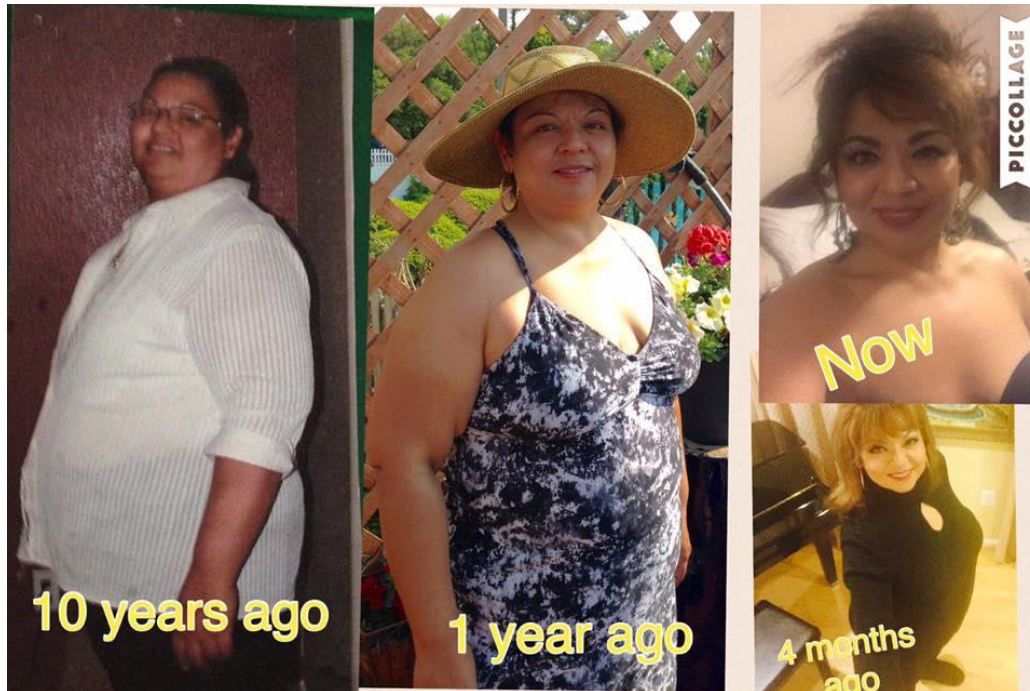




**TESTIMONIES**

## What are past participants saying about the 21 Day Vegan Challenge?



I would be remiss in not sharing how incredibly wonderful today is for me. Today I turn 52 years old. I've included a collage of my transformation and Vegan Journey. The collage consists of pictures from 10 years ago at my heaviest at 330lbs, of me exactly one year ago at 277 lbs., of me 4 months ago at 240 lbs. and today at 220lbs.

Your reason for accepting this challenge may be to restore your health, to lose weight or to learn how to make good food choices. Whatever your reason is...I ask you to remember it in times of temptation, weakness or frustration. The only way for you to know that this challenge works or what it has to offer you...is to fully embrace it and stick to it. When you feel like things are getting hard. I encourage you; implore you, to hang in there. Reach out to our fearless leader Brenda Bradley. She has put in place a God inspired, well researched and well prepared plan. She's done all of the work for you to help make a difference in your lives. Make today and the next several days count towards achieving goals that you may have had in place for years and have been unable to achieve. Don't be afraid of what you will experience from the body, mind and heart. Those are all a part of this journey.

Today I am on day 216 of being Vegan. In these past 216 days I have restored my body to good health. I will not inherit my family's health problems of diabetes, heart disease, anemia and countless other illnesses. And I'm happy to report that I've lost over 55 lbs. But the best part is that MY teenage sons and husband have joined me in improving their health. And knowing that their lives are forever transformed is more than I expected. Please keep in mind that people are watching YOU! When I tell you that I feel the best and look the best today than I ever have my entire life. It is not an exaggeration.....Lucy C.F.

Shirley W.



