

Sabrina: Sabrina Hancock, I'm 18 and I'm from Alabama.

Interviewer: So what do you, what's this all SANE, what's that all about? Like what that - what is SANE?

Sabrina: It is taking junk food and throwing it out of the window and eating real food basically.

Interviewer: Is that what you do?

Sabrina: Yeah. I don't like with me being 18, I don't really crave like the fast food and the junk food any more. I crave like the real food.

Interviewer: So you said that you don't even crave junk food anymore?

Sabrina: Not at all

Interviewer: Can you talk about that a little bit?

Sabrina: Well, where do I start?

Interviewer: So put it like this; what was life like 3 years ago versus what is life like now?

Sabrina: Okay. My life 3 years ago I was eating McDonalds, Jack's, Taco Bell every chance I got. Because it was good and I don't know, it filled my satisfactory that I was needing. And so I just kind of ate them like I wouldn't even tell my parents. I would just kind of pop and drive through get in and throw the trash away like CVS or something, or some grocery store that had a trash can outside. But now since I've started eating sane and eating like the real foods and like more like the fish and sea food and stuff like that I don't really, I just eat that. Like I don't have the need to want the McDonalds or Taco bells and Jack's and stuff like that. So

Interviewer: That's really good. So when you went to McDonalds and Jacks and things like that, why didn't you tell your parents and why did you hide the wrappers?

Sabrina: Because I know if I told them and they found out I would be in trouble. So I always hid it and just throw it away.

Interviewer: How did it make you feel when you, like when you were in the process of sneaking food, what was that like for you?

Sabrina: Well honestly I felt guilty for doing it because I knew it wasn't like the right choice or the right decision to make. But my body was telling me that, "Screw it you're hungry, just eat something." So that just kind of happened and then yeah

Interviewer: Cool. When, so if I ask a question if possible try to -

Sabrina: Resay it

Interviewer: Resay it in your answer. So it sounds like in the past your body was telling you to eat junk, what is your body telling you now?

Sabrina: Well, now my body is telling me that I need to eat the good foods for it and not the bad foods. And I need to stick with like the proteins and like the good proteins and like the good things that I need in my body to be able to keep me energized and stay up and not get tired and stuff like that.

Interviewer: How do you feel about non-starchy vegetables nowadays?

Sabrina: Non-starchy vegetables? They are good, yeah

Interviewer: There you go; they are good. What do your friends think about the way you eat?

Sabrina: I don't really have friends. I kind of just keep to myself, so my friend that I do have she actually - I eat like for lunches and stuff. Like when I was in high school I would take like in the mornings I would fix like egg muffins or whatever and they had like broccoli and they were like not like egg McMuffins, they were like in muffin pans, but they were eggs. And mum would fill one with like broccoli or bell peppers, different things like that and I would take them for lunch and breakfast. And my best friend she actually would like, I would go and grab napkins or something and I would come back and I would have 2 or 3 to start with and I'd would back and one would be missing. And like I look over at her and she is like, "They're just so good, I'm sorry." So she does it with me and she enjoys it about as much as I do and she is getting to where she doesn't even eat out anymore either.

Interviewer: So it sounds like this isn't something you have to hide or be ashamed of.

Sabrina: Now I don't have to hide it at all.

Interviewer: How do you - how has this impacted your relationship with your mother?

Sabrina: This is impacting my relationship with my mom by me being able to go through the same journey that she's going through and both of us being able to do the same things and both being able to get either the same results or she get is getting better results than me. So, we're both supporting each other through out it and we both are motivating each other through it, so -

Interviewer: What kind of results have you seen?

Sabrina: Well, the results I have seen are mom has taken most of the results, not I. Mom has - mom has lost a lot of her weight right around this area, but she doesn't notice it. She just thinks that it is still there, but when we look at it like pictures like before and after pictures of like where she is now, it's like you can see like a huge difference of like just right in this area where her chin is. And it's definitely like slimmed up a lot, but she doesn't ever notice it and her stomach is slimmed up a lot, but she always just talk like she ever never notice it and I'm just like, "Yeah, I haven't lost anything."

