

Sam: I grew up in Dallas. At 17 I joined Marine Corps. I spent five years in the Marines. 3.5 of those in Vietnam, came back, went to college. played on a national championship football team in East Texas State University. From there went to 49ers and played for years, got out of it, got in construction. I've been doing that for 42 years and like I said at 67 all of a sudden I got this diagnosis of diabetes and they just I mean I was so upset. I went home and cried. I mean it just upset me so bad. To me it was like a death sentence. So I just I gotta do something about this and thank God, Maggie put me on same solution she introduced me to it and so this is what you need to do because what I was doing wasn't working, and all of a sudden I started dropping five pounds a week and doing it and enjoying it. That's the key. It's not a diet. It's a lifestyle and I tell everybody you know I love losing weight I'm saying.

I love losing weight and I love what I eat. It's enjoyable, and I don't get hungry. I don't miss carbs. I don't miss fruit. I don't miss French fries which potatoes is my favorite food in the world. I don't miss those anymore or bread or pastas any of that stuff and I tell everybody I know you don't need carbs in your life period . And if you have a propensity for diabetes you don't need fruit either but I may be a little wrong there but I miss that's what I tell them because I don't do it. I don't need the sugar and the grapes and the watermelon stuff like that.

What I do enjoy is you know and I tell everybody if you're going to get you're going to be on this program closer to the ground if you can eat it raw even if you do cook it that's the vegetables you want. Okay. if you want meat sooner you can get it from the butcher for its process that's what you want. And like I said I haven't suffered. I haven't been hungry and I have not once felt like I was giving anything up and I tell everybody know that.

Interviewer: I am sorry. Yes.

Interviewer: I am sorry. I need the mic.

Interviewer: Okay. alright. I preemptively save my shows. Okay. we are clear out here. Sam it's – I am shocked which is amazing because I mean you're – so you're if I understand this correctly you are a Marine Vietnam vet National Championship collegiate football player, ex-professional football player, 42 year construction veteran.

Sam: Country singer.

Interviewer: And country singer and you're saying things like I'm enjoying losing weight. I don't miss these like how is that possible?

Sam: You know what, first of all if people don't take diabetes and diabetes serious they're fools. I mean it hit me like a ton of bricks. I've got one brother that has one leg cut

off below his knee. He's also lost those two fingers on his right hand. He's had a quadruple bypass and he's 300 –sorry he's 450 pounds. he's 6'10 and he'll sit and eat a gallon ice cream at a sitting I said Tom you're killing yourself. He said yeah I've had to get a lot.

What the heck. That's his attitude. I don't get that. I just don't get it. I may be close to 68 years old but you know what I got another 30-40 years left in me and you know I'm not ready to give up and people shouldn't give up. There's no reason for it. I mean it's not about quantity of life even though that's important, it's also about quality. I mean I told you I've gone in my closet and I've given away as of right now I'll probably 60 pair of pants and 150 shirts and I still got another amount that many from size extra-large all the way up to 3XB I was wearing and the pants I'm wearing 40s, and 40s and 42s now I've got them all way down to 308 and I had him all the way up to 50 and I'm going in there and I'm picking up -- this this coat I had made for me 15 years ago. So it's nice to go shopping your own closet and not have to go out there because I always bought quality clothes even when I tell people I had to go to quote-unquote “**Dallas tent and Awning**” to get my clothes or I have it custom-made. You can get a suit custom-made for 500 bucks but when you're a big old guy like I was it's \$1,000 plus. That's not a [Indiscernible] [0:04:57] either.

So you know I just it's been out being for me, it's been a learning process and I tell everybody in the world that saying saved my life period. I had – I tried one time did the lap-band. Okay. for 12 years Jonathan I suffered with almost uncontrollable acid reflux. I was going through a full bottle of the tums 1000 a week and all of a sudden after 12 years that the stomach slipped up through the lap-band part of it. I couldn't take anything in and out water or even water for five days my potassium level dropped a 2.0 when he gets below 3 they worry about you having a stroke. I threw me into atrial fibrillation. I got in the hospital for three days.

They fed me the potassium that I needed, bariatric surgeon I mean I had somebody looking out for me bariatric surgeon came in to take the lap-band out for me just happened to my high school trainer's son and you know once he took that out and that was almost two years ago I haven't had indigestion since. Not once. There's all the lap band and like I said and they had shocked my heart back in the normal sinus rhythm. I haven't had a problem with afib anymore either. So I've been blessed. I really have, and this program is just an extension of correcting that and not correcting everything else.

Interviewer: So just so I understand because that's incredible. We don't like to focus on weight but it helps to make a point. You had a lap band. After having a lap band what did you weigh?

