

## Vincent Meets His Goals for Health with the Help of [The Plant-Powered Diet](#): His Cholesterol Dropped 60 Points in 6 Months



*Vincent, an active 57-year old (5'7" and 130 pounds) from Las Vegas, Nevada, turned a corner in his life by letting food be his medicine. By discovering the transformative power of nutrition, without the use of any pharmaceuticals, he was able to meet his health goals. Vincent shares with us the story of his success.*

*Q: What made you decide to adopt a Plant-Powered Diet?*

Vincent: When my doctor threatened that I may need to take statins to control my high cholesterol, I was frustrated and opposed to the idea. I watched the film "Forks Over Knives" and was slightly inspired, but also frustrated, because I could not fathom eating bushels of vegetarian foods with a shovel all day, every day. So when I looked at *The Plant-Powered Diet*, I found a more rational and all-inclusive approach to evolving to a healthier diet. I felt completely charged by the book and found it positive and encouraging.

*Q: What kinds of changes did you make? Was it challenging?*

Vincent: I stopped eating bread made from flour and flour-based products. I stopped eating the two cookies I had with my breakfast coffee. I cut out red meat and cheese entirely, except for the grated locatelli I still use on my pasta. I stopped eating highly processed nutrition bars as my morning snack and I also completely obliterated corn syrup and hydrogenated oils. I would like to stress that this is not as difficult as it may appear.

*Q: So, since you have made those adjustments to your diet, what types of foods do you eat now?*

Vincent: Breakfast often consists of Kashi Autumn Wheat Squares with fat free milk. For a morning snack, a flax muffin with almond milk. At lunch, I will have a chicken or tuna sandwich on Sprouted Whole Grain Bread with a little bit of real mayo. For an afternoon snack, Chobani Vanilla Yogurt and an apple. For dinner, I alternate between healthy stir-fry or pasta dishes. The stir-fry dishes consist of boneless, skinless chicken with vegetables ranging from eggplant, zucchini, bell peppers, and onions over brown rice. I make the pasta using Barilla Plus with anything from a new favorite, Broccolini with garlic, extra virgin olive oil, and crushed red pepper or cauliflower. I use ground turkey for my meatballs when I make tomato sauce for the pasta. I still eat 4 eggs a week! And also, a light butter made with canola oil for my weekend toast. I was enjoying a Bison burger once a week although I recently substituted the bison for portobello mushroom and I love it. I still go out for Thai or Chinese food once a week, too.

*Q: What has happened with your cholesterol since you started The Plant-Powered Diet?*

Vincent: Just six months after I began, my total cholesterol dropped from 212 to 152 and my LDL went from 155.6 to 101.6! This is the lowest it has been in 25 years and it was all based solely on nutrition alone. I do not, nor have I ever taken statins. In fact, I do not take any prescription medications of any kind.

*Q: What insight have you gained from your new lifestyle?*

Vincent: I was astonished when I saw the doctor again, because I knew my diet was still high in carbohydrates, but now I realize that good carbohydrates actually do what they are supposed to do. And, cutting my saturated fat intake down while substituting whole grained for refined flours really has had a profound effect. *The Plant-Powered Diet* has helped me have more confidence in a common sense approach to eating and I hope that it can help other people do the same.