Interviewer: Do you feel a difference in terms of any other aspect of your life? Is it like energy or anything like that?

Sabrina: Yeah! It's definitely changed my aspect on life. I am now like – I'm not really like - before I started SANE and stuff, I would come home from school and like do homework, do chores then go to bed until mom called me for dinner. And like I would sleep until she called me, but now I - now that I'm eating like the real food, the good stuff that's good for my body, I'm eating, I mean I'm like not tired. I'm more energetic. I'm doing more like outside sports. I'm, staying out in the heat longer. I'm drinking - this might sound a really funny, but I don't drink really anything other than water and like when I do I get like maybe like a little coke, but that's all I drink. And it's not even like a can, like I don't even finished a half of a can. Like I just get it for like the fizz, but most of the time I just drink like water. And because that is what my body craves and it's good for me to be able to be active and keep hydrated especially like being more physical with the way I am now, outside athletics and stuff like that.

Interviewer: Do you feel like you are trying to eat this way?

Sabrina: No. I don't feel like am trying. It just happens. At first I was like trying to make myself eat this way because I knew that would be best for me, but now it just comes naturally. Like sometimes like I'll go without a smoothie in the mornings and like, excuse me and then like a couple of days later I'm like, "Why didn't I get a smoothie because I'm

craving them,” and so now it just comes naturally that my body wants that good stuff and it doesn’t want the bad stuff.

Interviewer: Do you crave non-starchy vegetables?

Sabrina: Yeah, I do honestly crave the non-starchy vegetables

Interviewer: How does it - this is kind of a weird question. So you’re 18 - you obviously have a tremendous life in front of you. There’s actually some people in the world that think it’s possible you only never die, because of technology, but that is a separate conversation. You’re 18 and you have this relationship with food now where you don’t have to try, your body just wants sane healthy foods. What kind of impact do you think that’s going to have on the next 80/90 years of your life?

Sabrina: I think that my body will become stronger. It won’t be so like elderly people today if they were to fall and they are not eating SANE it could really hurt them and they could really like break bones or like have blood pouches for them and stuff like that. That could eventually burst open and cause like blood clot and stuff and they’d have to go through surgery. But for me in 90 years or so, I feel like eating SANE would put me at a point where I would still like just keep going and just I wouldn’t want to just stop and be lazy and stuff. I think my bones would be good better than they are now, better than most of the elderly people that aren’t doing SANE. I won’t have as many medical bills, because I won’t have to go to the doctors as much and as often so...

Interviewer: So it seems like this is really almost effortless for you. What do you see your peers doing and how does that make you feel at this point?

Sabrina: I see my peers not eating the good stuff. They’re eating the bad stuff and I see them; staying out, staying inside sleeping, kind of being a couch potato and not really doing much. And so they’re gaining weight, but if they were to go SANE then they wouldn’t have that issue. They would be active and they’d kind of just go with the flow of life.

Interviewer: What kind of impact do you think their lack of sanity is having on their lives?

Sabrina: I think the impact of lack of sanity for their lives is they could possibly die an earlier age, they could get diabetes, cancer could form. I mean there are so many medical stuff that could happen with it

Interviewer: Have you seen - have you heard any - maybe not with you, but with friends, friends who do struggle about their weight or do struggle with medical conditions. Have you seen that have an impact on how other people treat them?

Sabrina: The way that like friends or other people that say are struggling with like medical stuff or just their weight in general other people they're not really nice to them when they see them. They kind of point out their imperfections and the things that they have that maybe the person doesn't have, you know? The one that's talking about them may not have and they are trying to bring down that one person without them knowing it.