Sam: I got down to about 280 but it started out at 458 and the lap band didn't work. I went on Nutrisystem to get down to there and Nutrisystem didn't – it only works if you take it all the time. You can't, I mean it doesn't you can't level off with it. So when I got off the Nutrisystem because I got tired of eating the same thing over and over all the time. It was boring and it was tasteless then I started getting it back a little bit at a time and then when I had the lap-band removed right after that I met Maggie and then I gained 60-80 pounds in like three or four months or five or six months I was eating like I was when I had the lap-band in so I guess part of it was working but I wasn't noticing that it was putting five pounds a week on me.

So it made a huge difference and I mean the energy level now is compared to back then is just I mean it's unbelievable.

Interviewer: So what were you – when chronologically did you start eating sanely what was your health like? What was your weight like? What was your experience of life like?

Sam: The weight was way over. I was wearing a size like I said I was 50 pants, 48 and 50. I was wearing 3XB shirts which is like a size 20 and I was over 350 closer to 380 and I lost 133.5 pounds as of this morning and I'm not through yet. I got another 25 to 30 to go. Then I'm going to the [Indiscernible] [0:08:39] get rid of extra skin and not going to have it again. But that's just -- that's my preference but the bottom line is I told Maggie I will never gain another ounce as long as I live.

Interviewer: Why is that?

Sam: Because I don't -- I'm not going to eat the things that put the weight on me. There's no point. If I happen to get hungry I can eat anything I want and stuff that I like I'm saying. I don't have to go out there and eat that – in Marine Corps you call pogy bait you know. It's not necessary. I don't eat sweets. I don't eat ice cream. I don't eat potatoes, bread, pasta any of that stuff. It's just totally unnecessary.

Interviewer: How – if 20 years ago you heard – if you could watch this video of yourself talking right now 20 years ago you saying things like I don't need to eat added sweets, I don't need to eat this pasta and this bread. I can be fully satisfied and energized and enjoy my life eating high quality same foods, but it seems like for a lot of people they're gonna say either this guy is crazy like what changed in your brain to make that possible?

Sam: Ignorance is bliss my friend. You know if you don't know a better way, now I'm a builder. I can build anything in the world. I put on plans I can build it. I can sing just about any country song and I used to love taking on 350 pounders right across from me in football but I'll tell you something one of the toughest things in the world are things that

you think you can't control and people are ignorant of what they can be and what they can do and I'll tell you right now I look back and I am so ashamed of the fact I'll let it as long it's just -- it's something that's not necessary but I'm grateful as hell I don't do it anymore, and I don't know if you remember watching the Shawshank Redemption.

When Morgan Freeman went in there and they asked him what he would tell that boy that came into prison 4 years earlier he said I'd get that boy side not tell him listen you're a fool. Clean up your act you got to do better than this. I talked some sense to him, just like that same solution in that calorie myth talk some sense to me in death and I'll be grateful the rest of my life.

Sam: Thank you. I mean that's how can we help other people have that same realization?

Sam: The more you can get it out to people about how dangerous diabesity and diabetes is because I tell everybody I know including 30 minutes ago talked to my friend who's like I said it about he's a partner with Windermere properties [Indiscernible] [0:11:59] outfit here. He's got a 85 brokers work he'll be telling to all of them because the bottom line is you got to get the word out from people that you trust and you got to, I don't care if you have to use a scare tactic. I wish somebody scared the hell out of me into it last this time 20 years ago or 30 years ago. I grew up as a big boy. I was 20 pounds heavier than I am now and the same height I am right now when I was 12 years old. I was the biggest kid in school till I got in high school and everybody else grew up and I grew out. So yeah I'm a power lifter and you know I was a strongest guy right the only reason that they hired me at the 49ers to the needed a fireplug and I could benchpress 650 into full squat at 11:20 but I never once played in a regular season game. I was a practice squad player and but nobody want to get across from me because they couldn't move me and that was cut but that wasn't because I was in shape, it's because I'm strong. Even at 285 and six feet tall you're not in the shape. I don't care how much muscle you got.

So you know right now I am the same weight that I was when I got back from Vietnam and when I finished in about three to six months from now I'll be the same weight that I was when I went into the Marine Corps right out of high school. So and that's my goal. My set point has already changed dramatically and to me that's super important. And I'm probably [Indiscernible] [0:13:42] Maggie's heard me say it to people before I am probably your most hardened spokesman because I tell everybody and it's just needs to be told. It needs to be told. Medical professionals need to tell people more. The medical profession is falling down their duties and not letting the public know how important it is to avoid diabetes. I told Michael earlier I said you know if you're born with diabetes that's type one. If you're not born with it it's type 2.

