

## He Lost More Than 100 Pounds On The Keto Diet!

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1

Dàjiā hǎo, huānyíng láidào Mandarin Corner! Wǒ shì Eileen.

大家好，欢迎来到Mandarin Corner！我是Eileen。

Hi, everyone! Welcome to Mandarin Corner! I am Eileen.

2

Shàngcì ne wǒmen yāoqǐng le Austin

上次呢我们邀请了Austin

Last time, we invited Austin

3

lái gēn wǒmen fēnxiǎng tā zài Zhōngguó de shēnghuó jīnglì.

## He Lost More Than 100 Pounds On The Keto Diet!

来跟我们分享他在中国的生活经历。

to share his experience of living in China.

4

Rúguǒ nǐ kàn le shàngge shìpín dehuà,

如果你看了上个视频的话，

If you have seen that video,

5

nà nǐ yīnggāi zhīdào xiāngbǐ yī nián qián de tā,

那你应该知道相比一年前的他，

you should probably know that compared to how he was a year ago,

6

xiànzài de Austin jiǎnzhí shì liǎng gè rén,

现在的Austin简直是两个人，

he's a different person now,

7

wánquán bùtóng de liǎng gè rén.

完全不同的两个人。

a completely different person.

8

Yīnwèi tā jiǎnféi chénggōng le,

因为他减肥成功了，

Because he had successfully lost weight

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9

érqiě shì zài xiāngduì bǐjiào duǎn de shíjiān nèi wánchéng de.

而且是在相对比较短的时间内完成的。

and it was done in a relatively short period of time.

10

Nà tā dào dǐ yòng de shì shénme fāngfǎ ne?

那他到底用的是什么呢？

So, what methods did he use

11

Yòu shì shénme jīlì le tā kāishǐ jiǎnféi ne?

又是什么激励了他开始减肥呢？

and what motivated him to lose weight?

12

Xiàmiàn jiù lái tīngtīng Austin de fēnxiǎng ba!

下面就来听听Austin的分享吧！

Now, let's see what Austin has to share!

13

Shǒuxiān rúguǒ nǐ bù jièyì dehuà,

首先如果你不介意的话，

First, if you don't mind,

14

## He Lost More Than 100 Pounds On The Keto Diet!

wèn yīxià nǐ xiànzài de tǐzhòng shì duōshao?

问一下你现在的体重是多少？

what is your weight now?

15

Xiànzài de tǐzhòng shì bāshí èr gōngjīn.

现在的体重是八十二公斤。

I currently weight 82kg (about 180 pounds).

16

Zài nǐ zuì pàng de shíhou shì duōshao?

在你最胖的时候是多少？

What was it when you were at your heaviest weight?

17

Yī bǎi èrshí liù gōngjīn

一百二十六公斤

126kg (about 277 pounds).

18

Nà nǐ zǒnggòng jiǎn le duōshao?

那你总共减了多少？

So, what was the total amount you lost?

19

Sì shí liù gōngjīn

四十六公斤

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46kg (101 pounds).

20

Wǒ chàbùduō jiùshì sì shí liù gōngjīn, nǐ jiǎndiào le yī gè wǒ!

我差不多就是四十六公斤，你减掉了一个我！

I weight about 46kg. You lost my entire weight!

21

Duōjiǔ? Dàgài yòng le duōjiǔ?

多久？大概用了多久？

How long? Roughly, how long did it take you?

22

Yīnggāi shí·yī gè yuè zuǒyòu

应该十一个月左右

Probably, about 11 months.

23

Yī nián bùdào | Duì!

一年不到 | 对！

Less than a year. | Right!

24

Nǐ shì cóngxiǎo jiù... tǐzhòng jiù chāobiāo le ma?

你是从小就... 体重就超标了吗？

Were you overweight since you were a child?

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25

Háishi shuō dào le dàxué de shíhou cái kāishǐ?

还是说到了大学的时候才开始?

Or did it start when you were in university?

26

Cóngxiǎo

从小

Since I was a child.

27

Jǐsuì? | Jiǔ suì, shí suì zuǒyòu

几岁? | 九岁、十岁左右

How old? | About nine or ten years old.

28

Nǐ juéde nǐ wèishénme huì fāpàng ne?

你觉得你为什么会发胖呢?

Why do you think that you got fat?

29

Yīnggāi shì wǒ de shēnghuófāngshì,

应该是我的生活方式,

Probably because of my lifestyle.

30

bǐrú shuō wǒ xiàkè de shíhou, huíjiā de shíhou,

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比如说我下课的时候、回家的时候，

For example, when I finished school and went home,

31

wǒ měitiān huì qù chāoshì, biànlìdiàn mǎi yī gè yǐnliào, yī gè...

我每天会去超市、便利店买一个饮料，一个...

I would go to a supermarket or a convenient store every day to buy drinks,

32

huòzhě mǎi língshí, mǎi shǔpiàn huòzhě Shìlìjià, qiǎokèlì zhèzhǒng

或者买零食、买薯片或者士力架、巧克力这种

snacks, chips, Snickers, or chocolates.

33

Měitiān dōu chī?

每天都吃？

Every day?

34

Duì, suǒyǐ wǒ zhǎng pàng le!

对，所以我长胖了！

Right. That's why I became fat!

35

érqiě wǒ xiǎoshíhou bù xǐhuan yùndòng,

而且我小时候不喜欢运动，

Also, when I was young, I didn't like doing sports,

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36

bù xǐhuan lánqiú, zúqiú, bàngqiú zhèzhǒng de yùndòng,

不喜欢篮球、足球、棒球这种的运动，

such as basketball, soccer and baseball.

37

wǒ yě bù xǐhuan duànliàn.

我也不喜欢锻炼。

I didn't like exercising.

38

Jiùshì nǐ jiārén, bǐrú shuō nǐ bàba bùhuì shuō

就是你家人，比如说你爸爸不会说

Did your family, for example your father, tell you:

39

Àosītīng, nǐ xiànzài tài pàng le!

奥斯汀，你现在太胖了！

"Austin, you're too fat now!

40

Bùyào zài chī le!

不要再吃了！

Stop eating!"

41



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Huìbùhuì zhèyàng gēn nǐ shuō?

会不会这样跟你说？

Would they say this to you?

42

Tāmen zhèyàng shuō le, dànshì wǒ méi tīng tāmen le.

他们这样说了，但是我没听他们了。

They did, but I didn't listen to them.

43

Nà tāmen huìbùhuì bù gěi nǐ língqián? Jiù línghuāqián mǎi língshí

那他们会不会不给你零钱？就零花钱买零食

Didn't they stop giving you allowance for snacks?

44

Tāmen yǒushíhou bù gěi wǒ,

他们有时候不给我，

Sometimes, they didn't.

45

dànshì rúguǒ nǐ xiǎng mǎi língshí dehuà,

但是如果你想买零食的话，

But if you really want to buy snacks,

46

nǐ huì zhǎodào yī gè fāngfǎ.

你会找到一个方法。

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you will find a way.

47

Zài nǐ xiǎode shíhou nǐ zhīdào zìjǐ jiùshì gēn biéde háizi bù yīyàng ma?

在你小的时候你知道自己就是跟别的孩子不一样吗？

When you were a child, did you know that you were different from others?

48

Gēn wǒ de péngyou chàbuduō ba, wǒmen dōu xǐhuan chī língshí.

跟我的朋友差不多吧，我们都喜欢吃零食。

I was about the same as my friends because we all liked eating snacks.

49

Dànshì tāmen dōu xǐhuan yùndòng, wǒ bù xǐhuan yùndòng,

但是他们都喜欢运动，我不喜欢运动，

But they liked doing sports and I didn't

50

nà shì zuì dà de chābié, qūbié.

那是最大的差别、区别。

which was the biggest difference.

51

Suǒyǐ tāmen bù pàng?

所以他们不胖？

So, they were not fat?

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52

Duì, wǒ de yīxiē péngyou pàng le, wǒ de yīxiē...

对，我的一些朋友胖了，我的一些...

Right. Some of my friends were, some...

53

wǒ dàbùfen de péngyou méi pàng le.

我大部分的朋友没胖了。

Most of my friends were not fat.

54

Zài nǐ xiǎode shíhou nǐ yǒuyìshí shuō,

在你小的时候你有意识说，

When you were a child, did you know

55

jiùshì zhīdào zìjǐ hǎoxiàng yǒudiǎn pàng ma?

就是知道自己好像有点胖吗？

that you were fat

56

Zhīdào zhège bùhǎo ma?

知道这个不好吗？

and that it was not good?

57

Wǒ zhīdào zhège bùhǎo, dànshì...

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我知道这个不好，但是...

I knew that it wasn't good, but...

58

Kòngzhì bùzhù? | Duì, kòngzhì bùzhù

控制不住? | 对，控制不住

You couldn't control yourself? | Right, I couldn't.

59

Háiyǒu wǒ shì xiǎohái,

还有我是小孩，

Also, I was a kid

60

wǒ méiyǒu zhēnzhèng de kǎolǜ guò zhège huì yǒu shénme xiàoguǒ.

我没有真正的考虑过这个会有什么效果。

and I never truly considered the results.

61

Huì yǒu shénme wèntí

会有什么问题

(By "results", you mean) whether or not it will be a problem.

62

Nà tā yǒu méiyǒu gěi nǐ de jiànkāng dàilái shénme yǐngxiǎng?

那它有没有给你的健康带来什么影响?

Did it bring any negative effects to your health?

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63

Bǐrú shuō wǒ èrshí jǐ suì de shíhou,

比如说我二十几岁的时候，

When I was over 20 years old,

64

nàge wèntí zhōngyú chūxiàn le.

那个问题终于出现了。

problems finally occurred.

65

Bǐrú shuō wǒ bàba, wǒ yéye dé le tòngfēng,

比如说我爸爸、我爷爷得了痛风，

For example, my father and grandfather both had arthritis

66

suǒyǐ wǒ yě dé le tòngfēng.

所以我也得了痛风。

and so did I.

67

Tòngfēng shì zhǐ xīgài téng ma?

痛风是指膝盖疼吗？

Does it mean that you get pain in your knees?

68

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Tòngfēng shì guānyú nǐ de niào suān de wèntí.

痛风是关于你的尿酸的问题。

Arthritis is related to problems with uric acid.

69

Rúguǒ nǐ yǒu zhèzhǒng de wèntí dehuà,

如果你有这种的问题的话，

If you have this kind of problem,

70

rúguǒ nǐ niào suān tài gāo dehuà,

如果你尿酸太高的话，

your uric acid level is high,

71

huì zài nǐ de gǔtōu lǐmiàn,

会在你的骨头里面，

your bones

72

nǐ de guānjié lǐmiàn huì fēicháng fēicháng de téng.

