

Debbie: Debbie Peter and I am currently from Tucson Arizona and my age is 62

Interviewer: Debbie we were literally just talking before the cameras got rolled in terms of your journey and how much of a winding, possibly confusing, forking road that was, can you tell me a little about that?

Debbie: So ultimately in last about 14 months ago I was given the news that I was pre-diabetic possibly, probably there is an alcoholic disease vector liver disease on the verge of hypertension probably needing medication. I had already been on PPIs for 10 years, I had already sleep apnea diagnosis and my lipids were out of control, triglycerides way, way high I basically left the office in dismay being told, after the labs came through being told go home and eat a low-fat, low carb diet and that was the extent of what I was told. I had, all I knew was that I had just had this news that was going to...pretty much they were saying if you continue down this road you will be type 2 diabetic, you will be on insulin at some point and you will never come off of it so this is the time you are going to make your change right now and - , but there was no guidance. I had no idea what to do; I walked out of there in total despair.

Interviewer: Sounds like they just threw you in the deep end of the pool and said figure it out

Debbie: Yeah and I had already been living in the many years of gaining some weight, starving myself, losing some weight, gaining some weight, gaining it back even more and then losing and I knew I was overweight , but boy! Hearing that news was just - I had two girls and my husband had passed away in 2011 so I am their mum and coming home from that and being told, given that news and now I know i want to be around for my kids as they grow older, I'd love to be there for grandkids. And I want to be healthy, as healthy as possible so it was a horrible moment for me and I felt despaired because I didn't know what to do.

Interviewer: I hear that ...I hear despair and fear coming through in your voice loud and clear. Your daughters lost their father and now you are saying they can lose their mother as well, you said that was 14months ago?

Debbie: Yeah

Interviewer: However the Debbie that am looking at right now, I don't see a lot of fear and despair

Debbie: No

Interviewer: So what happened in the past 14months?

Debbie: Well, first, I started reading and I started reading about what people are saying about...many people are saying about the science and then I started reading books that were telling me exactly what I went through. Have you done this yo-yo dieting has it come back even worse before and they would start talking about metabolic syndrome and am thinking Oh my God that's me, Insulin resistance; that's me you are talking about, you are talking to me and they started saying what's the solution to that and I am hearing; good food, eat good food, eat whole food, eat lots of vegetables...don't ...eat good, healthy meats, you know and fish. It is okay to put that in your diet and it is okay to have good fats in your diet, good fat and you know what; it is okay for you to feel full because you are, you are going to feel full and you are going to feel hunger and it's just going to make your life happier. This is what I was reading and going how come nobody is saying this? And I guess it just felt new to me, now I know what's not new, I know what people have been trying to get this across for a long time, , but it was new to me. It was amazing to hear this so I started reading different books and it started coming down to one common theme of the people that it is okay if you are eating really good foods and good foods that are dense in nutrients and get away from the processed foods.

At first I thought is this going to be really difficult, looking at that , but then I think of my girls, no you can do this so am ...and by the way I was 14 months ago 190 pounds, I am now 130 pounds. So that happened 14 months ago doing just that, it's not the yo-yoing anymore I actually would eat until I felt full and then I didn't need - what I was discovering oh my gosh you don't need any snacks in between, I used to bring snacks to work so that I could have my breakfast, eat my snack, eat my lunch, eat my snack and then I was hungry and sometimes that was not the best food and I was starving by the time... all the time it wasn't like that, I could make it from lunch to dinner and feel totally happy preparing dinner and getting there.

And all this time as I am doing this and just eating really good food, meats, vegetables, fats, all this time am losing weight and I would think so am starting at 190 then all over sudden, time was going by am 170 and I think it stopped, everything is like; is that where am staying 170, that's too much. , but I didn't change I just kept on doing what I was doing, people telling me be patient, be patient and then I would start losing again and it kept on happening in exactly that cycle. And I would eat until I was full; I was eating really good food for the first time in a long time now I was eating really good food. So now when people say; so it must have been so hard for your and when I first started out that was what I thought, this is going to be really hard, but Debby you can do this, you can do it for your kids - you are going, you can do this, but the amazing thing was it wasn't so hard and now am sitting here and am not losing any more weight so I think this is where am supposed to be. I feel just excited and happy about

this, I had to buy new clothes, I have had to buy clothing all the way in this past 14months, but now I think I have settled in there and it has been fantastic.

