

VIDEO_ Mitzi Champion - Success Story (LCC 2018)

Mitzi Champion: I had a lot of metabolic dysfunction going on but I didn't really realize what was going on. I just kept researching and researching and found my way to low-carb. I went on my first low-carb cruise in 2010. They were talking about keto on that low-carb cruise and I said, "This keto thing, maybe there's something to it."

Hi, I'm Mitzi Champion and I'm a nutritional therapy practitioner, I also do some keto coaching as well helping others, sharing this wonderful message of health recovery. I wanted to concentrate more on coaching people to take back their health and then when you realize that that's the direction you want to go, you can focus like a laser.

For me it was really about realizing that if I didn't do something it was not going to end well. And as a woman we are judged sometimes by our outward appearance. And when you say, "It's okay, my time is over"... Well, I feel like I'm just discovering it again.

The transformation was amazing, the way that I felt, the energy, the clear headedness. There was no sore feet, no sore legs, I don't have to rest, those kinds of milestones are amazing. Do it for the health recovery, the fatty liver is gone, the sleep apnea is gone, joint pain gone. I can wear fun shoes again because there's no plantar fasciitis anymore.

I used to look at those shoes and say, "My days of wearing those kind of shoes are over." Who would have thought at 54 that I could be wearing those kind of shoes again? When I'm convinced that something is true it's very easy for me to grasp it and hold on to it.

I'm just so amazed at the recovery and the changes in my body and I keep saying that there's more to it than just the health recovery. For a woman it can just be an amazing transformation. This is like a recovery of my spirit. I want to see how this can go.

I honestly truly feel like I am aging in reverse. I feel better now at 54 than I ever felt when I was in my 40s. You've got to try it... What do you have to lose? You have so much to gain. All of these success stories that you see, there's no reason why it can't be you in this success story.