*"I talked to Brenda about exercise and she was very encouraging and supportive, but I never talked to her about the food. I watched her posts on Facebook and tried some of the things she did, so when she announced the challenge, I signed up but then said, " what have I done?" Just another thing that will not work, but found myself doing it. I heard the Holy Spirit leading me and I had the support around me. My first few days I was at a retreat. I went prepared and I am glad I did because there was no healthy stuff served there. We all went out to eat and I chose vegetables. I did not know anyone was watching me but they were trying to do what I was doing. The woman across the table asked "are you having dessert?" I said no I choose not to eat that right now because I want to be alert for the rest of the retreat and she decided not to either. lol*

*The 2nd week of the challenge, I became very tired and told Dr. Bradley. She wanted to see what I had been eating so I sent her a list of my meals. She said you have not been working the plan, it is 75% raw vegetables. Well to be honest I had not read the plan. I read the cookbook and dived in. After listening to Dr. Bradley, I began to eat the raw veggies and felt so much better I am now 223 lbs and lost so much in inches. I am not hurting like I was. I look younger. I have not done this perfectly but I tell you what I will not go back. I am working on getting rid of that rock back and forth when I walk and get my strut back. Lol, I love Brenda and so thankful that her heart was to do this for others. I have my life back. I can think better and my creativity astonishes me.*



## **Nigeria F.**



Over the last 21 days I took my body through a #GoingVegan 21 Day Challenge. Although the challenge has ended, my conscious eating has not. As a person who is currently dealing with lupus, I am truly amazed with the difference this change has made in my health and my weight. I feel really good and my energy level is up! I'm so excited about this new chapter in my life. Even if you don't want to be a vegan, I want to encourage you to, at least, give this challenge a try.

## **JOYCE D.**

*"I am shocked and excited all at the same time. My testimony: I suffer with asthma and I am out of breath almost all the time. I drive to work, get out the car, get a shopping cart to hold onto to get to my locker and then walk slow the whole day. Today, I drove to work, got out the car, grabbed my lunch pail and start walking into the building. I just start praising God when I realized I was walking without a shopping cart. I have so much energy. I haven't used my inhaler in three days. This is amazing. They ask me at work how long you going to do this? I told them today if I keep breathing like this I won't ever go back. I am happy. I been paying Dr. A long time and all I needed was Dr. Brenda."*

## **RHONDA M.**

*"Hey Diva's... Today is day 7 of 21. We're a third of the way thru this beneficial challenge. For me this is just the start of a new journey in life.*

*I was expecting to have caffeine withdrawal around day 3 but surprisingly that did not happen. I've been journaling every day and find myself writing about things that impact my life as a whole and not just things aspects of this 21 day challenge. Some of what I have discovered is disquieting- other things are very liberating.*

*I've always had a fairly high energy level but my energy seems to be somewhat elevated. To date, I am down 3.6 pounds- that's almost a bag of sugar.*

*Oh- and I wanted to let you know about something that has satiated some of my cravings and between meal/snack hunger. I add a teaspoon of honey and a dash of cayenne pepper to my*

lemon water (using 1/2 a lemon). *STAY STRONG... Like the saying goes- "Anything worth having is worth fighting for". Good health to each of you!"*

**ROBIN G.**

*"Ok! I'm now seriously stoked, lol! I didn't want to post my testimony online as its kind of TMI. But this morning I looked at my calendar because I wanted to try to forecast my period, when I noticed that my period is due 2MORROW! I was SO surprised because it crept up on me. I normally have a slew of PMS signs that tell me (and everyone else – lol) that my period is coming! I'm pretty predictable on the timing of my time of the month but what took me by surprise is that the day before "Aunt Sally's" visit, I have no bloating, I've gained just 2 extra pds vs the 10 extra pds of extra weight I'm used to, I had NO mood swings, no depression, no serious headaches or cramping! I'm not super tired and not having the serious sugar cravings! ALL of these symptoms have been the norm for me, but in just six days my body can tell there is something going on and it is thanking me!"*

**MARIE D.**

*"Good afternoon family. Well, I'm back from the doctor and he says I'm doing much better. I LOST 10 LBS. OMG, I'M SO HAPPY! The grandchildren tell me not to write in caps because that means I'm screaming. They got that right. Instead of going out celebrating the weight loss like I usually do, straight to the restaurant, I went home and made my kale and red peppers dish. I won't go back. When God brings you out of a mess, don't thank him by going back into it. I thank him also for putting it on Dr. Bradley's heart to call us to this challenge. I'm so ever grateful for her. Let's continue on this journey supporting each other along the way."*