So what do I say to people, so people ask me how to do it and I say eating good food and getting rid of the - getting rid of all the processed foods, getting rid of the highly refined carbohydrates and they will say 'oh! You are on a low carb diet' well I have trouble with that cause I think, I eat carbs all the time, I have - am eating vegetables, am eating all sorts of carbohydrates every day. Am just not eating the same kind of carbohydrates that I used to eat so I kind of reject the low carb title am eating so it's - here I am 14months later and I just eat good food.

Interviewer: Debbie if you could...if you could, if we had a time machine and we could send you back 14months and you were sitting across the Debby of 14months ago who is feeling despair and fear and overwhelm what would you say to her?

Debbie: Okay. I think I would say you can do this, it's not out of your reach and you know what it is not just that it's out of your reach, you are going to have fun doing it, you are going to eat better than you have done before, you are going to feel more like ...more energy, it's actually going to be good journey - don't, I would also tell her, "Don't obsesses while you are doing it," please don't obsess about your weight, just stay focus on eating good food, do that you are going to be fine 14months from now and you are going to love it so don't go down that road, it is so doable and doable fun and the thing is it didn't take 14months for things to turn around metabolically, it took 3 months.

I went from being borderline hypertensive to - it was 110/70 to 3 months later after that cause I wanted me to come back; I am now almost 1:1 ratio of trichosis HDL. I took 3 months to go from pre-diabetic to a 5.2 HPA1C they said okay, that's all it took, they didn't need to take 14 months, it took 14 months to lose all the weight, it didn't take 14months to change what was happening inside my body. So I think I would also tell her, "You cannot believe how resilient your body is, you do this your body will change automatically so hang in there, do this and you are going to see things in 3 months," because it was literally 3 months, it was also something that happened at that time, I have been on PPIs for almost a decade at that 3 months I felt, Oh my gosh am really feeling better, am just going to try to wean myself off those PPIs, am just going to see, if it doesn't work, it is okay.

I don't take any PPIs anymore, I was on stands by the way 14 months ago, I am not in any stands anymore so I am off of any medication and I didn't make no changes except for really the food I eat because I actually can't claim to be an avid exerciser. So I can't put exercise

down as the reason, but now I do exercise, but I can't put down that I have been - that I was doing aerobics or something like that because that did not happen. So it is 3 months, which is why I happen to choose that science 3 months from now you will thank yourself because literally that's what it took, 3 months.

Interviewer: Debbie you like especially if what you are describing sounds like a miracle how would you characterize it.

Debbie: Hell guess, in a way it is because I think our bodies are miraculous and I think we are actually designed to ...we are designed to heal, our bodies are designed to be that way and it is everything in our evolutionary history that has allowed us to survive many, many things, many challenges so is it miraculous that our bodies will do that, yeah I guess it is. It wasn't ...it was done because I was just taking, I feel like am just taking from what nature is providing. So is nature miraculous? Yeah. So if you are eating good food from nature and then you are putting that in your body I do think it is going to take care of things and that's a miracle, yeah!

Interviewer: How much different of a mid-set of paradigm is...if you eat more of high quality food and you don't think about your weight, that your body will heal and your weight will come off versus starve yourself and step on the scale every day?

Debbie: Well when I first started this I kind of, there was a lot of skepticism, I was very skeptical about it because that is exactly everything I felt we were told out there is calories in, calories out as simple as that so if you reduce your calories you are going to lose weight, heck it's all done and the reason you are not losing weight is because you don't have it, you know you are not trying hard enough girl! To do so get to it and start losing weight by reducing your calories.

So when I first started this, thinking I have to remember - actually having a one night sitting down to a steak dinner, I don't have steak every night, but I sat down to steak dinner with some vegetables and at the end so here I am eating this delicious food and am thinking ooh my God how many pounds did I put on today? , but man was that steak good! And the amazing thing was - is that's not what happened it was just the opposite, in fact having those high nutritional you know, food in high nutrition like that did just the opposite, I kept on losing weight and it kept and it's like, wait! I am eating really good food, how does this make sense. So it was totally counterintuitive partly because that is what I have...you know am 62 years old, this is what I have been taught since I was a little kid.

