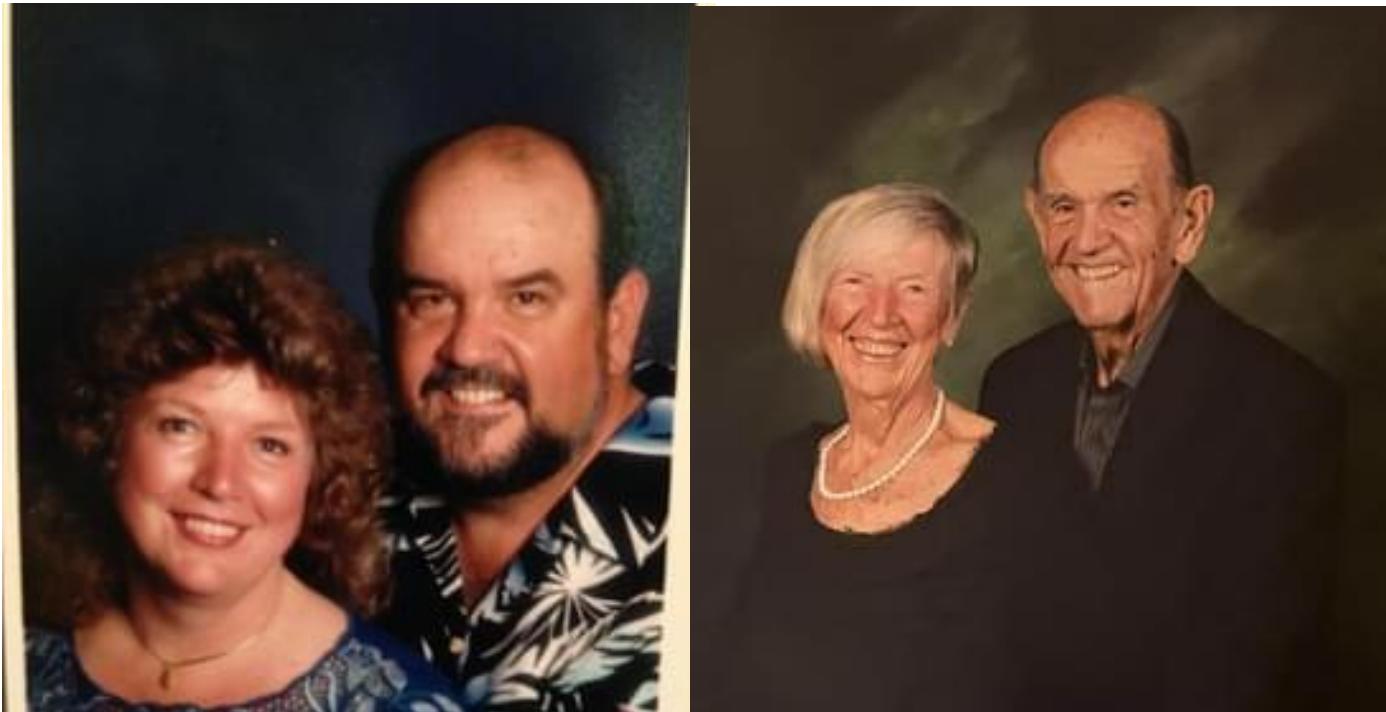


Esther and Ben Loveridge

Our Story



Healthy For a Lifetime

September 23, 2023

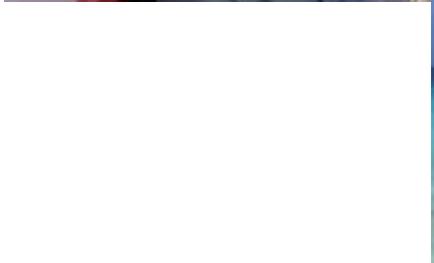
All rights reserved

How we started . . .

