

I want everyone to feel as good as I do!

My name is Karen Griffin. I am thirty-four years old, married, and have two small children. In 1990, I was at a healthy 150 pounds. Fifteen years later, in January 2005, I was shocked to find myself weighing in at 232 pounds! In addition to the weight gain, I found myself becoming more and more exhausted, depressed, angry, with unstable blood glucose levels, frequent anxiety attacks, very low self-image, withdrawing from society, and medicating myself with more food. In addition, I had daily headaches and was taking a minimum of eight to ten pain relievers every day.

In February 2005, I went to the doctor for my depression and anxiety. The doctor wanted to put me on antidepressant medication and anti-anxiety medication, but never mentioned anything about me being seriously overweight. I left the doctor's office with the prescription orders in my hand, but never filled the orders. A few weeks later, I ran into an old friend who is one of the healthiest people I know and she gave me Chris Johnson's book to read.

Since I had been "dieting" for the last fifteen years, and read practically every weight-loss book out there, I was happy to read yet another book about dieting. I only read a few pages in the book before I realized that it was not a diet book at all! I was intrigued, so I kept reading. I read the entire book in two days! I immediately began reading it again. The second time through the book, something started to "click" in my mind. For the first time in my life, I started to look at food from a nutritional value instead of a calorie/point value. Suddenly, my focus turned from trying to lose weight (at whatever cost) to making healthy food choices and feeling good from the inside out.

So many nutrition books go over the average reader's head. It was refreshing to read a book that I could understand. But after reading On Target Living Nutrition for the first time, I was overwhelmed by all of the information. Where should I start? What should I change first? So I did as the book suggested, and just started making small changes. I put the Food Target on my refrigerator and eliminated most items from the outer ring. Then I began eating six small meals a day—and immediately felt better! My blood glucose began to stabilize, I wasn't tired, I was happier, had fewer cravings, and—as an added bonus—I began to lose weight. I could not believe that I could eat every three hours and lose weight—and never be hungry! Wow! Where has this information been all of my life? Shortly after, I started really focusing on the quality of the six meals I was eating, started focusing on the inner rings of the Food Target. I added flaxseeds, fish oils, and many organic products. I also was very dedicated to drinking more water every day and added some cardiovascular and strength training to my life.

And here I am now, more than two years later. I have lost over forty pounds and continue to lose. But most importantly, I feel better than I have ever felt. I am a completely different person on the inside and outside. I am a better mother and wife. I am happy, full of energy, I actually like myself again, and no more anxiety, no blood glucose problems, and I haven't had a headache in almost a year! I never realized that the food I was

putting in my body was a drug—until I stopped using that drug and “got clean.” Since my friend shared Chris’s book with me, I now feel like I have a responsibility to spread the good news and tell the world that there is hope. If I can do it, so can they. I just want everyone to have the opportunity to feel as good as I do—because I truly believe that reading this book saved not only my marriage, but my life.



Karen Griffin
Paw Paw, Michigan