Interviewer: Have you seen friends who do struggle with their weight or who do struggle with health issues, not be able to have experiences like maybe they are not able to being involved in certain activities or they don't go to prom or their life is some way limited because of their weight or their health?

Sabrina: Oh yeah. There is a girl, she was in my grade when before I graduated and she struggled with not being able to participate in soft ball because they said she was too much of a heavy girl. And so it really tore her apart and so now she tried getting on color guard, but because she's so heavy, she said that she's not able to ascend like the band camp and [inaudible 00:12:29] from the heat is really bad and so she said she couldn't withstand. So she was just like passing out too much and so she decided that maybe sports and stuff weren't the thing for her. So now she just doesn't do much of anything

Interviewer: So you just said this young lady doesn't do much of anything and she is how old?

Sabrina: She's 17 or 18.

Interviewer: She's 17. What do you think is in store for her in the future if she continues that pattern?

Sabrina: I feel that she - in her future she might not really make it that often. And she will probably just drop out of high school, she actually failed so she probably. I don't know, but she could possibly end up dropping out of high school, not going to college, just staying at home eating the bad stuff and not really having any motivation to do anything else or something.

Interviewer: What do you - if you say something to her that she would genuinely hear, she wouldn't get defensive, she wouldn't be offended. I mean she was just like in a really open place, what would you say to her?

Sabrina: If we were in an open place and she wanted me to be completely truthful with her and honest; I would tell her that maybe she needs to start doing a little bit of like exercises like not even like going to the gym exercises just stuff at home that she could do. She could do like some squats or some like lay on the ground and do like the cycles with your legs, just little things like that and eating healthier like eating the real foods. And throwing out all the junk food and trying to become a little bit more active and not letting people get in the way of that and try and bring her down I think would really help her out. That's what I'd tell her is that you got to keep going no matter what people say, you got to keep pushing forward.

Interviewer: What do you like most about this new you that naturally craves healthy food and craves water and doesn't want to just sleep all the time, wants to be active. What do you like most about that version of Sabrina?

Sabrina: What I like most about the new version of me is that I like to be able to meet new people and be able to do activities maybe that I've never done before, maybe a new sport that I haven't ever tried. I like to be able to - now I am able to do that and not get tired and feel lazy doing it.

Interviewer: It sounds a lot like you have less fear in your life, what do you think - so you're 18 years old, what kind of impact do you think being fearless will have on the next 80 years of your life?

Sabrina: The impact that in my life of me being fearless in the next 80 years will put me probably in a really good part of life. I mean, hey why not go skydiving or jumping off a cliff or something, you know? I won't have anything stopping me health wise or medical wise if I keep going at the rate that I'm going now.

Interviewer: That's awesome. Can you tell me a little bit about your experience with the difference - so I would imagine that when you hear people say things like, "I'm on a diet or I'm eating healthy," that sort of this deprivation, restriction, hunger related thing versus SANE eating it sounds like you are eating plenty of food and it is fine, you're not starving and blah, blah. In your experience what is the difference between eating sanely and dieting?

Sabrina: My version of eating sanity versus dieting would be; dieting is you can still eat like the breads and the like things like that you don't really need versus sanity where you don't eat breads because you don't need them. Once you get on that track of not eating the breads and the yeast and stuff like that, you throw it out and replace it with something sane like noodles for a fact. You can replace noodles with zucchini or squash and that's what I do and so we just replace them and yeah.

Interviewer: So it sounds like with dieting people continue to eat those low quality foods and because of that nothing really changes. It's like an alcoholic who keeps just drinking little bit of alcohol whereas what you have experienced is fundamentally different body and mind that results. Can you talk a little bit about those differences some more?

Sabrina: Well, can you restate that?

Interviewer: Sure, let's backtrack it.

Male Speaker: How do you feel like? What you used to feel like? What do you feel like now?

