

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

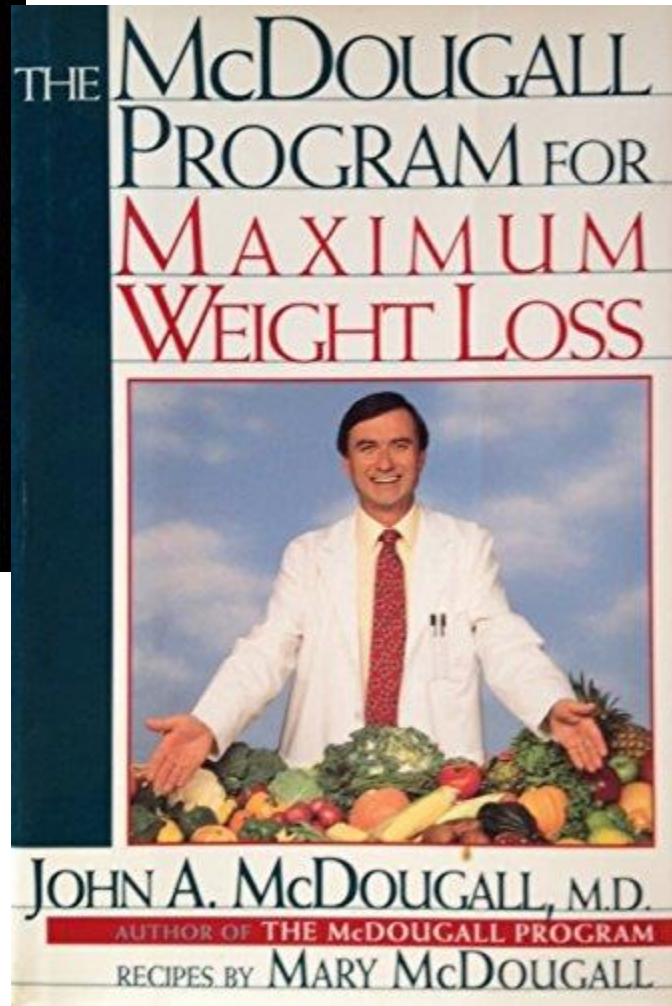
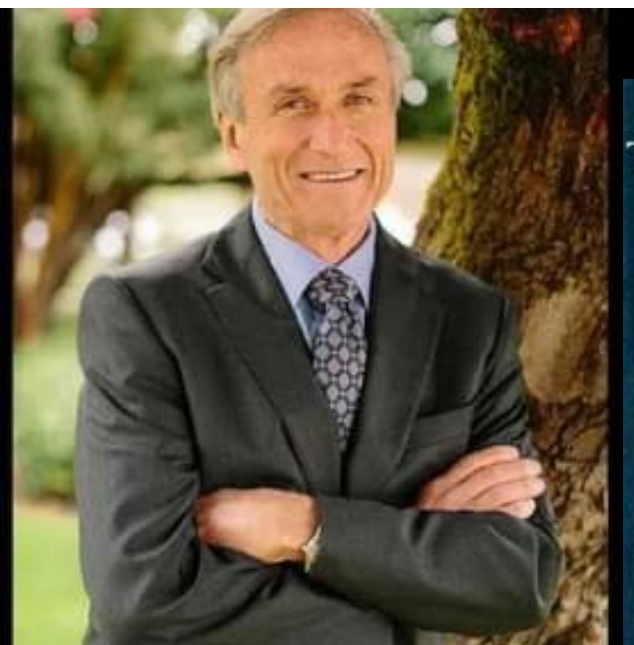
- Overweight (320 at highest)
- Ulcer
- Sleep apnea
- GERD
- Enlarged prostate
- Shoulder pain