**MASHAWN R.**

*"I've learned that I can live without meat. I feel and sleep much better. My energy level and endurance have improved. I have learned to make better choices when it comes to nutrition and I can prepare healthy meals at home and not settle for pre packaged frozen ones. I have also learned that there are a great group of ladies who are willing to go beyond and help me succeed in spite of me being guy (lol)." As of today, I am 280 lbs down from 297 when the challenge started. I have way more energy and my nagging aches and load bearing joints aren't so achy now. I will admit it wasn't easy initially, but am glad I stayed the course. The posts and tips really helped me. Thank You Dr. Brenda Bradley and H.O.P.E*

**JOY**

*"When I began this journey with you I definitely thought it would break me and I would fold under pressure but for 21-days I didn't and I seen amazing results....I know my pictures may not have shown it but my doctor told me I was over weight for my height smile emoticon 5'4 and 165 pounds I hid it well smile emoticon I knew I had lost weight because of my pant sizes started to change but I never weighed myself until today.....I am now 145 pounds!!! I have since changed my diet little to a pescaterian life style but I try to limit that as well but I am glad I met, know you and have the pleasure of calling you my Sista because you have truly changed my life because no matter what I did I wasn't loosing the weight until now....love you."*

## **TIFFANY N.**

To start, I must admit that I was a little reluctant to begin this journey of omitting all of the (what I thought) was wonderful, tasteful, scrumptious and tantalizing foods. My initial thoughts on Sunday were "I'll give up by Tuesday night because of fatigue, weakness and inability to function properly due to malnutrition.

Foiled myself! A lot of what will appear in the next few sentences will be redundant to other's experiences BUT, they are all factual! I have NEVER been so energized in my adult life. I find it very easy to locate foods/ recipes to fit my new lifestyle. Yep 😊.."New Lifestyle". I'm conscious of every ingredient I intake without feeling pressured. My family (3 young boys and a hubs) are easing their way in self willingly. I'm NEVER hungry. I often eat only because I know it's time too. And most importantly to me...I've already lost 7 lbs (non-exercising)!

So to those wondering, researching or still trying to decide if this is the right "Diet" for you...Honey, your life will be forever changed. You won't have to search for another regiment, EVER!

I'll just end by adding that this is just Day #6 of my New Healthy Lifestyle and Guess what!?!?!?

I'm loving it! Thanks 100Trillion Dr. Brenda Bradley. You're definitely one of those special 😊

## **PAMELA L.K.**

I am not just surviving, I am embracing this! My blood glucose levels have been wonderful since we started and I haven't missed my coffee or my sweets! Thanks Brenda for introducing us to this lifestyle!

## **KIWANEY S.**

Today makes 42 days of my new life change and I wouldn't go back for nothing. I now have the will power and mindset to keep the course for the rest of my life. I now try to encourage my family and friends and teach them all I've learned about good eating habits because I want them to be healthy as well. I thank God everyday now that I am food conscious and think before I put anything in my mouth.

## **MOLAKAI T.**

Good Afternoon Team!!! We made it 7 days down and 14 days to go Woo Hoo!!! The way my body feels so fresh & clean on the inside, I'm going to keep going. Hope your fridge is full of veggies & greens. Have a great day and eat those greens!!!

## **STACEY B.**

Many people look to TV personalities for healthy living and weight loss solutions, but I am so excited to say that my solution came right from Madison, AR! Thank you Dr. Brenda Bradley.

I have not had pork in 21 years and had given up beef for lent, so the journey was manageable. I have also been walking/jogging 4 to 5 times a week and have lost about 20 lbs since lent. The challenge was icing on the cake!

I am heading to pick up my B12 because I love the way I feel and the results!

## **DINA E.**

When I started the 21 day vegan challenge, I wasn't sure what to expect. And truth be told, I was reluctant to expect anything considering the 'diet' advice given by my PCP and Nutritionist did very little to get me to a reasonable weight and cholesterol level. My most recent cholesterol number - 288. I stopped eating pork years ago; I rarely ate beef but chicken, fish, and seafood was a staple. When I started removing gluten products from my diet about a year ago, I replaced them with meat, cheese, yogurt, cottage cheese and other dairy products. The more protein the better or so I believed.