If you are overweight, if you have ...it's because you are not trying hard enough, you are eating too much food so just cut it out. That's what I lived with my entire life though totally counterintuitive, but you know what, results make believers out of people which is way

sometime I could be a little bit too - I think I was driving my friends nuts because I go “Hi how are you doing?” and I would go how this is happening and they sort say oh no! “Here Debby goes again you know she is on her role talking about food again,” so I - yeah so counterintuitive, but hey it was right in front of me. You can’t - I’m sorry I cannot deny - I’m not sorry, I can’t deny what happened to me in fact I am thrilled and I didn’t do that by starving myself, in fact I did that in eating until I fell full. And then what happened was I wasn’t having snacks in between and it wasn’t because I was trying to not have a snack. I know I got save those calories, I know I got to do this simply I didn’t feel hungry 2 hours later. So I didn’t want the snacks, that’s a totally different mind-set, it wasn’t like foregoing because the guilt that I can’t have that, it was foregoing because my body was saying you don’t need it and so.

Interviewer: It sounds like what your body did effortlessly, what was extremely challenging for you to try to do consciously previously

Debbie: Right and it really took me a long time to still - maybe this is just temporary because we have had this yo-yo before so maybe this is just maybe fooling yourself again, but it wasn’t temporary and now my weight has just totally stabilized. And now I never think about it, it’s just eat good food, I don’t even think about this now. I think one of the things is that I just hope when I talk to friends about it even it is because I just feel we are making too big of a deal about this. The science is important, the science - and am so glad that people that are interested in science are doing this, am really happy about that , but honestly why can’t we get - why can’t we simplify this? Why is it being made so difficult for people out there? It just doesn’t seem - now after this process of 14months eating good food and seeing results of health and weight I don’t understand why this is just policy, why this just isn’t out there. Am not sure, am not even sure why there are still arguments about some of this, but I only have that debate my experiments...have come through my experiments

Interviewer: What you just said is so beautiful and so powerful, you said why isn’t this just standard practice, I mean why isn’t this being shouted from the rooftops? Lets’ talk a little bit about this is, so what is this that you have found to be so simple?

Debbie: Okay, I think ...when I think about that... first of all our food, what I realized about what I was eating before, our food was only processed I even included things like; you know breads and rice, things like that, that we think oh rice is right for you , but when I eliminated, I think that was a huge part...huge part was eliminating them then the other thing that was huge was sugar, I pretty much, dessert to me is a thing like fruit and so everything comes down to fruits so with this I got rid of the starchy foods that really were not providing me with nutrients any way so why are they there? So I think they are there because they are emotional -

I mean emotional attachment, hey am from an Italian family we have bread my grandmother even made bread though not having that there is an emotional attachment, that might have been one of the hardest things for me was not eating that , but I think it made a huge difference.

So getting rid of those types of foods that are not going to, the ones that are not going to be nutritionally powerhouses I got rid of those. And then the other, this sugar and this starchy foods that don't provide much nutrition and then the other thing is not worrying about what others told me am fat, I stopped worrying about that and that was another counterintuitive thing. When I started reading about, "Don't be afraid of fat anymore," and how to get rid of, I said, "Okay that doesn't mean they are telling me some fast food; burger or some fast food bread or some fast food French potatoes fries, they are talking about oh I get this is healthy fats so don't be afraid of those and then eat - get your protein," that's the this so I don't think it is that complicated really and good fats, good proteins, lots of veggies, fruits, some fruit it's not that complicated so that is the 'this' it seems like it can just be generally accepted and -

Interviewer: What do you think we can do to help people to -I mean people should stay like that, you are right non-starchy veggies, proteins, low food fats, low sugar fruits, eat them when you are hungry, up when you are full

Debbie: Right. I know that even for me, we do live in a culture where fast food is actually very convenient and often very cheap so getting beyond that is difficult, I know that is part is not just the message , but getting beyond those some of the things that we are used to now, that we are very convenient food that has all sorts of added ingredients to it and it is very easy to just say okay, well I can just pick that up instead , but here is what I discovered as I went through that, it's going to be a huge commitment, right? And it is going to be commitment in money and it is going to be a huge commitment in time, but that's not what happened so initially when I had to stock my pantry I had to spend a lot of money to stock my pantry in a different way, but now that's over with and it's just a part of replenishing it.

The other thing is am thinking of am going to spend a lot of food on money and food and you know what, this isn't very doable for a lot of people and so let's see how this goes. For me am a teacher, I don't make a lot of money, , but what I discovered in all of that is I am spending less money on food right now because we are - we think that this processed food is cheaper, , but it is actually not, it is definitely more convenient, , but I found that as I got rid of a lot of the other processed foods and things like that and then pushed in good foods and remember like those foods satiate you much more quickly, I was finding actually my food bill has gone down. So that you know, convincing people of that, that is another counterintuitive thing that all

over sudden you are going to eat this way and you are going to have time. It doesn't take me that long to make a, they talk about 30minute meal either way sometimes less. If I want a salad with some tuna in it, way less...It doesn't, it's not that time consuming. Sort of we have been convinced that

Interviewer: If I understand you correctly, you went in 14months or less you went off PPIs, hypertension diagnosis went away, pre-diagnosis diabetes was - you enjoyable, lost 60 pounds without really trying and it wasn't extremely expensive and it didn't take you a lot of time

Debbie: well when you put it like that, yeah that's exactly what happened. I mean that is the truth that is exactly what happened

Interviewer: And you are 62?