Well my family has I don't care what your family has. If they have a tendency to have it my mother used to tell me she was borderline diabetic. I don't know if there's any such thing. That's kind of being halfway pregnant you know you are or you aren't but the bottom line is hey if you're there do something about it and I'm not a person that believes in a lot of things but I believe in that lady over there and I believe in this program more than I've ever believed in anything.

Interviewer: It sounds like you believe in yourself as well.

Sam: I've always had a lot of confidence. I can do whatever I set my mind to do and I've got a lot of self-control. I have not strayed one iota on this program. One day I think I might have had helped more than I probably would normally have and I didn't lose weight that day and I was so angry with myself the next day. I cut it back next day and I lost two pounds. So that's how serious I am about it and then when it comes down to I get where I want to be and I maintain I'll still be on the same program because there's no reason not to be. I may increase the amount of protein and vegetables like eat more but the same time I won't gain weight because like I said as long as I'm alive I'll never get another ounce and I got two grandfathers who lived to be 96 and 98 respectively.

One of them was – worked at a sawmill and Ozone, Arkansas until he was 88 years old before he retired, died at 98. it's still a big old mountain man barrel-chested, yeah. So yeah I just I want to come out here because I want you and everybody that watches this to know how much I appreciate the program. It's that vital that men get it and I tell people all the time that 95% of the men out there get diabetes won't do anything but take the medication and they just get worse if you don't change your lifestyle.

Interviewer: And that's why I haven't -- actually haven't opened my notes once because you're, yeah we'll let you, you just don't start answering until now you.

Interviewer: Thank you Maggie. I appreciate it.

Interviewer: Being very transparent, very candid I don't know if you've had this experience, I've had this experience, sometimes being a man but if you think about even the Marlboro Man, Marlboro Man is the poster child for masculinity, and he represents cigarette smoking, right and you say oh you're eating vegetables you're not being a man.

Sam: Yeah I never thought of it that way. I remember the old age when I was really young that you know I'm going to be meat and taters kind of guy. Well meats okay, you don't need the taters. I mean in Texas you know beef is king but I can eat beef and I can eat chicken. My typical diet in the daytime it's just an idea I get up in the morning/ I used to fix myself a egg white veggie omelet or I'll go to [Indiscernible] [0:17:38] get it. I usually

fix myself a big patio sausage or I'll get that at the restaurant and I have coffee or some grapefruit juice or both. For lunch I usually have roasted chicken and I'll get it programmed at that and I'll come home, I'll cut off a couple pieces of that, have that and I can eat green beans.

And for dinner if we go out to eat or something I have a kale salad and I'm full. The one thing is once you get on the program once you start to losing the weight your stomach shrieks also. So you're full so much faster, so much easier, and you know I'll never be slim trim built like Adonis and all that kind of stuff although I'm started to workout at the gym and see that's another thing. I had – I believed this myth that if you're losing weight and you go work out a lot muscle weighs more than fat. So you're going to gain weight. They spread that around.

So you start believing it. So I haven't gained any muscle to speak of except for my arms but I've – I do crunches and I've worked my arms some and my legs I mean I used to benchpress 650 now I'm lucky to do 220 but that's okay. I'd trade that in a heartbeat for where I'm at now. So you know I don't need to be the strongest guy out there. I just need to be healthy and that's where I'm at.

Interviewer: That's amazing. What do you like it's obvious your transformation is so clear and inspirational but what do you personally, Sam, like most about this new SANE Sam?

Sam: The simplicity of it and the fulfillment you get from it. Visible and personal fulfillment. You know, it's one thing to do something just because you like it but when you develop a love for it you can't say enough about it, you can't do it enough and like I said I don't latch on the very many Crusades but this one's mine and it's necessary. It's necessary any man out there won't either but I'm speaking to the men in the [Indiscernible] [0:20:11] that don't do something about it, they're just hurting themselves more and more. And I'd be glad to talk to any person in the world, it's fluctuating back and forth.

When I got back to Vietnam I started volunteering at the VA hospital. I talked to former POWs and people with PTSD because my second tour in Vietnam I spent 9.5 months in the POW camp. So I was able to include that, put it in a little box in the back of my mind and not open it up and start living my life feeling forward. You have to train yourself to be disciplined. You're not a Marine if you're not disciplined but the bottom line is I grew up as a lot of guys do in extremely dysfunctional atmosphere. I mean I had four stepfathers and five stepmothers. I went to four junior highs, five elementary schools and six high schools, still graduated salutatorian and all-state football player because that was my respite. That was what I chose. I didn't have a family life at home. So I chose to get to

somewhere else that and thank you for the Fellowship of Christian Athletes and a couple great Christian coaches, wounded three times.

