

## Cara's Health Turnaround:

"I have always been pretty thin, however for someone who lift weights, competes in triathlons and was eating healthy, my HDL's never were good and my triglycerides were always high. I always attributed to my family history of high triglycerides. I then started to reduce my carbohydrates and increase my fats. I had barely been eating any red meat, maybe 3 times a year. I now eat red meat at least once a day, do not eat any grains, barely any fruit and my triglycerides went from the 140's to 42 and my HDL's finally went up that actually reflected the amount of exercise I do. I also don't need to eat as frequently. I'm also not always hungry as I was before and my energy levels during my training is much better. All the while, my body fat has stayed the same if not actually dropped a percent or two. (15% body fat). My mood is so much better, skin better, etc. So, even though I always looked healthy from the outside, I now am healthy from the inside too.

No more excuse about family history! Going low-carb, high fat was the only thing that made a difference."

Cara Z