Ben's donut shop; married 20 mos later
in 1989



We loved to travel



Health conditions slowed us down

Esther

- Overweight –high weight was 282 lbs
- Pancreatitis
- Gall bladder attacks
- GERD
- Insomnia, Sleep apnea
- Back pain
- High blood pressure, high cholesterol

Also:

Esther

- Constipation
- Prediabetes
- Hypothyroidism
- Anxiety
- Low iron
- Painful joints (glucosamine)

Health conditions slowed us down

Ben

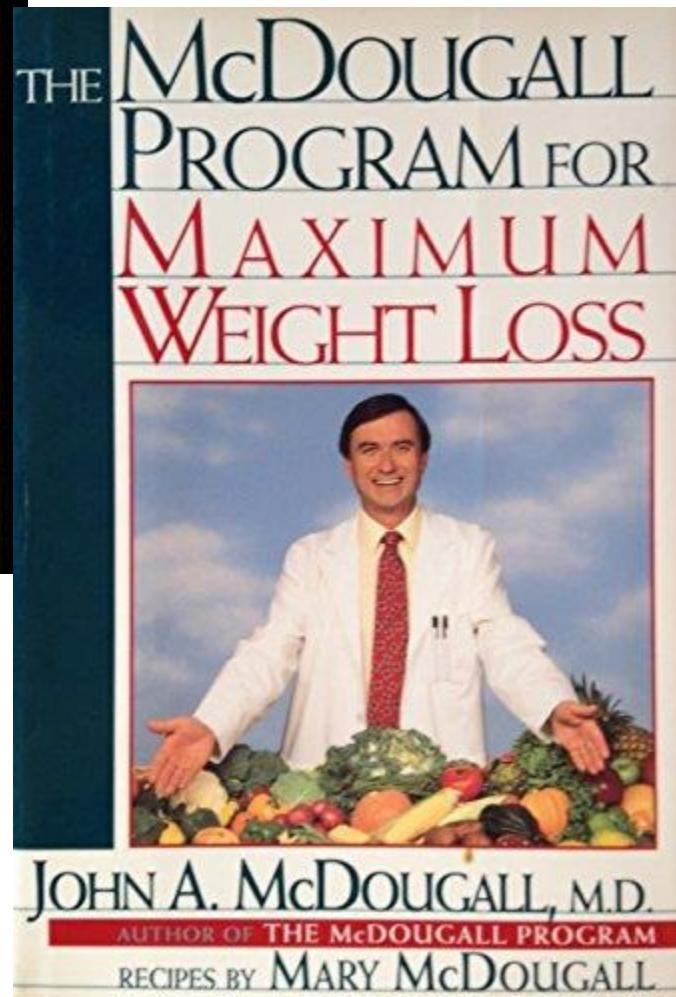
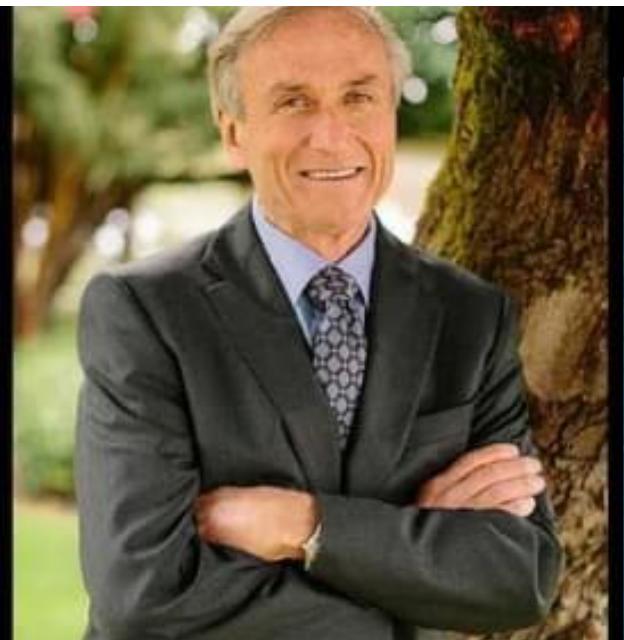
- Overweight (320 at highest)
- Ulcer
- Sleep apnea
- GERD
- Enlarged prostate
- Shoulder pain