Got a piece of shrapnel in the wall of my lung, I got a bullet through my left foot and a bullet hit my helmet went around and lodged right here in my skull but didn't go inside. So I had an angle looking at for myself [Indiscernible] [0:21:46] there and then they sent me back to San Diego. From there that sent me to Quantico. I was a sergeant, sent me there to go OCS , Officer Candidate School, became an officer and then they sent me to Pensacola Florida, taught me how to fly helicopters, let me ride back to Vietnam.

Interviewer: So you said you [Indiscernible] [0:22:04] if you don't and we don't have to talk about this if you don't want to, you spent 9.5 months in a POW camp. Obviously you must have felt very trapped and very limited in your ability to live in that context. I don't want to talk too much.

Sam: That's okay. I don't mind. I didn't expect to live through it. Once I accepted the fact that I'm going to die in this POW camp I was okay. If I don't, you got to get me out of here. If I do that's okay. You know when you do the Russian Roulette six times and you watch six minute cross from you kill themselves, it starts to get to you after the second time you start praying please let it be me. My brother is probably only one that really understands this and my sister but see that those are fingernails. That's not a big deal most people. These aren't quite out there yet. When I got back and be it not they pulled them out one at a time with pliers, and when they get to a certain length you know I started doing this, I started chewing them.

But in the last year I've been able to get these to come out. I'm still working on these but they'll get there. That's probably one of the biggest accomplishments of my life because and I think my mother, not that much my father but my mother especially the tribulations that went through in a troubled childhood forced me to learn to adapt and you know what when I got to POW camp I had to adapt. So I realized I can get through this, and just take it when it comes to me and just deal with it, and sure enough after 9.5 months [Indiscernible] [0:23:48] comes over drops a couple napalm bomb, blows the camp half away, 18 of us made it out of there at 85 and by the way I was 148 pounds and they sent me to a hospital in the, [Indiscernible] [0:24:05] Japan and the [Indiscernible] [0:24:07] San Diego and my last news station was flying drug interdiction along that to the DEA at Olmstead, Florida.

I got shot up more there than at Vietnam. But you know it's – I look back I've been so blessed and so lucky. I've been through a lot but at the same time saved a lot of people. I'm not anything special when it comes to all these other people what they've been through. There are – a lot of people who broken homes, a lot of people from

dysfunctional family lives and other people who were born with a silver spoon in their mouth but you know what we all have bodies we need to take care of them. I am so proud of Maggie because you know she took care of us from day one, PhD in nutrition. I mean you know I think and I told her see I have so much before it when I first met her I still want to meet you number one your pictures are beautiful but number two is you know I have so much respect for what you've done with your life and being able to talk to somebody that's you know intelligence you know it's difficult finding that ace especially at my age. So I'm glad without that and like I said getting into this program was the best thing that ever happened to me. I'm almost there and I will maintain when I get there and I plan on preaching the gospel of saying so to speak for the rest of my life because there's no and I have, you know, I've talked to a lot of people and a few of them as you well know say well I watch my wife pretty good but you know I cheat every now and then, what do you cheat around.

You know your woman you're 5 foot 6 and you weigh 220 pounds you cheat a lot more than every now and then, but some people won't listen. You cannot force. This is the same thing I tell people about losing weight in any program. People will lose weight when they're ready, when they're motivated and I'm just hoping and praying I can motivate a lot of people to do this.

Interviewer: I want to dig into that same because if you don't mind talking about because I know there's a lot of people that need to lose weight and some people aren't ready. How do we get them? How do we help them to see that they're worth not having diabetes?

Sam: Well you don't scare them into it. You praise them into it. You love them into it, say look you're a great person. You have got so much to offer and you think about your kids, your family, your friends, think about how much you can do for them especially if you got – you get this weight under control. There's no reason to be fat. I mean I can tell you all the BS reasons I came up with throughout the years but is first of all it was mostly ignorance. Second of all it was lack of discipline and finally and mostly it's just needing that crutch.

See people who are fat and eat a lot that's their only happiness. You eat, you over eat, you're full, you're miserable but when you're eating, you're happy. You're miserable one ate too much but you know what and then you are miserable till the next meal. That's a vicious cycle. It needs to stop, and anybody that has been overeating for years or eating the wrong things for years knows exactly what I'm talking about. I mean I would love to look like you or have a body that some personal trainers and stuff like that have, it wasn't in the [Indiscernible] [0:28:01] for me back then but that's all changed. I'll never be a little



guy. I'm 245 pounds right now. I'm going all the way down to about 215 so I got 30 pounds to go.

