

## 30-YEAR-OLD FEMALE DOWN 15LBS IN 7 MONTHS



### BEFORE MEASUREMENTS

Weight: 132

Pant Size: 28



### AFTER MEASUREMENTS

Weight: 117

Pant Size: 26

#### METRICS:

AGE: 30

HEIGHT: 5'4

#### Q&A:

##### Q: WHAT WAS LIFE LIKE BEFORE STARTING THE F-FACTOR DIET?

*A: Before starting F-Factor I was stuck in a cycle of attempting diets, failing, feeling guilty, eating things I hadn't planned on eating, and "restarting" diets without success. I had gained a lot of weight over the past few years and was not happy with how I looked. I didn't like looking at pictures of myself, and I wore mostly flowy clothing. I often felt tired, bloated, and my digestive system was slow and irregular. I exercised regularly, but not consistently because I wasn't seeing results and I often felt discouraged. I had come to a point in my life where I was convinced my body "just couldn't lose weight," and felt frustrated and hopeless about it.*

##### Q: WHAT INSPIRED YOU TO MAKE A CHANGE?

*A: With my wedding approaching, my biggest fear was that I would continue to feel that frustration and dissatisfaction with myself. I was terrified that I would not be able to feel my best or be happy with how I looked on my wedding day. All of the diets I had previously tried mostly involved simply counting quantities of food (i.e., like calories or points), but did not encourage increasing specific types of foods or adjusting what I was eating. I knew I needed to change my mind set about eating, and that I could change the way I was eating and not feel like I was giving anything up. The F-Factor lifestyle and community gave me the tools, knowledge and support to know that I could.*

##### Q: HOW DID F-FACTOR HELP YOU LOSE WEIGHT?

*A: I began following F-Factor on Instagram, along with other members of the community. I love to cook and create new recipes and became inspired to replicate many of the creations I saw, and eventually, make some of my own. I was enjoying experimenting with these new foods and incorporating GG crackers into my diet, as well. I began seeing some results (both on the scale and in my energy level and digestion), but I wanted to know how I could live the F-Factor lifestyle to a more serious degree. I purchased the book, and learned about different foods and your body's response to them, the role of fiber, and how to count net carbs. Whether I was going to work and cooking dinner during the week, traveling for the weekend, or dining out with friends, it became easier and easier to stick to this new way of thinking. I never felt hungry, always felt satisfied, and that always-bloated, heavy feeling subsided. Once the app came out, it became so much easier to journal and keep track of my net carbs.*