Absent of expectations, here is what I hoped to get out of the 21 day vegan challenge (and results) -

- 1.) Turn my tastebuds upside down and learn to enjoy nutritious foods that I've always turned my nose up to (achieved, who knew cauliflower would become my favorite veggie - ever).
- 2.) Shed a few pounds (I lost 7 lbs in the past 21 days);
- 3.) I wanted to poop everyday without the use of laxatives (from day 4 or 5, I was regular);
- 4.) I did not want to be sluggish every morning when my alarm clock goes off (I have no problems waking up now and I feel well rested); and
- 5.) I wanted more energy to power through what are often very long days (yupppp, pretty much happened after the second week).

I've been introduced to some remarkable recipes and most will be in rotation from now on. But for me, what set this challenge apart was the advice, coaching and encouragement given by [Brenda](#). She answered all of my questions regardless of how silly they were, and it didn't matter what time (or how many) text messages I sent to her .... she always responded. She didn't even tell me to go sit down somewhere when I sent her pictures of spinach and asked was it really spinach cause I wasn't really sure.

I still walk around the grocery store and farmers market confused but not nearly as confused as I was 3 weeks ago. At least I'm not walking around with a gut full of meat and other crude that is not good for me.

Within the past 21 days, I spent time watching documentaries such as Fork over Knives, Vegucated and read plenty on veganism. Each helped me make a cognizant decision to go from vegan challenge to vegan lifestyle.

Brenda, the work you do is so much more important than I think even you know. I can't wait to get blood work at the 3 month mark and trust that I will share with you when I do.

Best wishes to the next set of challengers!! You've made the best decision that you can make for your health and wellbeing.

**ANDRIENNE A.**

I am very proud of myself for having taken this challenge. I'm so glad I did this. It has transformed my thinking and how I feel about myself. Thank you Dr. [Brenda Bradley](#) for offering this hope and thank you God for putting Joy in my path in order for me to be a part of this! I did it! Now there's no stopping me as I move forward!

**MARION H.**

21 days and I made it. Thank you Dr. Bradley for your encouragement and your coaching and especially the scrumptious recipes. I've lost 12 pounds in 21 days just eating plant-based foods, I feel healthier, make better decisions when I eat, don't have the cravings for meat, learn to love tofu, and most of all ready to continue on my own for another 21 more days. This was a challenge worth taking. Encourage others to take the challenge if you stick with it you won't be sorry you're only be healthier.

**LORRAINE W.**

Well it's a miracle to me that I have been able to change my eating habits and stick with it. I haven't eaten chicken, burgers etc. I don't miss those foods which is why I say it's a miracle for me. I am challenge to cook and become a better cook eating vegan style. Over all I'm happy when I think about the benefits from this challenge it's a wakeup call to better living going forward. To sum evert hung up I'm grateful this information was shared with me by my Sister in Christ and friend Shirley. God blessed her and now being in good association I am being blessed. My life will never be the same the light is on I see food differently, being it's here to help be a big part of keeping me healthy.



## WARNING - Unintended Consequences of the 21 Day Vegan Challenge!!

For years, I have battled extreme ankle pain and balance related issues and have seen a number of physicians as a result. My ankles have been immobilized, I've spent my fair share of time in more than one cast, I've had multiple steroid injections and spent a small fortune in physical therapy.

My major diagnoses - Sinus Tarsi Syndrome and Peroneal Tendinitis .... issues that are most commonly seen in athletes. In March, my Podiatrist suggested surgery. I declined considering my last foot surgery wasn't that successful.

What I never considered was how my carnivorous diet contributed to the inflammation and pain in my ankles. I'm not sure I connected the dots following the 21 day vegan challenge, although I noticed a difference in the amount of swelling in my ankles around the 2nd week. I have been following a vegan diet for about 8 weeks now. I am all too happy to share with you the attached picture. It speaks volumes. Not only has the inflammation disappeared, so too has the pain.

This past Sunday, I spent 9 hours with my granddaughter doing a variety of 'activities'. We went swimming (twice), played kickball and tennis and we did a lot of yoga ..... something my Podiatrist said I could no longer do. At one point she jumped on my back while I did push ups. Not a swollen or painful ankle in site. 🧘‍♀️ 🏊‍♀️ 🎾 🏓 🧘‍♀️

[Brenda Bradley](#), always know that I am your biggest fan. Well, maybe not your biggest/biggest considering I now have skinny ankles 😊