你的关节里面会非常非常的疼。

and your joints will be very painful.

73

Dàbùfen shì zài nǐ de jiǎo lǐmiàn,

大部分是在你的脚里面，

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The majority of pain is in your feet.

74

nǐ bùnéng zǒulù, yīnwèi tài tòng le.

你不能走路，因为太痛了。

You can't walk because it's too painful.

75

Suǒyǐ wǒ dé le tòngfēng, wǒ dé le gāoxuèyā, wǒ...

所以我得了痛风，我得了高血压，我...

So, I had arthritis and high blood pressure. I...

76

èrshí suì jiù yǒu gāoxuèyā ya?

二十岁就有高血压呀？

You were only 20 years old and you had high blood pressure?

77

Duì, èrshí jǐ suì, èrshí sān suì

对，二十几岁，二十三岁

Yes, I was 23 years old.

78

Dú dàxué de shíhou?

读大学的时候？

That's when you were in university?

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79

Wǒ huí Zhōngguó de shíhòu, èr líng yī sān nián, èr líng yī èr nián zuǒyòu.

我回中国的时候，2013年、2012年左右。

When I returned to China, it was about 2012, 2013.

80

Wǒ dāngshí zhīdào rúguǒ wǒ jìxù zhèyàng de shēnghuó,

我当时知道如果我继续这样的生活，

At that time, I knew that if I continued to live like that,

81

wǒ huì dé tángniàobìng,

我会得糖尿病，

I would get diabetes

82

yīnwèi wǒ quán jiā rén dōu yǒu tángniàobìng.

因为我全家人都有糖尿病。

because my entire family has diabetes.

83

Kěshì nǐ bàba bù pàng a!

可是你爸爸不胖啊！

But you father isn't overweight!

84

Wǒ bàba hái méiyǒu,



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我爸爸还没有，

My father doesn't have it yet.

85

dànshì wǒ yéye, wǒ nǎinai, wǒ de jiùjiu,

但是我爷爷、我奶奶、我的舅舅，

However, my grandpa, grandma, uncle,

86

wǒ de suǒyǒu de jiārén dōu yǒu tángniàobìng.

我的所有的家人都有糖尿病。

(almost) everyone in my family has diabetes.

87

Tāmen shìbùshì yǐnshí yě shì bùzěnxī jiànkāng,

他们是不是饮食也是不怎么健康，

Is it also because they have an unhealthy diet

88

suǒyǐ cái huì yǒu zhège wèntí? | Duì

所以才会有这个问题？ | 对

and it resulted in this problem? | Yes.

89

Zài nǐ xiǎode shíhou yǒu méiyǒu yīnwèi féipàng

在你小的时候有没有因为肥胖

When you were a kid, did being overweight

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90

ér gěi nǐ dài lái shén me xīn lǐ de yǐng xiǎng?

而给你带来什么心理的影响?

cause you any (negative) psychological problems?

91

Bǐ rú shuō yǒu méi yǒu tóng xué cháo xiào nǐ a?

比如说有没有同学嘲笑你啊?

For example, did you classmates make fun of you?

92

Méi yǒu tóng xué cháo xiào wǒ, shì wǒ cháo xiào zì jǐ.

没有同学嘲笑我，是我嘲笑自己。

No, my classmates didn't. I made fun of myself.

93

Bǐ rú shuō wǒ lǎn duò lǎo wài nà ge wǎng luò míng zì,

比如说我懒惰老外那个网络名字，

For example, my username on the internet is "Lazy Foreigner"

94

pàng lǎo wài de wǎng luò míng zì.

胖老外的网络名字。

and "Fat Foreigner".

95

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Wǒ bùxiǎng biéren jiào wǒ: “āi, pàngzi lái le!”

我不想别人叫我：“唉，胖子来了！”

I didn't want other people to say to me: “Look! The fat guy is here!”

96

Suǒyǐ wǒ zìjǐ huì shuō, āi! Pàngzi lái le! Wǒmen...

所以我自己会说，唉！胖子来了！我们...

So, I said it myself: “Here is the fat guy!”

97

Wǒ huì cháoxiào zìjǐ.

我会嘲笑自己。

I would make fun of myself.

98

Yǒu méiyǒu rén jiùshì píngjià guò nǐ de shēncái?

有没有人就是评价过你的身材？

Did people comment on your body?

99

Hǎoxiàng měitiān

好像每天

It seems it happened every day!

100

Tèbié shì zài Lánzhōu de shíhou, huì yǒu yī gè xiǎohái,

特别是在兰州的时候，会有一个小孩，

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Especially when I was in Lanzhou, a kid might say:

101

Wāsāi! Tā nàme pàng a!

哇塞！他那么胖啊！

“Wow! He’s so fat!

102

Nǐ kàn... wa! Yī gè pàng lǎowài!

你看... 哇！一个胖老外！

Look! Wow! A fat foreigner!”

103

Mòshēng de xiǎohái ma? | Duì

陌生的小孩吗？ | 对

Kids you didn’t know? | Yes.

104

Háiyǒu lǎoniánrén, tāmen dōu shuō

还有老年人， 他们都说

Also, older people would say:

105

āiyā! Nǐ tài pàng le, nǐ yīnggāi jiǎnféi!

哎呀！你太胖了，你应该减肥！

“You’re too fat! You should try to lose weight!”

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106

Rúguǒ wǒ qù yīyuàn jiǎnchá dehuà,

如果我去医院检查的话，

If I went to a hospital to get a medical check

107

tāmen huì jiǎnchá wǒ de xuèyā, huòzhě tāmen huì yòng nàge...

他们会检查我的血压，或者他们会用那个...

and when they checked my blood pressure, they would use that...

108

Nàge liáng xuèyā de

那个量血压的

The thing for measuring your blood pressure.

109

Nàge bùnéng lián, yīnwèi wǒ de shǒubì tài cū le.

那个不能连，因为我的手臂太粗了。

They wouldn't be able to wrap it around my arm because it was too big.

110

Tāmen shuō, āiyā! Nǐ yào jiǎnféi!

他们说，哎呀！你要减肥！

They would say: "Aiya! You need to lose weight!"

111

Nǐ tài pàng le!

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你太胖了！

You're too fat!"

112

Tāmen huì shēngqì de.

他们会生气的。

They would get angry.

113

Shì ma? Tāmen huì shēngqì?

是吗？他们会生气？

Really? They would get angry?

114

Duì, tāmen hǎo fán!

对，他们好烦！

Yes. They were so annoying!

115

Jiùshì zài nà duàn shíjiān yǒu méiyǒu xiǎng guò jiǎnféi?

就是在那段时间有没有想过减肥？

During that period, did you think about losing weight,

116

Dāng biéren gēn nǐ shuō nǐ yīnggāi jiǎnféi le

当别人跟你说你应该减肥了

when people told you that you should?

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117

Wǒ xiǎng guò, dànshì wǒ méiyǒu nàme duō de jìlǜ.

我想过，但是我没有那么多的纪律。

I did. But I didn't have enough discipline.

118

Méiyǒu nàme duō jīnglì gēn shíjiān

没有那么多精力跟时间

You didn't have enough time and energy.

119

Dànshì yǒu méiyǒu xiǎng guò shāowēi gǎibiàn yīxià

但是有没有想过稍微改变一下

But did you think about slightly

120

zìjǐ de yǐnshí, huòzhě shì?

自己的饮食，或者是？

changing your diet or... ?

121

Duì, wǒ xiǎng guò, wǒ shì guò,

对，我想过、我试过，

Yes, I thought about it and I tried.

122

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dànshì wǒ méiyǒu nàme nǔlì

但是我没有那么努力

However, I didn't try very hard.

123

shǎo yīdiǎn chī língshí

少一点吃零食

I just ate less snacks

124

huòzhě shǎo yīdiǎn hē yǐnliào, zhèzhǒng de dōngxi.

或者少一点喝饮料，这种的东西。

or drank less beverages, things like this.

125

Dànshì méiyǒushénme xiàoguǒ, suǒyǐ wǒ fàngqì le.

但是没有什么效果，所以我放弃了。

But it didn't work. So, I gave up.

126

Lái Zhōngguó zhīhòu yǒu méiyǒu shòu yīdiǎn?

来中国之后有没有瘦一点？

Did you get a little bit slimmer after you came to China?

127

Wǒ shòu le bǐjiào duō, dànshì wǒ bù zhīdào wǒ shòu le duōshao.

我瘦了比较多，但是我不知道我瘦了多少。



## He Lost More Than 100 Pounds On The Keto Diet!

I did, a lot. But I don't know how much.

128

Duì, yīnwèi wǒ dāngshí wǒ chī bǐjiào jiǎndān de dōngxi,

对，因为我当时我吃比较简单的东西，

Because at that time, I ate simple food

129

háiyǒu bù hē nàge yǐnliào.

还有不喝那个饮料。

and I didn't drink any beverages.

130

Wǒ měicì yǒu jīhuì wǒ huì qù wàimiàn wán fēipán huòzhě páshān,

我每次有机会我会去外面玩飞盘或者爬山，

When I had the chance, I would go out to play frisbee, hike,

131

huòzhě qù gōngyuán zǒulù

或者去公园走路

walk in a park

132

huòzhě guàngjiē zhèzhǒng de bǐjiào active lifestyle

或者逛街这种的比较active lifestyle

or on the street. (I kept) an active lifestyle.

## He Lost More Than 100 Pounds On The Keto Diet!

133

Bǐjiào cháng yùndòng

比较常运动

You exercised more.

134

Qíshí hěn duō rén rènwéi Zhōngguó rén zhīsuǒyǐ shòu

其实很多人认为中国人之所以瘦

Actually, many people think that the reason Chinese are slim

135

shì yīnwèi wǒmen de yǐnshí,

是因为我们的饮食，

is because of our diet.

136

yīnwèi wǒmen kěnéng chī de bǐjiào duō shūcài, ránhòu chī mǐfàn,

因为我们可能吃的比较多蔬菜，然后吃米饭，

We might eat more vegetables and rice.

137

dànshì wǒ bù zhīdào nàge huìbùhuì ràng nǐ shòu.

但是我不知道那个会不会让你瘦。

But I don't know if (eating rice) will help you stay slim.

138

Nǐ juéde zhèyàng de yǐnshí suàn jiànkāng ma?

## He Lost More Than 100 Pounds On The Keto Diet!

你觉得这样的饮食算健康吗？

Do you think that this kind of diet is healthy

139

Huì ràng nǐ shòu ma?

会让你瘦吗？

and will make you slimmer?