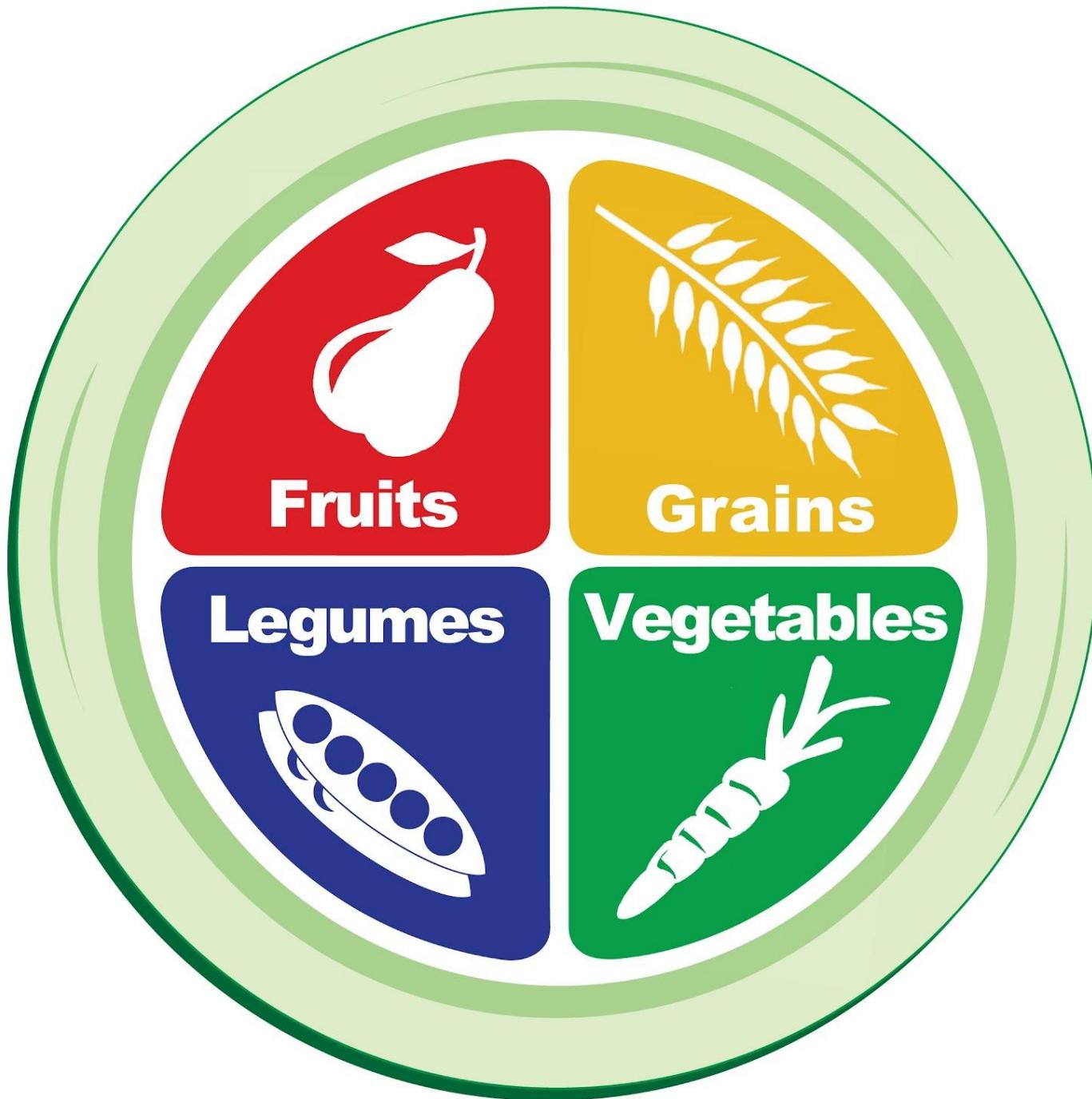
Tried:

- *Weight Watchers*
- *Dr. Atkins*
- *TOPS*
- *Overeaters Anonymous*
- *Grapefruit diet*
- *600 Calories diet*
- *Diet pills*

My hero: Dr. John McDougall

A friend gave me this book....