Debbie: Yeah

Interviewer: Like that is because women in their 60s can sometimes really struggle with some of these issues

Debbie: Yes and I want to say that for my weight - had always been smaller increments and it really was the last couple of - it was the last couple of years or it was like a year or 2 before that diagnosis that they gave me where it just started to go up, it just started to - my weight started to increase at a much faster rate. So up until then I kind go in a slow increase, but that last couple of years, it was huge, it made a huge difference so yeah this I would say it

Interviewer: And if you could, I would pretend am a 60-year-old woman, am I being a little bit hard? So pretend am a 60 years old woman and am...now we are going to have a conversation, am 60 years old. Debbie I have tried so many diets, I have tried pills after pills after pills, I mean I took, I was eating like 1200 calories a day, I have tried zumba, I have tried aerobics, I feel so ashamed, is there something wrong with me? Like what's wrong with me Debbie?

Debbie: There is absolutely nothing wrong with you. I mean I went through the same thing, it is because we are being given a lot of these messages and we are being... a lot of these messages loud and clear and I think very loud and clear to women especially. Am not saying men are not hearing that as well, but women hear about our physical appearance all the time and it becomes this is your fault, you don't care about your body anymore, you are letting yourself go. All of those messages are real, this is not you and the other thing that is not real to

all of those messages out there are telling you explicitly the only reason this is happening to you is you are eating too much so just get it together girl and stop eating so much.

And I think that's the message I heard that you are eating too much, stop it so I would say diets in general if you want the diet, diets don't work, none of those work, the pills don't work, your weight will always come back and it is not your fault. If we are just being - sorry, all of the time we are just being told this is the, this is your problem and you know you are not listening to us from the medical community, you are not listening to us. We are telling you to lose weight and you are going home and I understand that, you are going through that, am going through that. So if you give all of that up, stop listening to that outward talking, stop listening to that inward talk and just...you've got to change something very simple; just eat what nature is giving you and you are going to be okay and it will work .

Interviewer: But Debby I saw this commercial of someone I really respect, she is a woman our age, she told me that bread was only 1point

Debbie: Well first of all I don't want to ...I don't want to live that way, looking at each food and going this is many points and I can have this and now if I take this weight now, I can eat this dessert over here. I actually don't want to live that way, humans have never lived that way...they, when I was a kid we didn't even live that way. We have this - about that now we are supposed to be calorie counting and point counting and you know, substitute this food for that food.

I don't know whether that will work for you in the long run, , but I also know that from a personal point of view of any of those whether it is called calorie counting or point counting or for me it wasn't point counting , but it was calorie counting, you know I think it's going to backfire eventually. Because eventually - what happens when it stops? Have you changed the lifestyle or not that you can really get a handle on this and I just don't want to live my life thinking all times about what if this works or what is this macronutrient or what is this micronutrient and you know what? That's not how I want to think of food because it is fun, it provides community, get together with friends and you know it is nutritious, it helps my body stay healthy so all of those reasons. And I don't want to make that into some kind of scientific experiment every time I sit down to eat; I just want to eat good food.

Interviewer: Beautiful! I really like that. What do you like most about the Debby that is sitting here today versus the Debby that got this diagnosis 14 months ago?

Debbie: I think I was more fearful 14 months ago. Very honestly even doing this is something I couldn't have done 14 months ago. Sitting down and doing something like this I would have



never envisioned it. It changed my life in a lot of ways; I feel more in control, I feel more powerful in a way that I could make those changes, that I did it, that is sustainable, am beating those odds and when they tell me that oh 95% of people just gain it back all I feel that no! That is not happening to me. So do I feel empowered? Yeah because I didn't do it with a ...I didn't do it with a doctor sitting with me, I pretty much did this by reading from good people that are writing some good things and helping me through this and now this is the result so yeah, I felt a lot more confident.

Interviewer: If your late husband could see you now, what would he say?