140

Wǒ bù tài zhīdào.

我不太知道。

I am not sure.

141

Yīnwèi wǒ zhīdào wǒmen de lìshǐ hé wénhuà bù yīyàng,

因为我知道我们的历史和文化不一样，

I know that our history and culture are different

142

suǒyǐ wǒmen de shēntǐ yǒukěnéng shì bù yīyàng de.

所以我们的身体有可能是不一样的。

and so, our bodies might be different.

143

Nǐ shuō jīyīn shì ma?

你说基因是吗？

You mean genes?

## He Lost More Than 100 Pounds On The Keto Diet!

144

Wǒmen de jīyīn, duì, jīyīn

我们的基因，对，基因

Right, our genes.

145

Háiyǒu nǐmen yǒu yī gè hěn cháng de shíjiān,

还有你们有一个很长的时间，

Also, you guys, for a long time,

146

jǐ bǎi nián jǐ qiān nián dōu zhèyàng chī,

几百年几千年都这样吃，

hundreds or thousands of years, have been eating like this.

147

jīyīn yǒukěnéng gǎibiàn le, nǐmen de shēntǐ gǎibiàn le.

基因有可能改变了，你们的身体改变了。

Perhaps, you people's genes and bodies have changed.

148

Gēn wǒmen bù yíyàng, suǒyǐ yǒukěnéng shì zhèyàng.

跟我们不一样，所以有可能是这样。

And, you guys are different from us. That might be why.

149

## He Lost More Than 100 Pounds On The Keto Diet!

Nǐ zhǎngdà le zhīhòu, nǐ zài Měiguó (de) yībān chī shénme?

你长大了之后，你在美国(的)一般吃什么？

When you grew older, what did you eat in general in the U.S.?

150

Jiùshì nǐ de yǐnshí shì zěnmeyàng de?

就是你的饮食是怎么样的？

How was your diet?

151

Suíbiàn chī! Wǒ méiyǒu yī gè jùtǐ de jìyì.

随便吃！我没有一个具体的记忆。

I ate whatever I wanted. I don't have a specific memory.

152

Jīngcháng chī pīsà shénmede ma?

经常吃披萨什么的吗？

Did you often eat things like pizza?

153

Jīngcháng chī kuàicān huòzhě pīsà,

经常吃快餐或者披萨，

I often ate fast food, pizza,

154

huòzhě wǒ fùmǔ gěi wǒ zuò de fàn,

或者我父母给我做的饭，

## He Lost More Than 100 Pounds On The Keto Diet!

food my parents cooked for me,

155

huòzhě wǒ zìjǐ zuò de fàn.

或者我自己做的饭。

or food I cooked myself.

156

Qíshí nǐ gānggang jiǎng, nǐ shuō Zhōngguó rén

其实你刚刚讲，你说中国人

You said that Chinese

157

yǒukěnéng shì yīnwèi jīyīn de wèntí bù róngyì fāpàng,

有可能是因为基因的问题不容易发胖，

do not easily get fat, maybe because of our genes.

158

dànshì xiànzài Zhōngguó rén yě mànman kāishǐ chī

但是现在中国人也慢慢开始吃

But nowadays, Chinese have also slowly started to eat

159

Màidāngláo, Kěndéjī zhèxiē jiùshì Xīfāng guòlái de kuàicān,

麦当劳、肯德基这些就是西方过来的快餐，

fast food from the west, such as McDonald's or KFC.

## He Lost More Than 100 Pounds On The Keto Diet!

160

nǐ juéde xiànzài de Zhōngguó rén

你觉得现在的中国人

Do you think that Chinese

161

yǒu méiyǒu bǐ yǐqián de yào pàng yīdiǎndiǎn? Xiàng xiǎoháizi

有没有比以前的要胖一点点？像小孩子

are becoming fatter compared to before? For example, Chinese kids.

162

Duì, dāngrán le

对，当然了

Yes, sure.

163

Yuè lái yuè duō de háizi yī zhí zài lǐ miàn xué xí,

越来越多的孩子一直在里面学习，

More and more kids are studying indoor

164

tā men bù qù wài miàn zuò yùn dòng.

他们不去外面做运动。

and they do not go out to do sports.

165

Duì, tā men yī zhí zài xué xí... nà ge shì yī ge yīn sù

## He Lost More Than 100 Pounds On The Keto Diet!

对，他们一直在学习... 那个是一个因素

Constantly studying (indoor) is one reason.

166

Dì'èr gè yīnsù yǒukěnéng shì zhègè yǐnshí de wèntí,

第二个因素有可能是这个饮食的问题，

The second one might be because their diet

167

nàgè gǎibiàn le

那个改变了

has changed.

168

Zhōngguó rén zhīqián bù chī zhèzhǒng de kuàicān,

中国人之前不吃这种的快餐，

Before, Chinese people didn't eat fast food,

169

xiànzài chī de bǐjiào duō.

现在吃的比较多。

but they now do, a lot.

170

Língshí yě duō | Duì

零食也多 | 对

More snacks too. | Right.



## He Lost More Than 100 Pounds On The Keto Diet!

171

Nǐ dì'èrcì huí dào Zhōngguó de shíhòu,

你第二次回到中国的时候，

When you returned to China for the second time,

172

jiùshì zài nǐ kāishǐ jiǎnféi zhīqián

就是在你开始减肥之前

which was before you started trying to lose weight,

173

huì jīngcháng hē zhèxiē tián de yǐnliào ma? | Duì

会经常喝这些甜的饮料吗？ | 对

would you drink sweet drinks often? | Yes.

174

Nǐ hē shuǐ ma? Nǐ hē kāishuǐ ma?

你喝水吗？你喝开水吗？

Would you drink hot water?

175

Wǒ hē kāishuǐ, duì

我喝开水，对

I would.

176

## He Lost More Than 100 Pounds On The Keto Diet!

Dōngtiān de shíhou hē kāishuǐ.

冬天的时候喝开水。

I would drink hot water in wintertime.

177

Jiùshì xiàng zhèzhǒng de báishuǐ, bùshì yǐnliào.

就是像这种的白水，不是饮料。

I meant plain water like this and not beverages.

178

Báishuǐ wǒ bǐjiào xǐhuan hē, yīnwèi jiǎndān de, hěn piányi.

白水我比较喜欢喝，因为简单的，很便宜。

I like plain water because it's simple and cheap.

179

Zài èr líng yī èr nián de shíhou nǐ zuò guò yī gè shìpín,

在2012年的时候你做过一个视频，

In 2012, you made a video

180

nǐ yǒu tídao guò shuō nǐ xiǎngyào jiǎnféi,

你有提到过说你想要减肥，

and you mentioned that you wanted to lose weight,

181

ránhòu zài nà zhīhòu yǒu méiyǒu chángshì guò?

然后在那之后有没有尝试过？

## He Lost More Than 100 Pounds On The Keto Diet!

did you try it afterwards?

182

Wǒ méiyǒu nǔlì guò jiǎnféi, wǒ zhīqián...

我没有努力过减肥，我之前...

I didn't try really hard. Before, I...

183

Wǒ gāngcái shuō wǒ shǎo hē diǎn yǐnliào,

我刚才说我少喝点饮料，

I just said that I would drink less

184

shǎo diǎn chī língshí, dànshì...

少点吃零食，但是...

and ate less snacks, but...

185

duō yīdiǎn yùndòng, dànshì méiyǒu hěn dà de xiàoguǒ,

多一点运动，但是没有很大的效果，

Also, I did more exercise. But it didn't work very well.

186

suǒyǐ wǒ fàngqì le.

所以我放弃了。

So, I gave up.

## He Lost More Than 100 Pounds On The Keto Diet!

187

Zhè jiùshì wǒ de shēnghuó, fàngqì le.

这就是我的生活，放弃了。

"This is my life! I just give up!"

188

Nǐ nàge shíhou huì tī zúqiú ma?

你那个时候会踢足球吗？

Did you play soccer at that time?

189

Zhīqián méiyǒu, wǒ xǐhuan kàn zúqiú

之前没有，我喜欢看足球

Before, no. I just liked watching soccer.

190

wǒ yīzhí xǐhuan kàn zúqiú, dànshì wǒ méi...

我一直喜欢看足球，但是我没...

I always liked watching soccer, but I didn't...

191

Méiyǒu qù tī? | Duì

没有去踢？ | 对

You didn't play it? | Right.

192

Xiǎng tī ma nàhuìr?

## He Lost More Than 100 Pounds On The Keto Diet!

想踢吗那会儿？

Did you want to play it at that time?

193

Xiǎng tī, dànshì wǒ dāngshí de xiǎngfǎ shì, nǐ tài pàng le!

想踢，但是我当时的想法是，你太胖了！

Yes. But my thought was: "I am too fat!"

194

nǐ bùnéng, nǐ qiānwàn bùyào,

你不能，你千万不要，

I can't do it! Definitely not!

195

yīnwèi nǐ yǒukěnéng huì bèi shānghài.

因为你有可能被伤害。

Because I might get harmed."

196

Huì shòushāng | Duì

会受伤 | 对

You would get injured. | Yes.

197

Rúguǒ shuō nǐ zài pàng de qíngkuàng xià qù tī zúqiú

如果说你在胖的情况下去踢足球

If you played soccer when you were overweight,

## He Lost More Than 100 Pounds On The Keto Diet!

198

huì shòushāng ma?

会受伤吗?

would you get injured?

199

Yǒukěnéng, yīnwèi tī zúqiú shì fēicháng fēicháng de...

有可能，因为踢足球是非常非常的...

Possibly, because playing soccer is a very...

200

Jùliè de yùndòng

剧烈的运动

Intense sport?

201

Duì, suǒyǐ rúguǒ nǐ méi xíguàn dehuà,

对，所以如果你没习惯的话，

Right. So, if you're not used to it

202

rúguǒ nǐ méiyǒu mànmanlái tígāo nǐ de shuǐpíng, nǐ de jiànkāng dehuà

如果你没有慢慢来提高你的水平，你的健康的话

and you don't slowly improve your level (of fitness) and your health,

203

## He Lost More Than 100 Pounds On The Keto Diet!

nǐ yǒukěnéng huì shòushāng.

你有可能受伤。

you might get injured.

204

Suǒyǐ shìbùshì tī zúqiú

所以是不是踢足球

So, was the desire for playing soccer

205

yě shì nǐ xiǎngyào jiǎnféi de qízhōng yī gè yuányīn? | Duì

也是你想要减肥的其中一个原因? | 对

also one of the reasons you wanted to lose weight? | Yes.

206

Nǐ shì cóng èr líng yī jiǔ nián de shíhou kāishǐ jiǎnféi de, shìbùshì?

