was on medications for high cholesterol and blood pressure and weighed 298 pounds. “I asked the doctor what she would recommend in order to lose 50 pounds other than the obvious. She said, ‘You don’t want to hear this, but convert to a whole food, plant-based diet.’” Read the full

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Conquering Lupus with PlantsJoyce Hale’s lupus medications were not stopping the progression of the disease, and she was facing more surgeries. “Doctors said the only way to avoid or postpone the next surgery would be to ‘control the lupus.’ Then they walked out of the room as I cried, knowing no one knew how to do that.” Read the full story [here](#).



Reversing Diabetes and Curing Sleep ApneaRichard Weiss decided to go plant-based after a shocking diabetes diagnosis. “Potential side effects of diabetes are blindness, stroke, and limbs being cut off. Knowing that became a huge motivator. I said to myself, ‘I gotta do whatever it takes now.’” Read the full story [here](#).

Ready to get started? Check out [Forks Meal Planner](#), FOK’s easy weekly meal-planning tool to keep you on a healthy plant-based path.