Interviewer: Yeah and no that is very helpful. What I'm trying to tease apart is so like in previous generations especially with females, the way they were taught to eat and to maintain a healthy weight was just like; keep eating cookies, keep eating cakes, keep eating pies, just eat less of them. Which like for example if someone's a smoker and they just smoke shorter cigarettes that doesn't do anything to help them

Sabrina: Yeah.

Interviewer: In fact it kind of makes the problem worse because now they think everything is okay, they're just smoking shorter cigarettes. Whereas what you have described, like you're very nonchalant about it. You're just like, "I just don't, I crave vegetables and I just don't want to eat McDonalds anymore." But like most people don't think that's possible. Like they don't believe that a human being can actually be experiencing what you're experiencing right now. So could you just shine a light on how different your cravings and tastes are from your friends?

Sabrina: Okay. My cravings and my tastes are different from my friends by like my friends, they just crave like cookies and snack cakes and ice cream cakes, different things like that. And they're always like, "Here you want some of this?" And I'm like, "No, no I don't." And they are like, "What's wrong with you?" And I'm like, "I just don't, I don't crave it." To me after going completely like away from everything like that now it just kind

of seems gross; like the smell of it, the look of it, it just like is not appealing at all anymore. It is just like strictly gross to me and I guess that's what maybe pushes me away from eating it and pushes me towards eating like sane and like the vegetables and like the sea food and different things like that because it attracts me to it and it is not gross. It's good and there are so many different ways and different things that you could do with it. So that's the difference, it's insane.

Interviewer: And did you use to think that ice creams and cakes were gross?

Sabrina: No. I used to like tear them apart, but it just changed.

Interviewer: How? That almost feels like, it's like you have a superpower almost. I mean can you imagine the impact on your life that if food that makes you sick and sad and tired literally repulses you and food that makes you happy and healthy and whole is naturally what you crave. Can you just like talk more about that and the kind of impact you think that's going to have in your life and that it is possible. Here is what I'm also trying to get at. People think that what you are experiencing is not possible. They think you're lying, convince them that you're not lying.

Sabrina: Okay. My body personally it's hard to explain that I don't, that stuff is just gross. Like if you put something in front of me like any of those junk foods or anything like that I will literally like go like this or push it away or something like I just have nothing or I want nothing to do with it. It's not good, it is not appetizing, but if you were to put something like vegetables in front of me or some like scallops or some salmon or some ground turkey or something, then I would eat it and probably want more of it. It's hard to explain; it's just really kind of, it comes, if that makes any sense. It just, I don't know, people may think am lying and I'm not.

You just have to give it a shot and just try it, you can't give up within just a month, you just have to keep going and just keep progressing it. So then eventually your body is going to push all that nasty stuff out and want all the good stuff.

Interviewer: So what would you say to parents who are watching this and are like, "That's great for Sabrina, but my kids can't do that?"

Sabrina: Well my parents always taught me, "Can't never could." So if you can't do something that means you never could do it. So you can always do something if you put your mind to it. So you have to set your mind that I'm going to eat this way because it's healthier for me. I'm not going to eat this because I could have medical bills. It can cause



like medical problems. It could cause me to die quicker. I mean there are so many different factors that play with that than it does if you just say good. It's so easy to skip those inside aisles at grocery stores and hit the outside ones, not so much the soda ones that they put on the outside, but the eggs and stuff like that are on the outside realm of the grocery stores. You just stick to those and you really can get down to it and then you never want to go down those middle aisles, those inside aisles as I call them.

Interviewer: So what do you? So Sabrina do you ever cheat?

Sabrina: Sometimes, but not very often. I cheat only on nights that I'm having like a rough night and I'm getting home super late and I'm not able to cook anything or I'm not up to cooking anything, then I would so call cheat. But when I cheat, I get like a salad or something, I never go, "Those nachos just call my name," sometimes I'll give in, but I won't eat very many of them because my body is like that's not good, I shouldn't be eating this. So I'll get some nachos, but I may eat just a quarter of it because my body is saying that it's not good and so it'll push it and my taste buds will be like, "Mh-hm, this isn't good," and it'll want that salad that you had for your appetizer. And you're going to want more of the salad and not the nachos.

