



Margaret's story

1. I had been declared officially menopausal at the end of 2017 and in 2018 had rapidly put on weight until I was 103kg ... everything hurt ... from my toes to my head ... and all I wanted to do each day was to get home from work, put on my suwai and sit at home watching mindless TV.
2. The thought of trying to lose weight through exercise was a mountain that I couldn't even think of climbing. I was down a hole with no idea how I was going to climb out of it.
3. It was January 2019. Saturday at 11.00am to be specific, when a colleague sent me a link to a website about a "low carb, high (healthy) fat (LCHF) way of eating – www.dietdoctor.com. I sat on my couch until 6.00pm that evening – I subscribed to dietdoctor.com (best USD9.00 per month I've invested in my life – and it saved me so much more).
4. That started my journey towards a lifestyle that helped me clear my head, and manage my weight and health issues ... metabolic syndrome¹, specifically my type 2 diabetes and hypertension (blood pressure). [Fasting insulin is an important test to have done, even more important than fasting blood sugar \(FBS\)](#). [Listen to the podcasts referenced below, and talk to your Doctor](#).
5. Through dietdoctor.com I was introduced to Dr Jason Fung, a Canadian Nephrologist who had written a couple of really interesting and important books, including [The Diabetes Code](#) and [The Obesity Code](#) ... along with a book on Intermittent Fasting (co-authored with Jimmy Moore).
6. The first thing I did was to stop drinking alcohol (I do still miss the occasional nice cold beer!), and any kind of soft drink or juice. Plain water, or soda water became my drinks of choice. Oh, and tea and coffee ... great for reducing the hunger pangs which came/come in waves. Green tea/Coboi is particularly beneficial.
7. I started 12:12 intermittent fasting, i.e. 12 hours of fasting, between 8pm and 8am ... and 3 meals between 8am and 8pm. For about two months I ate a 3-egg omelette with cheese in the middle, a couple of grilled tomatoes, and black coffee for breakfast. Lunch was a piece of grilled chicken thigh, with the skin on (nice and tasty!) and a big salad or grilled vegetables. For dinner I'd have some protein (chicken, pork or canned tuna) with a light salad or steamed vegetables. Before long I couldn't handle 3 meals a day so started fasting for 16 hours with breakfast (when I

¹ Metabolic syndrome is a group of conditions that together raise your risk of coronary heart disease, diabetes, stroke, and other serious health problems. Metabolic syndrome is also called insulin resistance syndrome.



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"broke my fast") being around 12 noon. I did find that it was best to "break my fast" before I got really hungry, otherwise I'd want to eat things I really shouldn't.

8. With intermittent fasting I've also changed it up (more hours) or down (fewer hours) as has worked for me. You will find your own way through.
9. I substituted starchy carbohydrates like bread and kakanadina with lots of seasonal vegetables, steamed or grilled ... and flavoured with coconut oil, butter or olive oil, or lemon and black pepper, herbs, chillies and anything else that would make the food tastier. It takes 13 days for our taste buds to renew themselves so stick it out and you'll notice that you can taste the full flavour of the whole foods you're eating. Just go with what's seasonal in the market and flavour it with proteins, especially the less expensive items like eggs and canned tuna.
10. Oh, and all of our lovely Fijian food ... shellfish with miti, ota/nama/moca, etc. with miti, lovo pork, chicken, dalo, roast chicken with a nice crispy skin, boiled fish with miti, vakalolo anything ... yummy!
11. Within six months I'd lost 20kg, without any rigorous exercise. As the weight came off, I began to enjoy walking more. I started by walking in the swimming pool so that my joints didn't hurt (and of course it was nice and cool!).
12. Don't get me wrong ... there have been ups and downs, and setbacks but I've never felt that I couldn't get back on track when I needed to.
13. Podcasts on YouTube are my latest "go to" in terms of information to support my LCHF lifestyle. It's saved my life, and my wallet!!! The following medical/research personnel have been the most interesting and informative for me and I'd recommend you check them out:
 - a. Dr Robert Lustig, Pediatric Endocrinologist
 - b. Dr William Li, world-renowned physician, scientist, speaker and author
 - c. Dr Georgia Ede, internationally recognized expert in nutritional and metabolic psychiatry
 - d. Dr Ken Berry, Family physician on a mission to improve the health of all, Founder, Board Member @americandiabetesociety, #ProperHumanDiet
 - e. Dr Thomas Seyfried, researcher on cancer as a metabolic disease
 - f. Dr Pradip Jamnadas, widely recognized for his skill in interventional cardiology
 - g. Dr Robert Cywes, "Carb Addiction Doc" – lifestyle and surgery for weight loss
 - h. Diary of a CEO