你是从2019年的时候开始减肥的，是不是?

You started to lose weight in 2019, right?

207

Shì shénme ràng nǐ xiàdìngjuéxīn kāishǐ jiǎnféi?

是什么让你下定决心开始减肥?

What made you decide to start losing weight?

208

Shì yīnwèi wǒ de jiànkāng de wèntí yuèláiyuè duō,

是因为我的健康的问题越来越多，

## He Lost More Than 100 Pounds On The Keto Diet!

Because I got more and more health problems

209

yuèlái yuè yánzhòng.

越来越严重。

and they were getting more and more serious.

210

Wǒ měitiān qǐchuáng de shíhou, měitiān qǐlái de shíhou,

我每天起床的时候，每天起来的时候，

Every day, I would wake up

211

wǒ de gǎnjué shì bùhǎo, yīnwèi wǒ shuìmián bùhǎo,

我的感觉是不好，因为我睡眠不好，

not feeling good because my sleep was not good.

212

háiyǒu wǒ měitiān méiyǒu nàme jīngshén.

还有我每天没有那么精神。

Also, I didn't have energy.

213

Wǒ huì yǒu zhège tòngfēng de wèntí, zhège gāoxuèyā de wèntí.

我会有这个痛风的问题，这个高血压的问题。

I had arthritis and high blood pressure.



## He Lost More Than 100 Pounds On The Keto Diet!

214

Wǒ de xiōngbù huì yǒudiǎn téng, yǒushíhòu huì yǒudiǎn téng,

我的胸部会有点疼，有时候会有点疼，

My chest would hurt sometimes.

215

érqiě wǒ dé le xiàochuǎn, guòmǐnxìng xiàochuǎn!

而且我得了哮喘，过敏性哮喘！

In addition, I had asthma.

216

Háiyǒu hěnduō hěnduō de wèntí!

还有很多很多的问题！

There were many more problems.

217

Wǒ duì wǒ zìjǐ shuō, nǐ xūyào gǎibiàn nǐ de shēnghuófāngshì,

我对我自己说，你需要改变你的生活方式，

So, I said to myself: "You need to change your lifestyle

218

nǐ xūyào jiǎnféi!

你需要减肥！

and you need to lose weight!

219

Zhègè shì yī gè tài dà de wèntí, nǐ tài niánqīng le!

## He Lost More Than 100 Pounds On The Keto Diet!

这个是一个太大的问题，你太年轻了！

This is a big problem and you're still very young!

220

Nǐ èrshí jiǔ suì, èrshí bā suì,

你二十九岁、二十八岁，

You're only 28, 29

221

nǐ bù yīnggāi yǒu zhèzhǒng wèntí.

你不应该有这种问题。

and you shouldn't have these kinds of problems.”

222

Duì, zhèxiē qíshí dōu shì... dōu bù yīnggāi shì fāshēng zài

对，这些其实都是... 都不应该是发生在

Right. These shouldn't happen

223

yī gè èrshí jiǔ suì de niánqīngrén shēnshang.

一个二十九岁的年轻人身上。

to a person that is 29 years old.

224

Zhè shì yī gè wǔshí duō suì de rén de wèntí!

这是一个五十多岁的人的问题！

It should be the problem of a 50-year-old.

## He Lost More Than 100 Pounds On The Keto Diet!

225

Yǒukěnéng, duì!

有可能，对！

Possibly, right.

226

Nàme zài nǐ juéding jiǎnféi de shíhou,

那么在你决定减肥的时候，

When you decided to lose weight,

227

nǐ yǒu gàosu nǐ jiārén huòzhě shì nǐ de lǎopó ma?

你有告诉你家人或者是你的老婆吗？

did you tell your family or your wife?

228

Wǒ gàosu wǒ lǎopó le, dànshì biéde rén...

我告诉我老婆了，但是别的人...

I told my wife, but other people...

229

Wèishénme yào gàosu tāmen?

为什么要告诉他们？

Why should I tell other people?

230

## He Lost More Than 100 Pounds On The Keto Diet!

Rúguǒ wǒ shībài dehuà, rúguǒ wǒ fàngqì dehuà, wǒ...

如果我失败的话，如果我放弃的话，我...

If I fail or I give up, I...

231

Hǎo diū rén

好丢人

That would be embarrassing!

232

Duì, suǒyǐ wǒ gěi wǒ lǎopó shuō

对，所以我给我老婆说

Right. So, I just told my wife

233

ránhòu zài wǎngluò shàng zuò le yīxiē yánjiū,

然后在网络上做了一些研究，

and did some research on the internet

234

kàn le nǎyīge fāngfǎ shì zuì róngyì de, zuì hǎo de, zuì kuài de.

看了哪一个方法是最容易的，最好的，最快的。

to see which method would be the easiest, best and fastest.

235

Tā shì shénme fǎnyìng, dāng tā zhīdào nǐ yào jiǎnféi de shíhou?

她是什么反应，当她知道你要减肥的时候？

## He Lost More Than 100 Pounds On The Keto Diet!

What was her reaction when she learned that you wanted to lose weight?

236

Tā shuō OK, nǐ qù jiǎnféi ba!

她说OK，你去减肥吧！

She said, okay! Go ahead!

237

Tā dōu zhīchí wǒ le.

她都支持我了。

She was supportive.

238

Ránhòu nǐ zhǎo dào le nǎ yīxiē fāngfǎ?

然后你找到了哪一些方法？

Which methods did you find?

239

Wǒ yánjiū guò hěn duō de fāngfǎ,

我研究过很多的方法，

I studied many methods.

240

dànshì wǒ zhōngyú juédìng le zuò zhège shēng tóng jiǎnféi fǎ.

但是我终于决定了做这个生酮减肥法。

But eventually, I decided to use the keto diet.

## He Lost More Than 100 Pounds On The Keto Diet!

241

Zhège shēng tóng jiǎnféi fǎ dào dǐ shì zěnmē ràng nǐ jiǎnféi de ne?

这个生酮减肥法到底是怎么让你减肥的呢？

How does the keto diet help you lose weight?

242

Zhège jiǎnféi fǎ jīběnshàng shì bù chī yǒu tànshuǐhuàhéwù de dōngxi,

这个减肥法基本上是不吃有碳水化合物的东西，

Basically, in this diet, you cannot eat any carbohydrates

243

háiyǒu nǐ yào huíbi suǒyǒu de táng,

还有你要回避所有的糖，

and you need to avoid all forms of sugar,

244

Zhètáng, guǒtáng, pútaotáng zhèzhǒng de táng.

蔗糖、果糖、葡萄糖这种的糖。

such as sugar cane, fruit sugar and glucose.

245

Suǒyǐ zhè shì zuì zhòngyào de liǎng gè bùfēn.

所以这是最重要的两个部分。

So, these are the two most important parts (of this diet).

246

Yīnwèi zài wǒmen de shēntǐ lǐmiàn yǒu jǐge néngliàng láiyuán,

## He Lost More Than 100 Pounds On The Keto Diet!

因为在我们的身体里面有几个能量来源，

Because in our bodies, we have a few sources of energy

247

zuì zhǔyào de shì láizì tànsuǐhuàhéwù,

最主要的是来自碳水化合物，

and the main one is carbohydrate.

248

dànshì rúguǒ nǐ bù chī tànsuǐhuàhéwù dehuà,

但是如果你不吃碳水化合物的话，

However, if you don't take any carbohydrate,

249

zhège shēng tóng huì chéngwéi nǐ de xīn de néngliàng láiyuán.

这个生酮会成为你的新的能量来源。

keto will become your new source of energy.

250

Suǒyǐ rúguǒ nǐ bù chī táng, bù chī tànsuǐhuàhéwù,

所以如果你不吃糖，不吃碳水化合物，

So, if you don't eat sugar and carbohydrate,

251

nǐ de néngliàng láiyuán shì nǐ de zìjǐ de zhīfáng.

你的能量来源是你的自己的脂肪。

your energy (keto) will come from your fat.

## He Lost More Than 100 Pounds On The Keto Diet!

252

Bǐrú shuō nǐ bù chī tànshuǐhuàhéwù,

比如说你不吃碳水化合物，

For example, if you don't eat carbohydrate,

253

ránhòu nǐ de shēntǐ xūyào néngyuán huòzhě shì néngliàng

然后你的身体需要能源或者是能量

and your body needs energy,

254

tā jiù huì cóng nǐ de zhīfáng lǐmiàn qù tíqǔ zhège néngliàng,

它就会从你的脂肪里面去提取这个能量，

it will derive energy from your fat cells.

255

ránhòu nǐ de zhīfáng jiù huì jiǎnshǎo, shì ma? | Duì

然后你的脂肪就会减少，是吗？ | 对

Thus, your fat will be reduced, right? | Yes.

256

Nà suǒyǐ zhège jiǎnféi fǎ shì néng chī shénme

那所以这个减肥法是能吃什么

So, when you're on this diet, what can you eat

257



## He Lost More Than 100 Pounds On The Keto Diet!

bùnéng chī shénme, zhǔyào?

不能吃什么，主要？

and what can't you eat?

258

Rúguǒ nǐ xiǎng shēnghuó dehuà, nǐ xūyào kǎlùlǐ, shì ba?

如果你想生活的话，你需要卡路里，是吧？

If you want to live, you need calories, right?

259

Zhège kǎlùlǐ de láiyuán láizì sān gè bùfen,

这个卡路里的来源来自三个部分，

Calories are mainly from three places

260

yǒu zhīfáng, yǒu tàنشuihuàhéwù, háiyǒu dàn báizhì

有脂肪、有碳水化合物，还有蛋白质

and they're fat, carbohydrate and protein.

261

yǒukěnéng háiyǒu táng, yǒu zhè sì gè bùfen

有可能还有糖，有这四个部分

Maybe also sugar. Four places now.

262

Zài zhège jiǎnféi fǎ lǐmiàn,

在这个减肥法里面，

## He Lost More Than 100 Pounds On The Keto Diet!

In this diet,

263

nǐ bùnéng chī táng, hē táng, suǒyǒu de táng bùnéng.

你不能吃糖、喝糖，所有的糖不能。

you can't eat or drink any sugar.

264

Suǒyǐ nǐ hái yǒu zhè sān gè,

所以你还这三个，

So, now you have three (sources for calories).

265

nǐ de kǎlùlǐ xūyào bǎifēnzhī qīshí cóng zhīfáng,

你的卡路里需要百分之七十从脂肪，

70% of calories need to come from fat,

266

bǎifēnzhī èrshí dàn bái zhì, hái yǒu tàn shuǐ huà hé wù bǎifēnzhī wǔ.