I have big bones so they will put me where I need to be in the size 36 pants and size extra large shirt which is I'll be happy as it can be with that. But I know that I'll never have to go back to a big man's job to buy clothes because number one you're embarrassed the first few times but after a while you know oh well I got that close so you do it anyway or you go to the big men's section at Dillard's. I'm a clotheshorse. So I've got a lots and lots and lots of clothes and I don't mind spending money on it but you know what there's going to be a lot of fat boys real happy to get my stuff.

Interviewer: But Sam it sounds like because you, I mean you are obviously disciplined individual. You've exerted more discipline in your life than I think most people can even fathom. It seems like that diabetes diagnosis.

Sam: Scared the crap out of me.

Interviewer: Because this could – my experience it has been that overweight is catastrophically bad. It's psychologically traumatic.

Sam: Yes.

Interviewer: But it is not perceived as a disease that is reversible or curable and sometimes when people get a diabetes diagnosis they start to look at their health as more of a medical issue and when they take that sense of medical urgency when the causes of diabetes and obesity are the same and that's why we call them diabetes now.

Sam: So but there's so many people Jonathan that get that diagnosis and I said oh wow I guess life is something about that and they take the medication. They don't get to the root of the problem because nobody tells them you can reverse that. Do you know until Maggie told me we can take care of this we can make this go away I said are you serious. She says yeah and she put me on SANE solution and you know what six months later 85 pounds less my doctor said how the hell did you lose 85 pounds in six months and I told him me out he said well you don't have diabetes anymore. You were at 9.7 you are 5.9 on the hemoglobin level now, and you know since then I've lost another 40 some pounds. 48 so I mean but the thing is people don't take it serious because you know my doctor told me when he told me I had diabetes he said I got good news and bad notes for you Sam. I said what's that. Well the bad news is you got diabetes.

Number two it's treatable. I didn't want to hear that. I want to hear it's curable. And when I lost that weight I went back to him that's why I told him. I said doctor let me tell you something. Your diagnosis sucked. He said what do you mean. I said you told me you

know I had diabetes but it's treatable. You didn't tell me it was curable. He said that's because in 35 years I've never seen anybody get rid of diabetes once they had it. That's what you have now. So you need to change the way you talk to people about it. He said I will.

So if I can change his mind about what I did and a few people that see this and you know everybody's got friends and you know once you start talking and if people start believing you and how sincere you are they'll start telling their friends and they start telling their friends and the word will get out. Unfortunately, it won't get out quite fast enough.

So it needs to be something that is put out there. I would love to see a book on diabetes because I'd never heard the term till Maggie told me about it and I read your book. So I thought you know what there needs to be a book on that because it would be a bestseller fast making hits simply because people know what diabetes is and they're going to say what the hell is diabetes. A lot of people don't think about diabetes being caused just by being overweight. Oh my family is prone to it or it's in my family. So I'll probably get it. Why? They think that. They don't realize it. And that's not true.

So there's so many myths about that and I'd like to see it worldwide so people would understand what the hell's going on because we are, let's face it United States we are the fattest country in the world. Maggie and I go out to eat and we look over and I will look across the table said oh my god she said what I know I shouldn't say anything but there's a lady over there and she's having a salad for lunch. It's this big it's piled up to here and she got a baked potato on the side. She's got a 3500 calorie lunch that she's dieting.

You go somebody's salad places and it's the same thing and of course in Texas one of the biggest things people [Indiscernible] [0:33:32] screw up the chicken-fried steak. Can you eat more poison than that? You put chicken in milk and flour, you fry it and then you have potatoes and French fries in there and you cover it all with cream gravy. I mean let's just plug your arteries while we're at it but that's – it's the mentality. It's a specialty down south and it's not necessary but then again I was out in San Francisco and I was out in San Diego and I didn't lose weight then except when I was working out but you know we would eat four or five thousand calories a day playing pro football and when you get out of pro football you're still eating five 5,000 calories a day. You balloon big-time and you don't – it doesn't happen overnight.

That's what people don't understand. I bought a scale. I mean it was – when I was 458 so I had to get a special scale because most of them won't go past 300-350 pounds. So I paid \$1600 for this electronic scale and there hasn't been a day go that I don't get on that

scale first thing in the morning, same time. And that's what you have to do. If you don't weigh every day it's like you want to keep your teeth you better brush them every day.