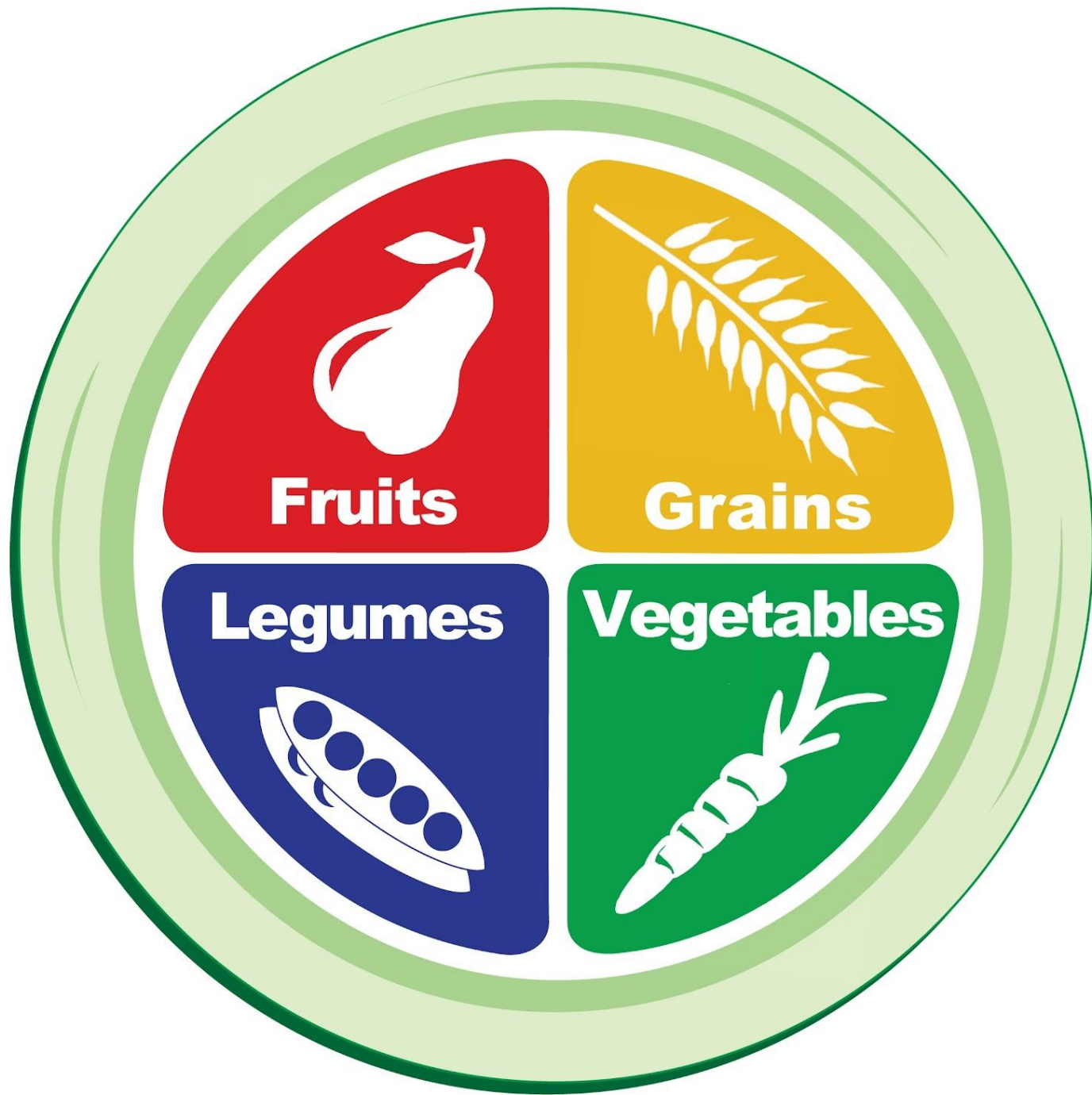
Tried:

- *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*



A blue-tinted X-ray image of a human knee joint, showing the femur, tibia, and patella. The image is used as a background for the text.

FOR EVERY -1 LB LOST

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

Results for Ben:

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



CALORIE DENSITY

WEIGHT LOSS KEY

**CALORIES
PER POUND**

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

Eat Less

1200 CALS. - ICE CREAM

1400 CALS. - BREAD/BAGELS/WRAPPS

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

FROM
DONUTS...
To
POTATOES



My 366 Day Journey on a Plant-Based Diet

ESTHER LEBECK LOVERIDGE

Woman's World magazine



Esther's Nutritional Journey on Facebook –see my food



Esther's Nutritional Journey >

🔒 Private group · **17.0K** members



 Joined ▼

 Invite

Reels

About

Featured

Photos

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*