百分之二十蛋白质，还有碳水化合物百分之五。

20% from protein and only 5% from carbohydrate.

267

Zhè ge shì zhè ge shēng tóng jiǎn féi fǎ de de yuán lǐ, shì ba? | Duì

这个是这个生酮减肥法的原理，是吧？ | 对

This is how keto diet works, right? | Yes.

## He Lost More Than 100 Pounds On The Keto Diet!

268

Rúguǒ nǐ yào bǎifēnzhī qīshí de zhīfáng,

如果你要百分之七十的脂肪，

So, if 70% needs to come from fat,

269

nǐ xūyào chī hěn duō féiròu.

你需要吃很多肥肉。

you will need to eat a lot of fatty meat.

270

Bǐrú shuō wǒ zhù zài Sìchuān, shì ba?

比如说我住在四川，是吧？

I live in Sichuan, right?

271

Sìchuān de yī gè tè sè cài shì huíguōròu,

四川的一个特色菜是回锅肉，

There is a special dish in Sichuan called “twice cooked pork”.

272

huíguōròu shì yī gè... zhīfáng de zhūròu

回锅肉是一个... 脂肪的猪肉

Twice cooked pork is fatty meat.

273

Tā hǎoxiàng shì wǔhuāròu ba? | Duì, wǔhuāròu

## He Lost More Than 100 Pounds On The Keto Diet!

它好像是五花肉吧？ | 对，五花肉

It uses marbled meat, right? | Right.

274

Jiùshì yǒu yīdiǎndiǎn shòuròu yǒu yīdiǎn féiròu.

就是有一点点瘦肉有一点肥肉。

It has some lean meat and some fat.

275

Duì, hóngshāoròu huòzhě wǔhuāròu,

对，红烧肉或者五花肉，

Right. You can eat “red cooked pork”, marbled meat

276

suǒyǒu de féiròu kěyǐ chī.

所有的肥肉可以吃。

or any kinds of fatty meat.

277

Péigēn kěyǐ chī ma? | Péigēn kěyǐ chī

培根可以吃吗？ | 培根可以吃

Can you eat bacon? | Yes, you can.

278

Kěshì zhèxiē dōu hǎoduō yóu! | Duì

可是这些都好多油！ | 对

But, they're so oily! | Right.

## He Lost More Than 100 Pounds On The Keto Diet!

279

Tā bùhuì ràng nǐ biànde gèng pàng ma?

它不会让你变得更胖吗？

Don't they make you fat?

280

Méiyǒu, yīnwèi rúguǒ nǐ bù chī zhège tànshuǐhuàhéwù,

没有，因为如果你不吃这个碳水化合物，

No, because if you don't eat carbohydrate,

281

nǐ xūyào zhège xīn de néngliàng láiyuán.

你需要这个新的能量来源。

you need a new source of energy

282

Zhīfáng shì nǐ de xīn de néngliàng láiyuán,

脂肪是你的新的能量来源，

and fat is your new source of energy.

283

suǒyǐ rúguǒ nǐ duō chī diǎn zhīfáng dehuà, zhège shì kěyǐ de.

所以如果你多吃点脂肪的话，这个是可以的。

So, if you eat more fat, that's okay.

284

## He Lost More Than 100 Pounds On The Keto Diet!

Suǒyǐ nǐ duō chī yīdiǎn féiròu, háiyǒu niúyóuguǒ

所以你多吃一点肥肉，还有牛油果

So, you can eat more fat, avocados,

285

huòzhě jiānguǒ guāzǐ, háiyǒu shūcài dōu kěyǐ chī.

或者坚果瓜子，还有蔬菜都可以吃。

nuts, seeds and vegetables.

286

Shuǐguǒ kěyǐ chī ma?

水果可以吃吗？

What about fruit?

287

Shuǐguǒ bùkěyǐ chī, yīnwèi yǒu guǒtáng, bùnéng chī táng.

水果不可以吃，因为有果糖，不能吃糖。

You can't eat fruit because it contains sugar and you can't eat sugar.

288

Nǐ bùnéng chī yīxiē dōngxī,

你不能吃一些东西，

You cannot eat things

289

nǐ bùnéng chī tǔdòu, miàntiáo, háiyǒu mǐfàn,

你不能吃土豆、面条、还有米饭、

## He Lost More Than 100 Pounds On The Keto Diet!

like potatoes, noodles, rice

290

yǒu hěn duō miànbāo, tián bǐng.

有很多面包、甜饼。

bread and sweet pancakes.

291

Jiùshì suǒyǒu hányǒu tànnshuǐhuàhéwù hé táng de dōngxi

就是所有含有碳水化合物和糖的东西

Basically, anything that contains carbohydrate or sugar

292

dōu bùnéng chī?

都不能吃？

you can't eat , right?

293

Duì, dōu bùnéng chī.

对，都不能吃。

Right.

294

Nà yīnggāi hǎo nán ba?

那应该好难吧？

That must be very difficult, right?

## He Lost More Than 100 Pounds On The Keto Diet!

295

Qíshí nǐ gāng kāishǐ de shíhou yǒudiǎn nán,

其实你刚开始的时候有点难，

Actually, at the beginning, it was a little hard,

296

gāng kāishǐ liǎng sān gè xīngqī jiù fēicháng nán.

刚开始两三个星期就非常难。

especially in the first two, three weeks.

297

Yīnwèi wǒ zhēn de xiǎng chī tǔdòu,

因为我真的想吃土豆，

Because I really wanted to eat potatoes,

298

wǒ yào chī shǔtiáo, wǒ yào chī shǔpiàn, miàntiáo,

我要吃薯条，我要吃薯片、面条，

chips, noodles,

299

wǒ yào chī dāndànmiàn, wǒ yào chī zhèxiē dōngxi!

我要吃担担面，我要吃这些东西！

Dandan noodles and more!

300

Nà nǐ zěnmē kòngzhì nǐ zìjǐ, jiùshì dāng nǐ...



## He Lost More Than 100 Pounds On The Keto Diet!

那你怎么控制你自己，就是当你...

How did you control yourself when you...

301

wǒ zhēn de fēicháng fēicháng de xiǎng chī,

我真的非常非常的想吃，

when you really wanted to eat,

302

bǐrú shuō miàntiáo, nǐ huìbùhuì...

比如说面条，你会不会...

for example, noodles. Would you...

303

Bù qù yī gè miàn guǎn, bù qù miàn guǎn jiù kěyǐ le.

不去一个面馆，不去面馆就可以了。

Just don't go to a noodle restaurant, that will do it.

304

Dànshì nǐ píngcháng rúguǒ shuō gēn péngyou qù jùcān de shíhou,

但是你平常如果说跟朋友去聚餐的时候，

But when you went out with your friends,

305

nà tāmen huì diǎn yīxiē miàn,

那他们会点一些面，

they ordered noodles,

## He Lost More Than 100 Pounds On The Keto Diet!

306

nǐ kàn dào tāmen chī, bùhuì xiǎng chī ma?

你看到他们吃，不会想吃吗？

and when you saw them eating, wouldn't you also want to eat them?

307

Wǒ gāng kāishǐ de shíhou wǒ huì hěn xiǎng chī,

我刚开始的时候我会很想吃，

At the beginning, I really wanted to eat

308

rúguǒ wǒ wéndào dehuà,

如果我闻到的话，

if I smelled it.

309

wǒ wéndào de shíhou,

我闻到的时候，

When I smelled it,

310

nàge ràng wǒ de dùzi fēicháng fēicháng de è.

那个让我的肚子非常非常的饿。

it made me very hungry.

311

## He Lost More Than 100 Pounds On The Keto Diet!

nà shì zuì nán de yībùfèn.

那是最难的一部分。

That was the hardest part.

312

Dànshì rúguǒ wǒ méi wéndào dehuà, nà yàng kě yǐ!

但是如果我没闻到的话，那样可以！

But if I didn't smell it, it would be okay.

313

érqiě wǒ yǒu wǒ zìjǐ chī de fàn,

而且我有我自己吃的饭，

Also, I had my own food

314

wǒ kě yǐ diǎn wǒ xiǎng chī de dōngxi.

我可以点我想吃的东西。

and I could order what I wanted to eat.

315

Méiyǒu nà me dà de wèntí

没有那么大的问题

It was not a big problem.

316

Wǒ gāng kāishǐ de shíhou, wǒ píngshí zài jiā lǐ miàn huì zìjǐ zuò fàn.

我刚开始的时候，我平时在家里面会自己做饭。

## He Lost More Than 100 Pounds On The Keto Diet!

Initially, I would cook at home.

317

Nǐ zìjǐ zuòfàn?

你自己做饭?

You cooked yourself?

318

Duì, wǒ zìjǐ zuòfàn.

对, 我自己做饭。

Yes.

319

Bùshì nǐ lǎopó zuò?

不是你老婆做?

Not your wife?

320

Duì, yīnwèi tā háishi zài chī miàntiáo, mǐfàn, tǔdòu

对, 因为她还是在吃面条、米饭、土豆

Right. Because she still eats noodles, rice, potatoes,

321

háiyǒu zhèzhǒng de dōngxi.

还有这种东西。

and food like that.

## He Lost More Than 100 Pounds On The Keto Diet!

322

Suǒyǐ wǒ píngshí zìjǐ zuòfàn.

所以我平时自己做饭。

So, usually I cooked myself.

323

Zài tā chīfàn de shíhou, chī mǐfàn de shíhou,

在她吃饭的时候、吃米饭的时候，

When she was eating rice

324

háiyǒu miàn de shíhou,

还有面的时候，

or noodles,

325

tā huìbùhuì gùyì duǒ zài yī gè fángjiān lǐmiàn bù ràng nǐ kàn dào?

她会不会故意躲在一个房间里不让你看到？

would she hide in a room and not let you see her eating these?

326

Wǒ jīngcháng huì xiān zuòfàn, ránhòu xiān chī,

我经常先做饭，然后先吃，

Usually, I would cook and eat first,

327

ránhòu xǐ pán dēngdēng

## He Lost More Than 100 Pounds On The Keto Diet!

然后洗盘等等

then I washed the dishes, and so on.

328

ránhòu tā kěyǐ kāishǐ zuòfàn.

然后她可以开始做饭。

Afterwards, she could start cooking.

329

Wǒ yǐjīng chī le, wǒ yǐjīng chībǎo le,

我已经吃了，我已经吃饱了，

(By that time), I had already had food and I was full.

330

suǒyǐ méiyǒu wèntí.

所以没有问题。

So, no problem.

331

Nà zài nǐ kāishǐ zhège shēng tóng jiǎnféi fǎ de shíhou,

那在你开始这个生酮减肥法的时候，

When you started using the keto diet to lose weight,

332

shìbùshì jiù bùnéng pāi nàxiē měishí shìpín le?