Interviewer: I don't want to take too much time, but sorry the reason I'm hammering on this is that is also a bit my experience and people don't think it's possible and when you eat this way for as long as I have eaten this way, because people are like, "That's not true," And I'm like, "You can't tell me my experience isn't true." I just let other people talk about it. Ok, let's get very specific here. What do you eat for breakfast?

Sabrina: Sometimes I'll eat yoghurt with some blueberries excuse me, or some strawberries. Sometimes I'll throw some mangoes in there because mangoes are like my favorite ever. Or if I'm not feeling something like quick and kind of on a cooler side, I'll cook something like the egg muffins. I have like the different vegetables inside of them or my mom will cook the SANE pancakes. They have some things like cottage cheese, almond flour and something else. And she puts in like the - we call it the ninja what we use, it's like the blender and you blend it up and you put it in the pan like you would pour pancake mix and it comes out looking like pancakes. And then I'll top it with some - instead of syrup I'll use some Greek yoghurt and some vegetable, I mean some vegetables, oh men, some fruits. Then I'll eat some sausage with it or some bacon. I mean other than that, that's what I really eat for breakfast out of those.

Interviewer: Cool, what about lunch?

Sabrina: Okay. Lunch, let's be real; I don't really eat lunch. I usually push through the day without having to eat lunch because sometimes I get hungry, but I'll just eat a craving skillet bar or one of the cashew bars and that gets me throughout the day. Sometimes if I'm like really hungry, I'll eat whatever we have left over from the night before from dinner or whatever if there's some left from breakfast, I'll eat something left from breakfast. But I rarely eat lunch because I just, I don't know I never really have a lunch, I always eat like breakfast or dinner.

Interviewer: So I'm going to just talk about that real quick. You say you don't eat lunch; do you not eat lunch because you're trying to eat less food or do you not eat lunch because you are full and have no desire to eat lunch?

Sabrina: I don't eat lunch because I am full and I have no desire to eat lunch.

Interviewer: So you eat a SANE breakfast and you are full and satisfied throughout the entire day?

Sabrina: And if for some reason I get a little hungry during lunch time then I will eat one of the bars and the bars will get me through until dinner time. And that way at dinner time I can enjoy it. I can get more vegetables if I wanted or more meat if I wanted, you know.

Interviewer: What do you eat for breakfast generally? Not breakfast, what do you eat for dinner generally?

Sabrina: Well, my mom usually cooks a lot of sea food, a lot of salmon. We do a lot of salmon and a lot of tuna. Mom she, let me tell you; salmon can be cooked so many ways. I never knew how many ways salmon could be cooked. Like one night we'll eat teriyaki salmon or she will put it on George Foreman with some garlic and some lemon juice. I think one time she even made like some kind of like seafood casserole out of it and it had I think salmon, shrimp, scallops and something else, but I don't quite remember and so like we'll do that. I mean I always go back for 3 bowls maybe, so we are always like dinner time is mainly like seafood most of the time.

Sometimes we do some, we call them bunless burgers and we cook the patties; mom makes meat patties or whatever hamburgers I mean and she cooks them. Sometimes she'll cook them in the skillet or she'll cook them on the George Foreman. And then we put them on romaine lettuce and you cut your tomatoes and you cut your onions and then we don't really use pickles, but if we do mom makes the pickles and a little bit of

ketchup, a little bit of mustard and top it with another piece of romaine lettuce and you have your burger, but your buns are not there, they are bunless.

Interviewer: Do you generally eat together as a family for dinner?

Sabrina: Yes sir we eat as a family every night.

Interviewer: What role does eating together as a family every night, do you think that's important, useful, how has it impacted your life?