So I want to keep my health and I want to keep the weight off but it's all about educating people and giving them some incentive and I think enough curiosity out there over diabetes. There's enough over that because you see that word especially if he kind of advertise one said what is diabetes and all they have to read is a paragraph or two, you know what it is and you know it leads to diabetes and you can take care of it. Like I said ignorance is bliss and I'm no longer in it and nobody is going to be around me will be. I can't make them diet. I can't make them get on the program but I can tell them what it did for me if that's not good enough example and okay.

Interviewer: When you said ignorance is bliss you're not ignorant anymore but you seem blissful.

Sam: I'm happy. I'm happy now because I'm healthy and I don't have to deal with that anymore. That's one of those things that you know it's on your back. It's a monkey on your back you get rid of you don't have to have it again.

I tell people at the VA hospital if you want to be a contributing member of society and get off this government, okay program, I will call health there, then you need to do something about it. If you're satisfied with being on that government program and you or you want a sympathy you can find that in the dictionary and I won't tell you where [Indiscernible] [0:36:23] is but the bottom line is it's just you can be foolish or you can be smart and I used to think I was a pretty smart guy and now let it go for 67 years. And I went up and down. I want to lose the weight but I guess I didn't want to bad enough or even though I didn't want to use it I mean I did the calorie diet. I did the Atkins diet. I did the lap-band. I did everything I knew to do, none of it worked on long term. It's easy to lose 100 pounds. It's not really hard to lose 200 pounds and not too many people have 200 pounds to lose. That's a full person but you know I've done it and then gained a lot of it back, not all of it. You may lose it all in a year, a year and half but then you gain it within a year, you've gained at least half of it or more back.

The one thing I love about saying is I'll never get any other ounce period.

Interviewer: Why is that? What's difference?

Sam: I won't let it happen. I know what caused it now. I know that this program is very satisfying and grounded, and it's been researched and I believe in it.

So my heart, my soul is into it and I won't let it happen. I just and I feel so sorry for people like I was that wait so long to do it and I'm hoping if somebody sees this that

they'll get off their [Indiscernible] [0:38:01] and do something about it because they can sit there and make all kinds of excuses just like I did but when you're in that bedroom, when you're in that room all by yourself and nobody else there you can't lie to yourself. You get up every morning, you look in that mirror and you see that person that you are and you wonder what could I be. I don't wonder that anymore. I know. It's achievable and by far the best thing ever had happen to me. So I expect to hopefully inspire a lot of people do the same thing. It's just I thank God I got there. It took me a long time but the bottom line is I'm there now.

Interviewer: It sounds like and maybe this will help people as well if they can understand that you enjoyed the process of getting there because I think so many people feel like I don't want diabetes but -

Sam: Because they think of it as diet. This is not a diet. I tell them I am not on a diet. This is a complete lifestyle change. I don't want for anything. I'm never hungry. Everybody gets on a diet they get hungry so they cheat. She would like that [Indiscernible] [0:39:31] she would like some doughnuts you know. She would like cheeseburger. That dog won't hunt. Yes I get a cheeseburger, it's not going to be a cheeseburger, it's going to be a hamburger patty. You know I can get 8, or 12, 14, 16 ounces of hamburger meat and grill, eat it by itself with some hot wing sauce on it make it taste better and there's no - you know it's good for you too. So -- and a small salad and some olives. Green olives. I eat a lot of pickles. Dill pickles because I know now what is good for you and what's not. Honestly I didn't know before. I had my mind on other things. Building shopping centers and apartment complexes and high-rises, you know, singing country music, playing football. I had everything in the world as an excuse of why I was big an excuse not to - I was too busy you know it's like you're too busy to work out, you're always going to be soft.

So people have a tendency to make excuses for themselves but like I said in that cold gray moment when you're all by yourself and you're looking in that mirror, you have got nobody to blame but yourself and if you're enlightened, if you read the calorie myth and you know about SANE solution there's no longer an excuse. I ordered your book. I did this - I did most of this without even reading your book. I ordered your book two weeks ago and I started reading it at night and I haven't done this in 25 years. I couldn't put it down till I've read that [Indiscernible] [0:41:24] I read the whole book in one night.

I thought to myself wow! You know but I didn't - I mean now you told me she was writing a book for you the SANE solution was part of it. I said where is it the SANE solution, and she explained to me what it meant SANE and I mean I was on the program without him knowing what SANE meant because she informed me what I could eat and what I

couldn't eat things like this and when you get somebody cares enough about you to do that that's a godsend and then I read the book and I said oh it all comes together now, that makes sense, and I couldn't put it down because I couldn't wait to share the messages to other people.

