

Do you drink diet soda?

- One of the first videos I made when I started Eating Fat is the New Skinny was title my biggest mistake over 20 years.
- That mistake was I drank a lot of diet pop.
 - I was told it has zero calories and can curb your appetite: Lies! All Lies!
 - Well, maybe it does have zero calories. I'm not a scientist, so I cannot determine if that is true or not, but it definitely does not curb your appetite.
 - If anything, it is making you hungrier.
- If you say, well that's not me.
 - Yep. I thought that's not me too until I stopped drinking it for good.
 - I never noticed how it made me hypoglycemic until I stopped drinking it.
- If you read The Lazy Keto Gourmet, which was released this week
 - I added a story about how my first boyfriend was obsessed with diet pop.
 - He drank at least a case everyday. Now I cringe at all of the chemicals he was taking in!
- I started drinking diet pop...and it was the worst thing I could have done.
 - That was one of the things that shoved me right into a yo-yo diet rollercoaster for more than 20 years.
 - I had headaches daily for many years. Magically many of those cleared up once I got off the diet pop.
- Right now I am working hard and paying a lot of money to work on my gut health.
 - After doing my own research - those artificial sweeteners are probably one of the biggest components of screwing up my gut health.
- I don't drink them and I won't ever go back to them.
- But that's me....others drink them and they live the life they want.

Get on the list! Early bird registration is filling up. [Click to learn more.](#)