Sabrina: Eating as a family every night has impacted my life because it improves like our family bonding skills or whatever. Sometimes we'll talk about our day; we'll just watch a movie as a family, just kind of like family time that we may not get any other time like during the days, throughout the days in the morning and stuff so we get that time at night. And so we would watch like America's Got Talent or something like that and then we always like make jokes and stuff during dinner, so it always just, it helps our family bond together and become closer with each other.

Interviewer: Did your family eat together every night four years ago?

Sabrina: No.

Interviewer: Why not?

Sabrina: Four years ago it was complicated and so we never really ate as a family. And then about a couple of years before that we never ate as a family because my biological dad was always working and stuff and so we never - so he was missing, we were lacking that family bonding and there were a lot more fights and disagreements and stuff like that. But now there's barely any fights because we always talk about it. There's barely any disagreement, we always agree with each other on everything, so it really helps out in the long run.

Interviewer: What do you think was the thing – so four years ago you didn't eat together as a family, today you eat together as a family, when did you start eating together as a family every night and why?

Sabrina: We started eating as a family together, it just kind of happened and then from that point forward we are like, "Hey this is actually helping us." And so now it just kind of comes naturally and it is weird if like somebody is missing out of the family like if dad's

playing hockey or something. So it's just weird now so because now we are not able to talk about our day or something like that, so.

Interviewer: What do you eat when you have a craving for like sweets?

Sabrina: I eat the chocolate cravings, craving for or I have this - my favorite recipe is the doughnuts, the chocolate doughnuts with the chocolate icing that's made from the yoghurt, that's probably also my favorite. I could eat an entire pan of those just by myself, but I get really full of all of them too

Interviewer: So you still eat doughnuts?

Sabrina: Yes. They're healthy though

Interviewer: So you have healthy doughnuts?

Sabrina: Yes

Interviewer: What else do you have in your life that is like a substitution? So foods that maybe people think they can't ever eat anymore but they can eat, they just eat different kinds of those foods.

Sabrina: Pancakes is one you can substitute with the cottage mix or whatever that my mom does. The noodles, you can use a spiralizer and use the zucchini or squash and I mean you boil them or sauté them however and they taste just like noodles. And then you go on with your sauces and stuff. The doughnuts; those are really good replacements. Let me see what else do we do, milk. We replace milk with the almond milk. We drink the unsweetened vanilla almond milk. And I mean it's a little bit more expensive than the regular milk where I'm at, but I don't feel need I need the regular milk. I mean I'm getting everything from the almond milk that I need and it tastes just as good if not better.

Interviewer: That's great. How do you handle social situations?

Sabrina: What do you mean?

Interviewer: Like do you go to parties or events where people are eating a certain way? Is there peer pressure blah, blah, blah?

Sabrina: Honestly I don't really go out of the house. The only social event that I have is the Farmers market and nobody is eating, we're selling vegetables. So that's really the

only social event that I go to. I don't feel the need I have to go party and then do that. I don't need the attention, but hey some people do.

Interviewer: What surprised you the most after you started eating this way?

Sabrina: The fact that I don't crave all that stuff anymore. That I'm able to just kind of look at it and, "I don't need it. I don't want it. My body doesn't want it." So now I just, that's probably what shocked me the most because coming from eating that kind of stuff to thinking, "I can't do this, I'm not going to be able to eat this way," to now, that's all I eat. That's all I crave, so.

Interviewer: We have 15 minutes. You covered a lot of great stuff. Do you think you will have a family of your own some day?

Sabrina: I don't want kids

Interviewer: You don't want kids?

Sabrina: No, with what I want to major in, I want to major in nursing and I want to travel with it so kids would kind of be in the way for me. If at one point I ever wanted kids I would definitely adopt. And that's only reason because there's people out there that just give their kids up because they are all of sudden don't want them. So you have kids that are sitting in adoption homes for years at a time that aren't able to have that family love that they're missing.