是不是就不能拍那些美食视频了？

you couldn't continue making food related videos

## He Lost More Than 100 Pounds On The Keto Diet!

333

Yīnwèi nǐ yǐqián jīngcháng qù chī nàxiē xiǎochī.

因为你以前经常去吃那些小吃。

since you often went to eat snacks, right?

334

Duì duì duì, nàge xìliè shìpín qùshì le

对对对，那个系列视频去世了

Right! That series has passed away. (It's gone.)

335

Xiànzài jiù wánquán bù zuò le? | Wánquán bù zuò

现在就完全不做了？ | 完全不做

Now, you don't make them at all? | No.

336

Nà huìbùhuì yǒu fěnsī shuō,

那会不会有粉丝说，

Wouldn't your fans ask you:

337

Àosītīng, nǐ zěnmé bù zuò měishí shìpín le?

奥斯汀，你怎么不做美食视频了？

"Austin! Why don't you make food videos?"

338

## He Lost More Than 100 Pounds On The Keto Diet!

Duì, wǒ de fěnsī, wǒ de péngyou, biéde yóu guǎn bózhǔ shuō

对，我的粉丝、我的朋友、别的油管博主说

Yes. My fans, friends and other YouTubers asked me,

339

“shénme dōu chī” zài nǎlǐ?

“什么都吃”在哪里？

“Where are “Eat All of The Things” (videos)?

340

Wǒ zhēn de hěn xiǎng kàn!

我真的很想看！

I really want to see them!”

341

Dànshì bùnéng pāi.

但是不能拍。

But I can't make them.

342

Suǒyǐ “shénme dōu chī”,

所以“什么都吃”，

So, the video series, “Eat All The Things”

343

zhège xìliè yǐjīng chéngwéi lìshǐ le.

这个系列已经成为历史了。



## He Lost More Than 100 Pounds On The Keto Diet!

has become history now.

344

Duì, yǒukěnéng míngnián wǒ ǒu'ěr huì zuò,

对，有可能明年我偶尔会做，

Right. Probably, I will make them occasionally next year,

345

dànshì xiànzài... jīnnián dōu méi zuò le.

但是现在... 今年都没做了。

but I didn't make any this year.

346

Zài nǐ kāishǐ shǐyòng zhège fāngfǎ,

在你开始使用这个方法，

When you started to use this method,

347

dàgài duōjiǔ cái néng kàndào xiàoguǒ?

大概多久才能看到效果？

how long did it take before you saw any results?

348

Zuì míngxiǎn de xiàoguǒ shì yī gè yuè zhīhòu,

最明显的效果是一个月之后，

The most noticeable result came after a month.

## He Lost More Than 100 Pounds On The Keto Diet!

349

sān gè xīngqī huòzhě sì gè xīngqī yǐhòu,

三个星期或者四个星期以后，

After three or four weeks,

350

wǒ kàn dào le hěn dà de xiàoguǒ.

我看到了很大的效果。

I saw a big result.

351

Wǒ qǐchuáng de shíhou,

我起床的时候，

When I got up,

352

wǒ huì chēng tǐzhòng

我会称体重

I would weight myself

353

měitiān měitiān měitiān wǒ huì jiǎnféi.

每天每天每天我会减肥。

and every day, I was losing weight.

354

Jiùshì nǐ de tǐzhòng dōu huì xiàjiàng? | Duì, měitiān

## He Lost More Than 100 Pounds On The Keto Diet!

就是你的体重都会下降？ | 对，每天

Your weight would go down every day? | Right, every day!

355

Duōshao dàgài?

多少大概？

How much weight roughly (did you lose)?

356

Dìyī gè yuè wǒ shòu le hǎoxiàng shíjǐ jīn shíbā jīn zuǒyòu.

第一个月我瘦了好像十几斤十八斤左右。

I think that for the first month, I lose about 9kg.

357

Fēicháng de kuài, yī tiān yǒukěnéng huì shòu yī jīn

非常的快，一天有可能会瘦一斤

It was very fast. Every day, I would probably lose half a kilo,

358

huòzhě bàn jīn dào yī jīn měitiān, fēicháng fēicháng de kuài!

或者半斤到一斤每天，非常非常的快！

or 1/4 kilo. It was extremely fast!

359

Kàn de dào ma? Jiùshì nǐ zhào jìngzi de shíhou

看得到吗？就是你照镜子的时候

Could you see it when you looked yourself in the mirror?

## He Lost More Than 100 Pounds On The Keto Diet!

360

Kàn de dào, érqiě wǒ de yīfu huì tài dà le, yuèláiyuè dà.

看得到，而且我的衣服会太大了，越来越大。

Yes. Also, my clothes were getting bigger and bigger.

361

Chuān bùliǎo? | Duì, chuān bùliǎo

穿不了？ | 对，穿不了

You couldn't wear them? | Right.

362

Wǒ dāngshí méiyǒu yī gè pí dài,

我当时没有一个皮带，

At that time, I didn't have a belt.

363

dànshì wǒ de kùzi huì yuèláiyuè dī, huì yuèláiyuè sōng

但是我的裤子会越来越低，会越来越松

But my pants were getting looser and looser.

364

Huì diào ma? | Duì, huì diào

会掉吗？ | 对，会掉

Would they fall down? | Yes.

365

## He Lost More Than 100 Pounds On The Keto Diet!

Suǒyǐ wǒ mǎi le yī gè xīn de pí dài de shíhòu,

所以我买了一个新的皮带的时候，

So, when I bought a new belt,

366

wǒ shuō zhè zhēn de yǒu xiàoguǒ!

我说这真的有效果！

I said: "This really works!"

367

Wa! Jiǎn le nàme duō

哇！减了那么多

Wow! You lost so much!

368

Jiùshì dāng nǐ jiǎn le nàme duō de shíhòu,

就是当你减了那么多的时候，

So, when you lost that much,

369

bǐrú shuō dìyī gè yuè de shíhòu, nǐ lǎopó shì shénme fǎnyìng?

比如说第一个月的时候，你老婆是什么反应？

for example, after the first month, what was your wife's reaction?

370

Tā shuō, wa sā! wǒ bù gǎn xiāngxìn zhēn de nàme kuài!

她说，哇撒！我不敢相信真的那么快！

## He Lost More Than 100 Pounds On The Keto Diet!

She said: "Wow! I can't believe it is so fast!"

371

Tā shuō zài wǒ de xiǎngfǎ shì, nǐ duō yīdiǎn chī zhīfáng,

她说在我的想法是，你多一点吃脂肪，

She said that her thinking was, you're eating more fat,

372

dànshì nǐ yào jiǎnféi, zhè shì yī gè hěn qíguài de...

但是你要减肥，这是一个很奇怪的...

but you want to lose weight. This is a weird...

373

Duì! Hěn máodùn

对！很矛盾

Right! It's a contradiction.

374

Jiùshì wǒmen pǔtōngrén dōu huì rènwéi rúguǒ shuō nǐ yào shòu dehuà,

就是我们普通人都会认为如果说你要瘦的话，

Common people will believe that if you want to lose weight,

375

nà nǐ jiù bù yào chī nàme duō ròu,

那你就不要吃那么多肉，

you shouldn't eat that much (fatty) meat

## He Lost More Than 100 Pounds On The Keto Diet!

376

duō chī diǎn shūcài gēn shuǐguǒ. | Duì

多吃点蔬菜跟水果。 | 对

and instead, you should eat more vegetables and fruits. | Right.

377

Kěshì nǐ gàosu wǒ...

可是你告诉我...

But you're telling me that...

378

Wǒ yě yǒu zhège xiǎngfǎ,

我也有这个想法，

I also had the same thinking.

379

dànshì wǒ zài wǎngluò shàng kàn le hěn duō de yǒu chénggōng de gùshi

但是我在网络上看了很多的有成功的故事

But on the internet, I saw so many successful stories.

380

suǒyǐ shuō, wǒ kěyǐ shì yíxià

所以说，我可以试一下

So, I said I would give it try.

381

Dànshì wǒ shuō zhēn de yǒu xiàoguǒ, zhēn de yǒuyòng!

## He Lost More Than 100 Pounds On The Keto Diet!

但是我说真的有效果，真的有用！

But (later) I said: "This really works!"

382

Dāngshí jiùshì nǐ kàn dào... jiùshì zhào jìngzi de shíhou,

当时就是你看到... 就是照镜子的时候，

At that time, when you looked at yourself in the mirror,

383

nǐ kàn dào shòu de zuì míngxiǎn de dìfang shì nǎlǐ?

你看到瘦的最明显的地方是哪里？

which part of your body had the most noticeable change?

384

Wǒ liǎn, liǎn shàng, duì

我脸，脸上，对

My face.

385

Xiǎo le hěn duō, dùzi yǒu méiyǒu xiǎo hěn duō?

小了很多，肚子有没有小很多？

It became much smaller. Did your belly also become smaller?

386

Gāng kāishǐ de shíhou méiyǒu nàme míngxiǎn,

刚开始的时候没有那么明显，

At the beginning, it wasn't that obvious.



## He Lost More Than 100 Pounds On The Keto Diet!

387

dànshì zài wǒ de yāo, zhè yībùfèn

但是在我的腰，这一部分

But my waist, this part,

388

chuān kùzi de shíhou, háiyǒu wǒ liǎn shì zuì míngxiǎn de.

穿裤子的时候，还有我脸是最明显的。

when I put on my pants, also my face was the most noticeable.

389

Nà chúle tǐzhòng xiàjiàng háiyǒu qítā de yǐngxiǎng ma?

那除了体重下降还有其它的影响吗？

Besides losing weight, were there any other effects?

390

Bǐrú shuō nǐ qiánmiàn shuō de nǐ yǒu hǎo duō wèntí, jiànkāng de wèntí

比如说你前面说的你有好多问题，健康的问题

For example, earlier you mentioned that you had many health problems.

391

Duì, wǒ de tòngfēng jīběnshàng dōu xiāoshī le.

对，我的痛风基本上都消失了。

Right. My arthritis problem disappeared pretty much.

392

## He Lost More Than 100 Pounds On The Keto Diet!

Jiù zài qiánmiàn yī gè yuè jiù xiāoshī le?

就在前面一个月就消失了？

It disappeared in the first month?

393

Bùshì yī gè yuè, sān sì gè yuè jiù xiāoshī le

不是一个月，三四个月就消失了

No, it was after three or four months.

394

háiyǒu wǒ de gāoxuèyā xiāoshī le.