Debbie: Well I think he would - he would want to join me, that's the thing. He was a very giving and lovely person through and through and I think he would celebrate it, he would be really proud of me, you know he was always like that and I think he would - I actually think he would have done this with me, he would have wanted to support me and so he would have been a part of it, I am confident of that.

Interviewer: Seems like maybe he was a part of it on some level

Debbie: Yeah, I think so

Interviewer: That's cool

Debbie: Yes

Interviewer: Tell me a little bit about what you eat for breakfast

Debbie: So that varies, so I like to change things on a daily basis. So a lot of times I'll have an omelet, I'll cook vegetables like maize and spinach, other kinds of greens, onions and put that with an omelet maybe some avocado there and so have breakfast with some protein and veggies and then other times I ...sometimes I make it simpler and I have some quick yoghurt with, filled with nuts or seeds and a little bit of blueberries or raspberries, so I will have that. Sometimes I will make little things like Chia puddings, just to vary it, but making sure some fat and some protein in there. So it changes, at one point I used to of course avoid eggs and now I eat eggs so it makes breakfast pretty easy. And then there is the getting out of the door quickly and smoothies are very helpful so smoothies with veggies in it and a little bit of maybe some berries cause it's a sweetener and I will add some other little bit of cocoa something like that becomes really delicious and if I am late going to work that is a great way to start the day and very

Interviewer: You put vegetables in smoothies?

Debbie: Yes

Interviewer: What kind of vegetables, specific vegetables?

Debbie: Okay. Spinach, you know green vegetables like that, I also put fruits like avocado in so all for the fat , but mostly green vegetables like spinach, in that group

Interviewer: You said you are a teacher, right?

Debbie: Am a teacher

Interviewer: Good. So you are at school most of the time, what's on the menu?

Debbie: The easiest thing for me is one of two things; often what I do is make a dinner the night before and just its going to be a dinner for two not one and then the next day whatever I have for dinner is lunch. If that didn't work out then I mean hey, a salad with lots of veggies in it and then I'll add a protein like tuna or salmon or if I have leftover chicken, some kind of protein like that so nuts, I put some seeds in it, a little bit of olive oil, some vinegar and its maybe I'll make an egg sometime like a hardboiled egg and that might sometime go in a salad. And it is very easy to make...I often put my dressing in just a little bit of small cup and then I'll add the dressing at school. It is pretty easy so with the leftovers or I use a salad.

Interviewer: And that dressing is that what you buy from the store?

Debbie: No. So I make all of my own dressings now and it is not hard. I mean the simplest dressing it can be olive oil, vinegar and salt and pepper, it is very easy. It takes a whisk and that is it...it is not hard and it is all natural ingredient and so there is nothing that is being added to it, there is no sugars and anything else and you know I can control the salt, I can control all that all that is put in. it is literally 15 seconds, okay maybe 30 seconds yeah

Interviewer: That's good. Dinnertime, home from school you have had a rough day, long day you just want to relax what's on the menu?

Debbie: I do put some thought into dinner, but I often what I try to do is earlier like the night before or the weekend and I'd like to have some kind of plan because my worry is if I come home from school and I am tired that it is going to be too easy to go; okay forget it, tonight I'll do something else. I do try to plan that, but sometimes if you just have things in your pantry, you have things in your refrigerator or freezer it is not hard. So when I come home usually I have some kind of, I happen to love salmon so salmon is on the menu at least 2-3 times a week, I just adore it so and then vegetables are really easy often I might cook up some veggies and make others raw and I vary my proteins so sometimes chicken, sometimes every once in a

while I'll have some beef, fish, but I do like to plan a little bit for that. And it doesn't take that long cause it is normally am doing some kind of dinner that is going to get me - so this is just for me. Easily, easily 30 minutes and sometimes not even that and on days that am really tired you can still go to your pantry and get things that are, you know tuna fish and things like that that are in your pantry if it really comes to that.

Interviewer: To be 63-year-old female version of Jonathan. Does this mean that I have to give up desserts and sweets?

Debbie: Actually no. First of all there is a wealth of, there is so much out there now of ways to make dessert so that it is healthier than what we are used to and there is just so much to be aware of how to do that, added sugar in there - but, so no - but sometimes I'd make these little cookies that are made with oarsmen flower and so do they have added sweeteners actually no maybe some dark chocolate chips in there. It's true that on most days my dessert is going to be if am really hungry for dessert am going to have something that is fruit based. I'll make some berries, make some berries, I'll use berries or maybe take some chocolate in there and if am, and maybe sometimes a nice fudge, I might even take some whip cream and put a little bit, put a little bit in, actually put in some nuts, that's a really fun dessert. , but you can also be - with that

Interviewer: Have you found that your tastes have changed?