Interviewer: And what Maggie because you mentioned now I know what to eat and there was ignorant in the past and Maggie was such a godsend because she introduced you to this, you now – you do have it so there isn't a book yet called diabetes but there is a movie called diabetes so we are recording right now and we have the opportunity to share with people what you should eat, what SANE is. can you help to provide that information to people literally what should they be eating, what shouldn't they be eating, what is SANE?

Sam: All I eat is protein and dark green vegetables. Closer to the ground I mean if you need a raw so that's green vegetable or you can cook it but if you could eat it raw, you eat it. Like I said I don't do any processed foods at all. I don't I used, oh God, I used to love butter and all of a sudden for a long time I was eating that I can't believe it's not butter. Yeah spray butter, no calories wrong. Wrong. I was pouring it on my stuff and there's about 200 calories every time I'd pour it. Forget that and then I realized it ain't about the calories but that something's not good for you because it's probably two molecules away from being plastic.

So if it's not natural it doesn't come from the ground or it doesn't come off an animal is freshly prepared I'm not touching it. So I just – I won't do that anymore. Ever now --- my idea of cheating is when we will go out somewhere where I'm going to sing in a Mexican restaurant well I have tortilla soup without the tortillas and just the broth and then we'll order Guacamole but no chips, use celery.

Interviewer: Yeah, that's what I was going to ask because you seem like a I know you're a very social, you're a very gregarious, you're a country music singer, you have a wonderful social life what do you do in social because so many people are like oh I can't, it's too hard what are you doing social, how do you celebrate, how do you go out?

Sam: You don't have to cheat. You don't have to eat stuff that's bad for you in a social atmosphere. If they don't have what you want and I don't drink. 16 years ago I lost my taste for alcohol I haven't had a taste since. I don't drink period. I take it back up. I've had it. I have two three glasses of wine on a year and I take two one sip out of it and push it away that kind of stuff but I never missed it because I didn't need it to go onstage whenever was basketball. So you don't drink. I'm drinking iced tea or water and if I drink iced tea I you [Indiscernible] [0:44:55] at all or I do the vitamin water a lot. I just don't – usually there's some kind of odor or something if it's if they get you know usually they get

to ranch and they get the [Indiscernible] [0:45:10] they got carrots. I'll do that and yeah when I eat a salad and if I wanted dressing I might have ranch or blue cheese but a trick to it is I take the fork put it in the dressing and then get the lettuce. I used to pour that stuff all over it and the salad was good for you, okay. It's probably not bad at all but you just ruined the whole meal by putting all that dressing on there. So it's – like I said it's a matter of learning and you know when I got in this I asked Maggie I guess I can't eat salads I like dressing. She said you can. But you got to do this. So I started doing that.

Interviewer: So what you order when you go to steak houses in Texas?

Sam: Usually the sea food. I will get baked salmon or if I go to [Indiscernible] [0:46:04] blackened tilapia or blackened catfish or something like that and they have – it's great, I get spaghetti squash or I'll get baked cauliflower. We go to steakhouse in Dallas where Maggie and I go she'll get a filet mignon and we'll get two orders of baked cauliflower. It's delicious and you're plenty full. I don't eat very much beef. Every now and then I'll get a filet which I'll probably on my birthday next Monday but once a year but the rest of the time I don't eat much beef. I eat chicken and fish but nothing fried.

God I used to be the king of eating fried chicken and another thing I eat a lot too which probably helps me, I don't know if it helps me not you can tell me but if I have a piece of grilled chicken or even a fish I order a little bowl but like this of pickled jalapenos because if you're from Texas you eat jalapenos. And it's good for you. That's what I have been told. So – but like said I know what to eat now and what not to eat and I don't care if people cross me if they want to get chicken-fried steak or they want to get something out there they just blow them up that's their business. I've already done my spiel. I've already talked to him about it if they don't believe in it and they go where they fit, they can't make it, you cannot make people lose weight. That's something I found out a long time ago. Otherwise, somebody probably would have made me do it a long time ago.

You have to get fed up with it or get a death sentence pronounced on you, or somebody that you listen to and you respect what they're saying and you understand that they've been through everything you're going through right now. There's not a fat person out there that likes themselves. They'll say so that they're lying. Nobody fat likes themselves period. They're a whole bundle of nerves. There are a whole bundle of insecurities and the only way you're going to get secured with yourself just to get it right and it starts at the core and the core is get your health right. This is the best way I know to tell a fat person. Get your core right, and you can do something about it and you don't have all those insecurities anymore.