还有我的高血压消失了。

Also, my high blood pressure disappeared

395

wǒ bù yòng chī yào.

我不用吃药。

and I don't need to take medicines now.

396

Wǒ shuìmián hǎo, tòngfēng hǎo, wǒ de xiàochuǎn dōu xiāoshī le.

我睡眠好，痛风好，我的哮喘都消失了。

My sleep is good, my arthritis is cured and my asthma is gone.

397

Nà chúle zhège shēng tóng yǐnshí fǎ,

那除了这个生酮饮食法，

## He Lost More Than 100 Pounds On The Keto Diet!

So, apart from using the keto diet,

398

nǐ hái yǒu méiyǒu yòng qítā de fāngfǎ qù bāngzhù nǐ jiǎnféi?

你还有没有用其它的方法去帮助你减肥？

did you use any other ways to help you lose weight?

399

Yǒu jǐge biéde fāngfǎ,

有几个别的方法，

There were a few other ways.

400

bǐrú shuō wǒ xǐhuan qí wǒ zìxíngchē,

比如说我喜欢骑我自行车，

For example, I like riding my bike,

401

wǒ xǐhuan gēn wǒ péngyou wán fēipán, hái yǒu wǒ xiànzài...

我喜欢跟我朋友玩飞盘，还有我现在...

playing Frisbee with my friends and I now...

402

wǒ zuìjìn kāishǐ tī zúqiú, zhège yě yǒubāngzhù.

我最近开始踢足球，这个也有帮助。

I recently started to play soccer which has been helpful.

## He Lost More Than 100 Pounds On The Keto Diet!

403

Háiyǒu wǒ xǐhuan duànshí

还有我喜欢断食

Also, I like fasting.

404

Zhège duànshí shì zěnmé?

这个断食是怎么？

How do you do that?

405

Yǒu yī gè fāngshì jiào shíliù / bā

有一个方式叫16/8

There is a method called 16/8.

406

Shénme yìsi?

什么意思？

What does it mean?

407

Měitiān yǒu èrshí sì gè xiǎoshí,

每天有二十四个小时，

We have 24 hours a day

408

měitiān shíliù gè xiǎoshí bù yào chī fàn,

## He Lost More Than 100 Pounds On The Keto Diet!

每天十六个小时不要吃饭，

and you don't eat anything for 16 hours.

409

bā gè xiǎoshí kěyǐ chīfàn, suíbiàn chīfàn.

八个小时可以吃饭，随便吃饭。

For the remaining 8 hours, you can eat anything.

410

Chī shénme dōu kěyǐ?

吃什么都可以？

Anything?

411

Bùshì suíbiàn, shì zài shēng tóng jiǎnféi fǎ

不是随便，是在生酮减肥法

Not anything. It needs to follow the keto diet

412

Nàge kěyǐ chī de dōngxi

那个可以吃的东西

and what it allows you to eat.

413

shí'èr diǎn dào yīdiǎn wǒ bù chī zǎofàn,

十二点到一点我不吃早饭，

before 12pm or 1pm, I don't eat breakfast.

## He Lost More Than 100 Pounds On The Keto Diet!

414

shí'èr diǎn dào yī diǎn suíbiàn chī, kěyǐ chī dào wǎnshang bā diǎn,

十二点到一点随便吃，可以吃到晚上八点，

After 12pm or 1pm, I eat anything I want until 8 o'clock at night.

415

bā gè xiǎoshí kěyǐ chī.

八个小时可以吃。

I can eat during these 8 hours (12pm-8pm).

416

Qíshí wǒ liù qī gè xiǎoshí chīfàn,

其实我六七个小时吃饭，

Actually, I eat during 6-7hours.

417

wǒ píngshí shí'èr diǎn zhōngwǔ kěyǐ chī,

我平时十二点中午可以吃，

Usually, I eat around 12pm

418

ránhòu wǒ píngshí wǔ diǎn bàn, liù diǎn chī wǎnfàn,

然后我平时五点半、六点吃晚饭，

and I eat dinner around 5:30 to 6pm.

419

## He Lost More Than 100 Pounds On The Keto Diet!

ránhòu ne bù chī xiǎochī, bù chī língshí, bù chī...

然后呢不吃小吃、不吃零食、不吃...

Also, I don't eat any snacks,

420

shénme dōu bù chī, shénme dōu bù hē.

什么都不吃，什么都不喝。

or anything, I don't drink anything.

421

Hē shuǐ

喝水

I drink water.

422

Kěyǐ hē kāfēi ma?

可以喝咖啡吗？

Can you drink coffee?

423

Kěyǐ hē hēi kāfēi

可以喝黑咖啡

You can drink black coffee.

424

Bùnéng fàng táng

不能放糖

## He Lost More Than 100 Pounds On The Keto Diet!

But no sugar!

425

kěyǐ fàng yīdiǎndiǎn niúnnǎi, jǐ dī jiù kěyǐ le.

可以放一点点牛奶，几滴就可以了。

You can put a little milk, only a few drops.

426

Kěshì zǎoshang de shíhou bùhuì è ma? | Bùhuì è

可是早上的时候不会饿吗？ | 不会饿

But, don't you get hungry in the morning? | No.

427

Zhè shì yī gè hǎo fāngmiàn, jiùshì zhèzhǒng jiǎnféi fǎ de hǎo fāngmiàn.

这是一个好方面，就是这种减肥法的好方面。

That's the positive side of this diet.

428

Rúguǒ nǐ duō chī féiròu duō chī zhīfáng dehuà, nàge huì bāng nǐ...

如果你多吃肥肉多吃脂肪的话，那个会帮你...

If you eat more fat, it will help you...

429

Huì ràng nǐ juéde bǎo?

会让你觉得饱？

It will make you feel full?



## He Lost More Than 100 Pounds On The Keto Diet!

430

Duì, nǐ bùhuì è.

对，你不会饿。

Right, you won't be hungry.

431

Yǒu jǐtiān wǒ wàng le chīfàn, wǒ dōu wàng le

有几天我忘了吃饭，我都忘了

There have been some days in which I had forgotten about eating.

432

wǒ huì kàn wǒ de shǒubiǎo, kàn shǒujī

我会看我的手表，看手机

When I checked my watch or phone,

433

yǐjīng wǎnshang liù diǎn! Wǒ wàng le chīfàn!

已经晚上六点！我忘了吃饭！

It was already 6pm and I forgot to eat!

434

Wǒ méi chī wǔfàn le, méi chī zǎofàn le, wǒ dōu wàng le

我没吃午饭了，没吃早饭了，我都忘了

I didn't have lunch nor breakfast. I just forgot about it

435

yīnwèi wǒ cóngláiméi è.

## He Lost More Than 100 Pounds On The Keto Diet!

因为我从来没饿。

because I never (felt) hungry. (He misspoke.)

436

Nǐ dōu bù juéde è? | Dōu bù juéde è

你都不觉得饿? | 都不觉得饿

You didn't even feel hungry? | Right.

437

Nà shì zhège jiǎnféi fǎ de hǎo fāngmiàn, nǐ bùhuì è.

那是这个减肥法的好方面，你不会饿。

The nice thing about this diet is that you don't feel hungry.

438

Kěshì wǒ háishi juéde zhège jiǎnféi fǎ tǐng qíguài de,

可是我还是觉得这个减肥法挺奇怪的，

But I still feel that this diet is very strange

439

yīnwèi chī féiròu tā bùjǐn kěnéng huì ràng nǐ pàng,

因为吃肥肉它不仅可能会让你胖，

because (in my mind), eating fat will not only make you fat,

440

érqiě yě huì chī nǐ ba, nàme yóuyóu de dōngxī.

而且也会吃腻吧，那么油油的东西。

but also will get you tired of eating so much oily food.

## He Lost More Than 100 Pounds On The Keto Diet!

441

Wǒ yǐjīng shí yī gè yuè jiānchí le zhège fāngfǎ,

我已经十一个月坚持了这个方法，

After I had been eating this way for 11 months,

442

wǒ yǒudiǎn bùxiǎng chī féiròu.

我有点不想吃肥肉。

I didn't want to eat fat.

443

Wǒ yǒudiǎn xiǎng... wǒ xiǎng chī sānmíngzhì, wǒ xiǎng chī pīsa!

我有点想...我想吃三明治，我想吃披萨！

I wanted to eat sandwich and pizza!

444

Dànshì wǒ zhīdào wǒ xūyào jiānchí.

但是我知道我需要坚持。

But I knew I needed to stick to it.

445

Wǒ yǒudiǎn chī nì le,

我有点吃腻了，

I was a little tired of it

446

## He Lost More Than 100 Pounds On The Keto Diet!

yīnwèi nǐ bùnéng chī nàme duō de dōngxī,

因为你不能吃那么多的东西，

because there were so many things that I couldn't eat.

447

chī ròu, chī shūcài, méiyǒu biéde

吃肉、吃蔬菜，没有别的

I could eat nothing but meat and vegetables.

448

bùnéng chī chǎofàn, bùnéng chī miàntiáo, bùnéng chī...

不能吃炒饭、不能吃面条、不能吃...

I couldn't eat fried rice, noodles,

449

Nà shì wǒ dōu xǐhuan de dōngxī, pīsa, sānmíngzhì zhèxiē

那是我都喜欢的东西，披萨、三明治这些

pizza and sandwich which were things I liked.

450

Wǒ hǎo xiǎng chī, dànshì wǒ xūyào jiānchí!

我好想吃，但是我需要坚持！

I really wanted to eat them. But I needed to stick to it!

451

Nà zài nǐ jiǎnféi de zhè duàn shíjiān,

那在你减肥的这段时间，

## He Lost More Than 100 Pounds On The Keto Diet!

During the period you were trying to lose weight,

452

nǐ huìbùhuì gùyì bù cóng nàge pīsa diàn lùguò? | Duì

你会不会故意不从那个披萨店路过? | 对

did you intentionally avoid passing by pizza restaurants? | Yes.

453

Jiùshì ràoguò tā | Duì

就是绕过它 | 对

Would you go around them? | Right.

454

Wǒ háishi zài jiā lǐmiàn jiānchí zuòfàn,

我还是在家里面坚持做饭,

I still tried to cook at home

455

wǒ bǐjiào shǎo qù wàimiàn chī.

我比较少去外面吃。

and very rarely did I eat outside.

456

Bùhuì gēn péngyou chūqù chī ma?

不会跟朋友出去吃吗?

Wouldn't you go out to eat with your friends?

## He Lost More Than 100 Pounds On The Keto Diet!

457

Rúguǒ wǒ gēn péngyou qù wàimiàn dehuà,

如果我跟朋友去外面的话，

If I went out with friends,

458

wǒ yǒushíhou huì xiān zài jiālǐ chī, huòzhě zài biéde dìfang chī.