Debbie: Dramatically. So here is a huge difference so when you asked about desserts, I used to crave sugar now I recently had like a birthday cake, it felt so sweet I'd only actually wanted a couple of bites and it wasn't that I was trying to deny myself or anything because it is a celebration am going to take part, but it actually felt too sweet so now I don't crave that, I want less of it. I feel like when I just have that berry dessert it gives just the same amount of sweetness that I want. So it has totally changed that, I am not - all of those just feel they are way too sweet. I never thought that because I was a nibbler on sweets. So there are some grocery stores that you go down the aisle and oh my gosh! What you can get is so good and I would have lots of that and sometimes even before bedtime get, take one of those and even before bedtime I can get one of those, I just craved it, but now I don't. and again it's not, I don't feel deprived at all I don't crave it. I don't think all that desire for that much sweet is in us, I think we have developed that now in our culture. It is not what's there, I mean I know we love sweets and it's like why is the ...I get that , but I don't think that we are meant to eat as much sugar as we do. And so now my pallet has totally changed and I don't need it.

Interviewer: And you mentioned in the past you attempted to starve yourself, things along that line. It sounds like because your tastes have changed because you are so satisfied, because this is so time efficient and cost effective why would you ever go back?

Debbie: Oh I won't! I mean that is not even a question in my mind, I won't, but it is not even like 'oh I am determined 'see that is where I have been before, I am determined to make this happen. I am not going to get back, I am going to keep on this way of living , but that's not what it is now since now it is just I don't have to. This is just a natural part of my life now, so in my mind it is not a matter of now, "Oh am staying strong," it's just oh wow! This is my life and it is good and I'm totally happy with it and satisfied with it.' So I don't even see it, I just can't imagine it, yeah.

Interviewer: Wow! That's really powerful. If someone hears this story, when someone hears this story, we used the team miracle earlier because genuinely it sounds miraculous. If someone would have asked you Debbie what's your secret, like what's the secret to this, what would you tell them?

Debbie: I don't think it is a secret; I have trouble with that because it is not a secret. That is what the diet pills tell you; okay this is the secret to your, this will be the secret to your success, this will be life changing for you, if you take this pill or you know you do this they have convinced you and then of course when it doesn't work you go to the next secret. This isn't a secret at all in fact it is out there, it is open for everybody and nature is providing it for us. I just refuse to answer like all of those, some industry out there has to prepare all of their food for me with these added ingredients, I don't believe that anymore. It is not a secret, it is eating good food, it's if somebody tells you that they have a secret way to lose weight you need to run as fast as you can, it's not going to help you.

Interviewer: Would you agree with the following statements; the secret is, there is no secret.

Debbie: That's exactly right

Interviewer: Would you mind saying that?

Debbie: The secret is, there is no secret.

Interviewer: That's awesome. When you go to a restaurant what do you order?

Debbie: So actually there is a lot in restaurants than you think. So if you are going, let's say you are going to an Italian restaurant where there is lots of bread and pasta, there also have chicken... there that you can get and almost have some vegetables like broccoli and things

like that, you order that. I have stopped going out to dinner, I have family, I have friends and we go out to dinner. , but what I order now I think about it, okay would be eating at home now. So when I live Arizona where lots of food can be tortillas and things like that, I love tortillas , but there is even ways to go out to restaurants like that and make it work. I don't deprive myself, I go out, we have fun, we have dinners, I just order, I think okay what would you have at home? Almost invariably, restaurants have that; they have something you can eat. I know that it is not always prepared the way I would do that , but you know that's not the point, am with family, with friends, we are having a good time, it's great, it's fun I am enjoying my life. , but I think okay, what would I order? I have been to very many restaurants where I have, yeah I have been to very few restaurants where I have been able to order something and feel totally satisfied

Interviewer: It sounds like you have more of a model of substitution rather than deprivation

Debbie: Right. So even instead of, I would ask for extra vegetables instead of having the rice let's say. And I have always, let's say restaurants are happy to comply with that, I'd never had any restaurant - in fact there was that one restaurant where it was a Korean restaurant and I felt this was one point I speak up for myself and let, they came out with the rice with the vegetables and the chicken and I left all the rice and the server came up to me and said "Next time you come just tell us to not give you the rice, it's okay we will give you some extra vegetables," that was the restaurant so we even the restaurants out there are totally getting used to people coming in and wanting that kind of food and we are -