

# Stuck No More



“I was stuck at 300 pounds,” says Kris Langstaff. He’s a former radio spokesperson in Bellefontaine, OH. He watched as one of his co-workers lost 250 pounds on Plan Z, but still couldn’t imagine it would work for him. You can see that it did. Listen to his story about how fast he dropped 74 pounds and how much better he feels.

Kris umpires women’s softball. His knees would ache after a game or two. Not anymore. He’s sleeping better. And the GERD is gone. No more drinking two bottles of Milk of Magnesia per week. He hesitated starting on Plan Z, but now he has no hesitation telling his listeners and friends to get on it.

*This interview took place when Kris was down 49 pounds:*

*Take care of yourself. We only get one shot. Our bodies get used to what we feed them. There’s an old computer programming lingo phrase that says, garbage in, garbage out. If you don’t take care of your body and feed it stuff that it’s not supposed to have, then sooner or later it’s going to start breaking down. I look at it like this, I was given a second chance. I’ve lost the weight and I’ll do what I can to help people see that they don’t have to live this way.*

*I thought I was stuck. I was 52 years old, 300 pounds, I was a heart attack waiting to happen...[but] you're never too far gone to come back.*