

# Dedicated Cyclist Finds True Health and Purpose

**New vitality after years of unsuccessful dieting**

by Janet Anspach Rickey

I gave myself a weight problem at the young age of 12—by going on a diet to lose five pounds! I starved myself and lost the five pounds, then immediately overate and gained it back, and more. So, I tried dieting again, but it took a bit longer to lose those ten pounds; then again, I gained that back, and more. When my weight reached 199%, I stopped weighing myself. By then I had tried every diet I could find, and at this point I couldn't lose weight anymore. My body had become a fat-storing machine. I would try Weight Watchers and lose maybe a quarter of a pound one week and then plateau for two weeks. It was very frustrating.

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At age 30, I finally realized diets don't work, and I stopped dieting, which ironically resulted in no more bingeing. Over the next ten years, I was able to get off 40 pounds, then stalled at an unhappy 150–160 pounds for years. I gave up on trying to get back to the goal of 138 pounds, the weight that Weight Watchers had set for me when I first joined. Early on in my weight loss journey, I reached it twice (for about a minute) before trying to eat the standard American diet in moderation. I became a WW lifetime member and would last maybe a week or two before gaining back more than two pounds. Then off I would go again into bingeing and overeating until it all came back again.

Fast forward to a cycle tour I was on in March of 2020, where two of our group had shifted to vegan. My husband Stephen and

I thought, "Now these two are really off the deep end." Charlie lent us the DVD *Eating You Alive*, which our group watched that June on a bicycle tour in eastern Oregon. We all stopped eating meat right then.

I had gained seven pounds since the March tour by eating lots of salads with full-fat homemade dressing. Then I listened to *How Not to Die* and bought Dr Gregor's cookbook. In June, I decided to "put it to the test" starting July 1. I told my husband I was just going to make things from the cookbook to see if it really worked. I also got bloodwork done and saw that my cholesterol was over 200, my blood pressure was 130/80; my weight was 159, heart rate 74, and A1(c) 5.6.

Magically, the weight started to come off. Stephen wasn't going to join me at first, but after he tasted the first couple of meals, he was taking full helpings and liked the taste so much he joined me. Stephen weighed in at 173, which was more than he had ever weighed. His cholesterol was also high, and his doctor wanted him to start taking statins. I was over the moon when he decided to join me! I soon found Chef AJ and joined her Feel Fabulous Over Forty group. I watch her interviews every day along with other videos by Be Green with Amy, Krock's in the Kitchen, Ann and Jane Esselstyn, and Jonathan Fah, as well as the summits that run all the time.

Since going WFPB, SOS-free in July 2020, I have lost 47 pounds, and Stephen has lost 30. Our cholesterol levels are now in a normal range, and our blood pressures average around 108/70. My heart rate is back down around 44 bpm like it used to be. I weigh 113 pounds, and I feel amazing!

I cycle tour, and in August 2022 did a 30-day tour up through national parks into Canada. I was eating WFPB, SOS-free, and I had wonderful food the whole tour. Next, I spent a month in Australia, eating nothing but plants the whole time and loving it. I started

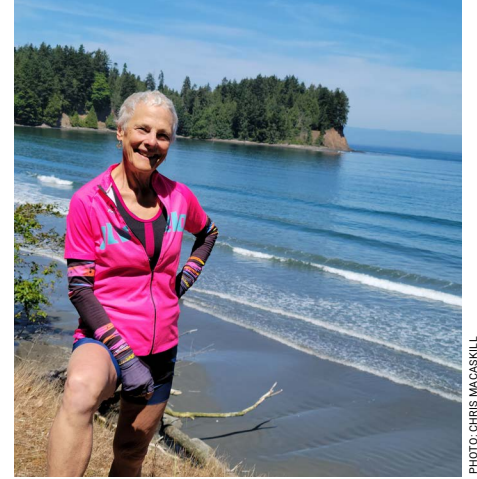


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a YouTube channel to show others how to travel and cook and eat plants no matter where you are.

I am a retired physical therapist and have always been interested in preventive medicine. I love to exercise and ride my bike, lift weights, walk, hike, and just enjoy being active. We remodeled our home all last year, and we stayed plant-exclusive even with no running water or heat for most of the winter!

**Save your life, save the animals, and save this sacred planet!**

I started a PlantPure Pod which I call Kitsap County Podsters, and I post to a Facebook group I created for it. This year I started having pod potlucks and doing cooking/food-prep demonstrations for my area. I volunteer with the local bike club, and I am the treasurer and ride coordinator which keeps me very busy! We also lead mostly short tours of a few days up to four weeks during the summer months.

Both Stephen and I fasted at TrueNorth for five days with a three-day refeed last November/December. What an amazing experience that was!

I found the NHA through working with Chef AJ, and I joined in 2021. I love the magazine, and I hope to join the conferences and the Holistic Holiday at Sea soon. A group of us are planning to attend the conference in 2024, which is exciting!

I hope to inspire and assist all those who are open to shifting to a WFPB, SOS-free diet and lifestyle. Save your life, save the animals, and save this sacred planet! 🌱



Interview with  
Chef AJ



Be Green  
with Amy