You can walk around proud of what you did. I'll give Maggie a lot of credit. You know she'll turn around she said well you did it and I said I know I did it and I wouldn't have

done it if I'd never met you but it would take me two three years. I wouldn't done it the right way and it might not stuck and I wouldn't know about this. So that's why I give you so much credit. She says she's not comfortable with me giving her the credit but I do. And it's not the credit for me losing the weight or getting healthy, it's a credit for sure caring enough to get me on the program as most people don't care enough about other people to do that. Where there's [Indiscernible] [0:49:12] they are just friends. You could've heard me when I was talking to Michael a while well he is a little short gap in Vietnam and he's been over here 30 years. He's done real well for himself and he said I need to get on that program, my family also because they have a problem. They have a tendency towards diabetes and I say well let's talk about that because don't tell me you got a tendency towards diabetes because you really don't. You have a tendency towards complacency and not taking care of business and you can be so successful in construction and real estate but you're going to let your health go to pot. That's just not right.

So he said I want to talk more about this. He said I trust you and I believe you. I believe in you. I said you can believe in this. And I said Jonathan is right here in Kirkland you're right there in Seattle my friend. So if you have any questions you can call him. I'll get you the book you need to read it. I explained to him what SANE meant and what all he could and could not eat and he said wow. And you've lost 133.5 pounds I say yeah in one year and it wasn't hard. I think I was 120-121 when I talked to you and I've already lost another 12 pounds. It's just every morning I love getting that go in the bathroom and getting on that scale.

The only disappointment is when there is a half pound but it's usually one to one and a half pounds every day and the proof is in the clothes. You know you go in there and you try new clothes on that you haven't worn in 20 years and they fit that nice. So my sister hadn't seen me in four months. She said you are losing a lot of weight. You are sick. No I am not sick. I was sick that's the reason I was fat. You know. And she is 75 years old. And she's the same size she was since she was in high school.

So I mean she never really over – she eats a lot of pasta but she is you know. [Indiscernible] [0:51:32] but she's got a lot of friends that are overweight and I've had this an hour worth of this conversation with her and she's now telling people about it and she's got about a dozen of them to order the book. So.

Interviewer: Sam this is definitely massive. Keep we are out of time here but we have got because I want to hear more about I'm inspired by it. I think it's incredible. There are a few things if you don't mind just while we have you on camera because you've talked about how you explain what SANE is to other people. So if you don't mind could you as

succinctly as possible describe what SANE stands for and then give a short description of each of the four things.

Sam: Well SANE to me is to be able to be satisfied with what you're doing and what you are taking in. aggression, its how aggressive you are at the program. You can do something about it. Nutrition I mean that's self-explanatory. You're eating nothing but nutritious stuff and sorry, the E is efficiency. Yeah. There's nothing more efficient than putting things into your body that work. I mean that's part of nutrition right there. And it all works together and makes sense and when you look at the program you look at what you can eat and the things you eat and you stay on that program if you want to cheat just eat another piece chicken. Eat some more – eat another order of baked cauliflower. It's delicious. I buy it at Walmart, sprinkle a bunch of garlic you put some onions on it and it's delicious and I'll tell you what about three times a week for dinner I won't eat. I have a same smoothie. I'll take a handful blueberries, throw it in the blender, a big It fills you up. You're satisfied and you didn't hurt yourself at all. In fact it's like a treat.

My sister couldn't believe it when I told her but if she tried it. She called me so excited one night she tastes like a banana strawberry, banana blueberry milkshake. I said exactly. You know I was afraid it was going to taste bland or something like that but it tastes good because and a lot of people they get off diets because they attire the same old thing. It's boring or it doesn't taste good. That's the reason I got off Nutrisystem. It didn't taste good. You got boring and then I started gaining the weight back. I mean a lot of diet programs will work for a while but if you want it to work for the rest of your life you got to get something you believe in.

There is nothing, chicken, fish, beef, lamb, chili, and all kind of things that I can eat and I love, I never this one. I never ate a brussels sprouts in my life. I turn my nose up but now I eat them. I never heard a baked cauliflower, and all of a sudden I went to this steakhouse, Jack's steakhouse and I had – that's delicious. It tastes a lot like mashed potatoes and I love potatoes but I don't have the calories. I don't have the carbs. Same thing with the spaghetti squash. Seafood restaurant called Pappadeaux in Dallas and Houston I mean I go in there and I'll get the blackened catfish and then I'll get a double order of the spaghetti squash. It's delicious and I haven't hurt myself a bit. I don't eat bread. I don't eat chips.

So there's just nothing that even looks or resembles a [Indiscernible] [0:55:50] touch and because the diabetes and like you said about the high-calorie grapes and watermelon I don't touch fruit either except grapefruit. I love grapefruit but I don't eat it. I just get grapefruit, squeezed grapefruit.



[End of Audio]