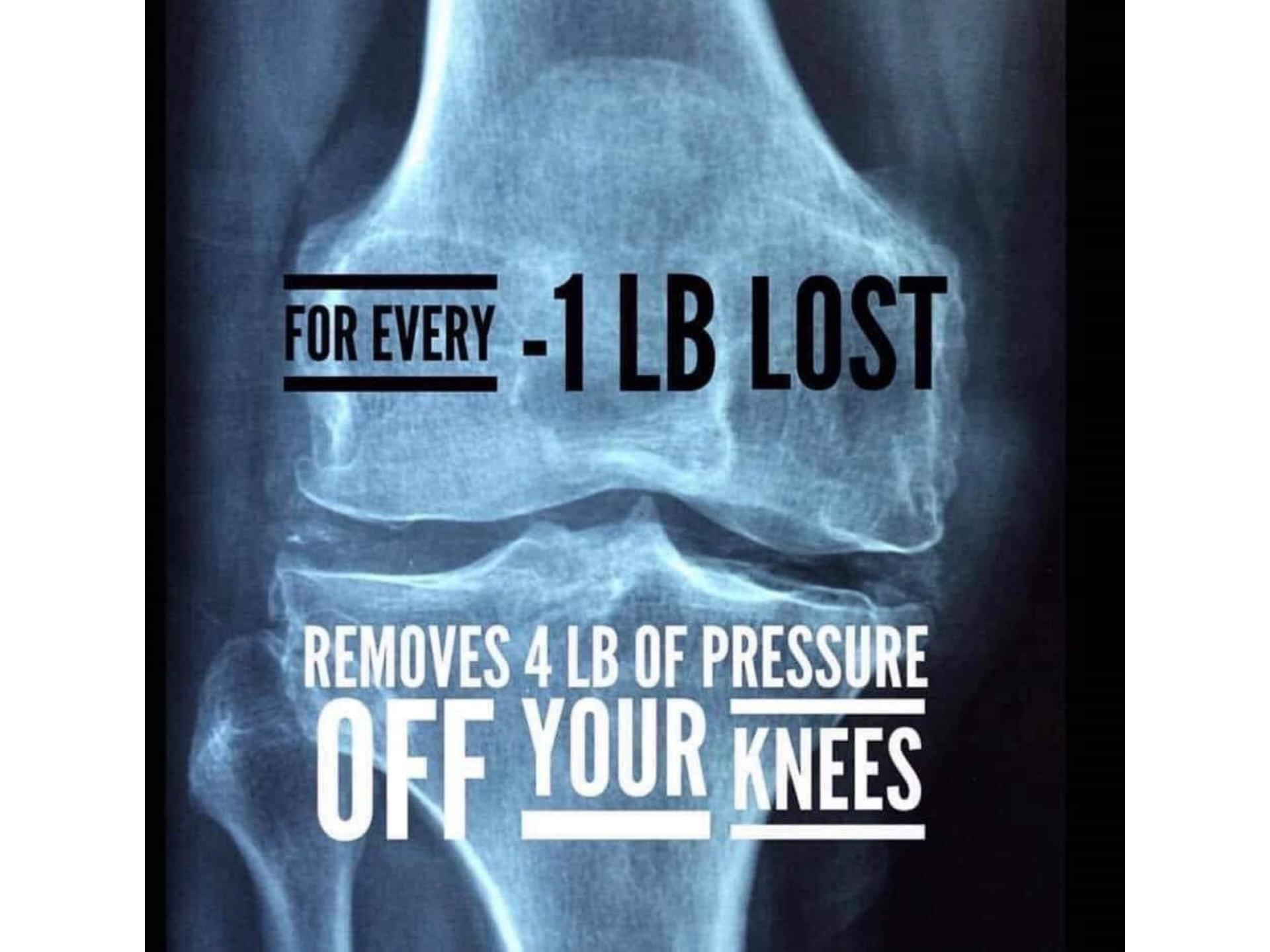




Results for Esther:

- *Off all meds within 2 years*
- *Down 155 pounds from high*
- *Lost 6 inches off each knee*
- *No knee surgery!*
- *Vision improved!*
- *Life is active and joyful*





FOR EVERY -1 LB LOST

**REMOTES 4 LB OF PRESSURE
OFF YOUR KNEES**

Results for Ben:

- *No more ulcers*
- *All Issues resolved*
- *Weighs 160 lbs*
- *Keeps a garden*
- *Plays in a band!*
- *Life is good*



**CALORIES
PER POUND**

CALORIE DENSITY WEIGHT LOSS KEY

100 CALS. - **VEGETABLES (NON-STARCHY)**

300 CALS. - **FRUIT**

400 CALS. - **POTATO, CORN, SQUASH, OATS**

500 CALS. - **WHOLE GRAINS, RICE, PASTA**

600 CALS. - **BEANS & LEGUMES** Eat More
^

750 CALS. - **AVOCADOS** V
Eat Less

1200 CALS. - **ICE CREAM**

1400 CALS. - **BREAD/BAGELS/WRAPS**

1600 CALS. - **CHEESE, DRY CEREAL**

1800 CALS. - **SUGAR, CRACKERS, POPCORN**

2500 CALS. - **CHOCOLATE**

2800 CALS. - **NUTS, SEEDS, BUTTERS, TAHINI**

4000 CALS. - **ALL OILS, OIL-POPPED POPCORN**

Before...



After...



Before and After...



Nice before and after photos.



May 2016 257. - June 26, 2019 127



Dr. John McDougall: *It's the food!*
The fat you eat is the fat you wear.



Plant-based at 72

Message: It's never too late

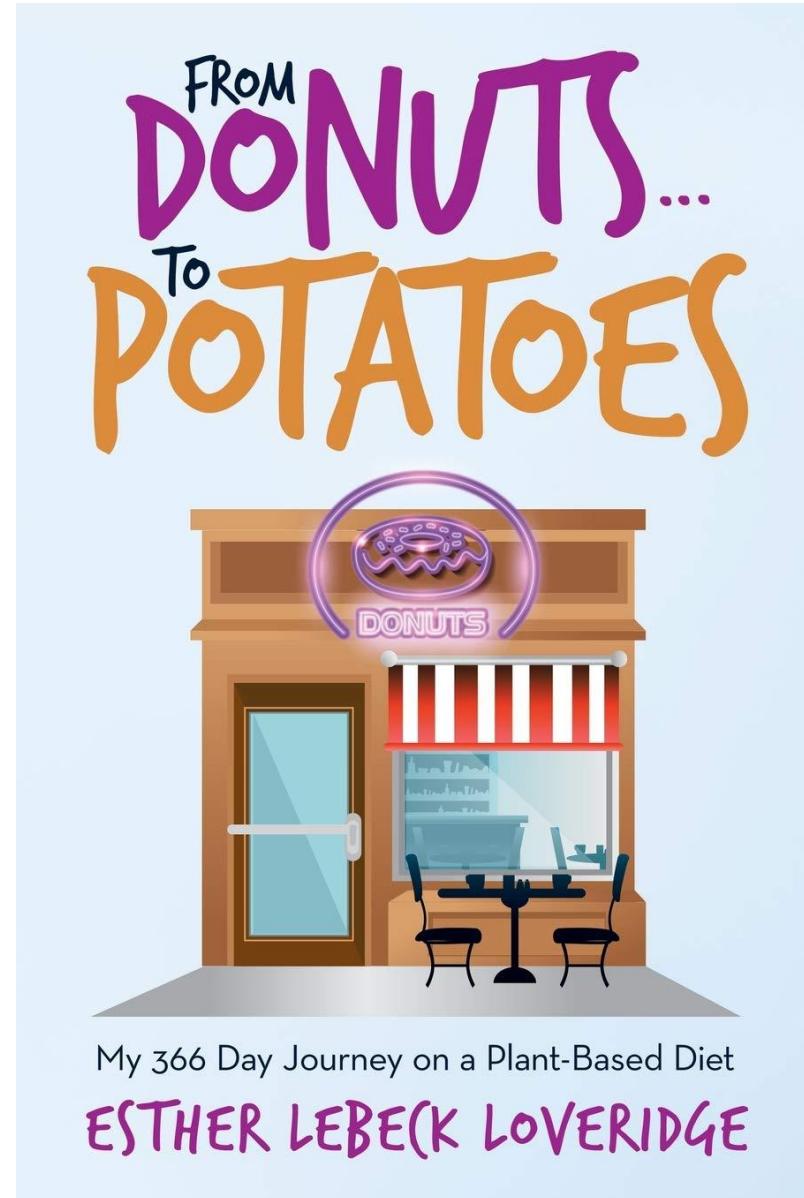
W- weight

I – inspiration

S – support

H - healthy

I wrote a book Copyright 2020



Woman's World magazine

DIETS THAT HEAL

17 PROVEN PLANS

Discover the one that will transform your life

- ✓ Lose 100+ lbs
- ✓ Repair a sick liver
- ✓ Reverse diabetes
- ✓ Speed a thyroid
- ✓ Cure a leaky gut

Esther, 75, lost 130 lbs + got off 5 meds

REAL WOMEN, REAL DETOX YOUR WAY

17 PROVEN PLANS

Discover the one that will transform your health

- ✓ Lose 100+ lbs
- ✓ Heal a sick liver
- ✓ Reverse diabetes
- ✓ Speed a sluggish thyroid
- ✓ Repair a leaky gut

Monica lost 200 lbs

6 RECIPES TO GUARANTEE SUCCESS!

76 RECIPES TO GUARANTEE SUCCESS!

Esther's Nutritional Journey on Facebook –see my food



Esther's Nutritional Journey >

🔒 Private group · 17.0K members



Joined ▾

Invite

Reels

About

Featured

Photos

E



9-20-2022 Word for Today: TIME

"I'm running out of time", "I hav... See more



9-19-2023 Food Diary
Food intake today but I skipped the salad dressing.



9-15-2023 Food Diary



We travel again!



Travel is easier



My message to you

Thank you – *Ben & Esther*