我有时候会先在家里吃，或者在别的地方吃。

sometimes, I would eat at home first or eat in other places.

459

Wǒ zhǐ xiǎng gēn tāmen yīqǐ chūqù wán, wǒ bù yòng chīfàn.

我只想跟他们一起出去玩，我不用吃饭。

I just wanted to hang out with them and I didn't need to eat.

460

Rúguǒ tāmen chīfàn dehuà,

如果他们吃饭的话，

If they ate,

461

wǒ kěyǐ hē diǎn dōngxi huòzhě jiù liáotiān.

我可以喝点东西或者就聊天。

I could drink something or just chat with them.

462

Dànshì kàndào tāmen chī de shíhou huìbùhuì zuǐchán?

## He Lost More Than 100 Pounds On The Keto Diet!

但是看到他们吃的时候会不会嘴馋？

But, wouldn't you feel tempted when you saw them eating?

463

Juéde wǒ yě chī yīkǒu ba!

觉得我也吃一口吧！

Would you also want to take a bite?

464

Méiyǒu, yīnwèi wǒ yǐjīng chībǎo le

没有，因为我已经吃饱了

No, because I was already full.

465

wǒ yǐjīng chī le, méiwèntí.

我已经吃了，没问题。

I already ate and so, it was not a problem.

466

Zhège jiǎnféi fǎ huìbùhuì yǒu shénme fùzuòyòng?

这个减肥法会不会有什么副作用？

Did this diet cause any side effects?

467

Wǒ gāng kāishǐ shíhou dìyī tiān, dì'èrtiān, sān tiān, dì sì tiān,

我刚开始时候第一天、第二天、三天、第四天，

The first one, two, three, four days,

## He Lost More Than 100 Pounds On The Keto Diet!

468

zhè sì tiān fēicháng fēicháng de lèi, fēicháng fēicháng de è!

这四天非常非常的累，非常非常的饿！

I was very tired and hungry!

469

Rúguǒ nǐ shàng fēijī qù lìngwài yī gè guójiā dehuà,

如果你上飞机去另外一个国家的话，

If you go on an airplane to another country,

470

huì yǒushí chà, shì ba?

会有时差，是吧？

you will have jet-lagged, right?

471

Rúguǒ wǒ huí Měiguó dehuà, wǒ huì yǒushí chà

如果我回美国的话，我会有时差

If I go back to America, I will get jet-lagged.

472

shì gēn nàge yīyàng de. | Nàge gǎnjué yīyàng de

是跟那个一样的。| 那个感觉一样的

It was just like that. | It felt just like that.

473



## He Lost More Than 100 Pounds On The Keto Diet!

Méiyǒushénme jīngshén, hǎoxiàng nǐ shì yī gè jiāngshī.

没有什么精神，好像你是一个僵尸。

You will have no energy and you are just like a zombie.

474

Yīnwèi nǐ zài gǎibiàn nǐ de shēntǐ, gǎibiàn nǐ de néngliàng láiyuán.

因为你在改变你的身体，改变你的能量来源。

Because you're changing your body, changing your source of energy

475

zhè shì yī gè fēicháng nán zuò de dōngxi,

这是一个非常难做的东西，

which is very difficult to do

476

fēicháng nán chénggōng de dōngxi.

非常难成功的东西。

and very hard to succeed.

477

Nà zài zhèjǐtiān de shíhou yǒu méiyǒu xiǎng guò fàngqì?

那在这几天的时候有没有想过放弃？

During those days, did you think about giving up

478

Nàme nánshòu

那么难受

## He Lost More Than 100 Pounds On The Keto Diet!

since you were feeling so awful?

479

Méiyǒu, yīnwèi wǒ de shēntǐ de wèntí,

没有，因为我的身体的问题，

No, because of my health.

480

wǒ de jiànkāng de wèntí tài dà le, wǒ xūyào jiānchí!

我的健康的问题太大了，我需要坚持！

My health problems were just too big and I needed to keep going!

481

Dànshì nǐ bù zhīdào nàge shìbùshì huì chénggōng a?

但是你不知道那个是不是会成功啊？

But you didn't even know if it was going to work!

482

Huìbùhuì juéde shìbùshì suànle, nàme nánshòu,

会不会觉得是不是算了，那么难受，

Wouldn't you think about quitting it since it was so hard

483

wǒ hái shì qù chángshì yíxià biéde fāngfǎ ba!

我还是去尝试一下别的方法吧！

and try some other ways?

## He Lost More Than 100 Pounds On The Keto Diet!

484

Wǒ méiyǒu xiǎng guò fàngqì, méi xiǎng,

我没有想过放弃，没想，

I never thought about quitting

485

yīnwèi wǒ de wèntí tài dà le.

因为我的问题太大了。

because my problems were big.

486

Wǒ shuō wǒ xūyào jiānchí, juéduì yào jiānchí!

我说我需要坚持，绝对要坚持！

I said to myself that I needed to do it! Absolutely, I needed to be persistent!

487

Xiànzài dehuà jiùshì nǐ xiànzài jiǎnféi chénggōng le,

现在的话就是你现在减肥成功了，

Now that you have successfully lost weight,

488

nǐ kěyǐ ǒu'ěr de qù chī biéde dōngxi ma?

你可以偶尔地去吃别的东西吗？

can you occasionally eat other food?

489

ǒu'ěr kěyǐ chī, yī gè yuè huòzhě sān gè xīngqī lǐmiàn kěyǐ chī yīcì,

## He Lost More Than 100 Pounds On The Keto Diet!

偶尔可以吃，一个月或者三个星期里面可以吃一次，

I can do it occasionally. Maybe once a month or once every three weeks,

490

suíbiàn chī, yīcì

随便吃，一次

I could eat anything.

491

Rúguǒ wǒ yǒu yī gè “cheat day” dehuà, yī dùn fàn suíbiàn chī,

如果我有一个“cheat day”的话，一顿饭随便吃，

If I have a cheat day in which I can eat anything,

492

wǒ xǐhuan chī hànǎo huòzhě pīsà huòzhě sānmíngzhì.

我喜欢吃汉堡或者披萨或者三明治。

I'd like to have a hamburger, pizza or a sandwich.

493

Jiǎrú shuō nǐ chī zhège yǐnshí fǎ chī le yī duàn shíjiān zhīhòu,

假如说你吃这个饮食法吃了一段时间之后，

If you have been using this diet for a while,

494

bǐrú shuō nǐ gānggang jiǎng de shí·yī gè yuè,

比如说你刚刚讲的十一个月，

for example, as you mentioned, 11 months,

## He Lost More Than 100 Pounds On The Keto Diet!

495

ránhòu hūrán jiān nǐ kāishǐ jiùshì tíngzhǐ le shǐyòng zhège yǐnshí fǎ,

然后忽然间你开始就是停止了使用这个饮食法，

and if you suddenly stop

496

ránhòu kāishǐ chī yuánlái de dōngxi,

然后开始吃原来的东西，

and go back to eating what you used to eat,

497

bǐrú shuō mǐfàn ya, xiàng nǐ gānggang jiǎng de pīsa ya

比如说米饭呀，像你刚刚讲的披萨呀

such as rice or as you were saying, pizza,

498

shēntǐ huìbùhuì yǒu shénme bùliáng fǎnyìng?

身体会不会有什么不良反应？

will your body have any negative reactions?

499

Duì, wǒ zhèjǐtiān,

对，我这几天，

Right. Recent days,

500

## He Lost More Than 100 Pounds On The Keto Diet!

yīnwèi xiànzài shì Shèngdànjié, Yuándàn de shíhou,

因为现在是圣诞节，元旦的时候，

because it's Christmas and New Year's Day,

501

wǒ yuèláiyuè chī luàn le,

我越来越吃乱了，

my diet is becoming messy

502

zhège ràng wǒ dùzi tèbié tèbié bùshūfu,

这个让我肚子特别特别不舒服，

and it is making my stomach really sick.

503

wǒ dé le lādùzi, háiyǒu wèitēng, háiyǒu tóutēng,

我得了拉肚子、还有胃疼、还有头疼，

I got diarrhea, stomach ache and headaches.

504

háiyǒu wǒ de jīngshén méiyǒu nàme wěndìng, shì up and down

还有我的精神没有那么稳定，是up and down

Also, my energy level isn't stable, it's up and down.

505

Jiù qíngxù bùwěndìng | Duì

就情绪不稳定 | 对

## He Lost More Than 100 Pounds On The Keto Diet!

Your emotions were not stable? | Right.

506

Fēicháng de bùshūfu!

非常的不舒服！

It was very uncomfortable.

507

Suǒyǐ wǒ xiǎng jiānchí,

所以我想坚持，

That's why I want to continue

508

yīnwèi wǒ de shēntǐ yǐjīng xíguàn le zhège chīfǎ.

因为我的身体已经习惯了这个吃法。

because my body is already used to this diet.

509

Nǐ zhège yǐnshí fǎ shì yào yīzhí dōu jiānchí ma?

你这个饮食法是要一直都坚持吗？

Will you need to keep using this diet all the time?

510

Jiùshì nǐ zhè yībèizi dōu yào...

就是你这一辈子都要...

I meant, for the rest of your life, you will...

## He Lost More Than 100 Pounds On The Keto Diet!

511

Bùshì yībèizi, wǒ bù jiànyì yībèizi jiānchí zhège fāngfǎ,

不是一辈子，我不建议一辈子坚持这个方法，

Not a lifetime. I don't recommend using this method for a lifetime.

512

yīnwèi zhè shì yī gè jiǎnféi fāngfǎ, zhè shì yīnwèi jiǎnféi

因为这是一个减肥方法，这是因为减肥

Because it's a diet for losing weight.

513

rúguǒ nǐ bù yòng jiǎnféi dehuà,

如果你不用减肥的话，

If you don't need to lose weight,

514

nǐ wèishénme yào shì yīxià zhège fāngfǎ?

你为什么要试一下这个方法？

why should you try this diet?

515

Nǐ juéde nǐ xiànzài de tǐzhòng shì nǐ lǐxiǎng de tǐzhòng ma?

你觉得你现在的体重是你理想的体重吗？

Is your current weight ideal for you?

516

Wǒ de lǐxiǎng tǐzhòng yǒukěnéng shì... qīshí wǔ gōngjīn.



## He Lost More Than 100 Pounds On The Keto Diet!

我的理想体重有可能是... 七十五公斤。

My ideal weight is probably 75kg.

517

Xiànzài hái méiyǒu? | Xiànzài hái méiyǒu

现在还没有? | 现在还没有

Not yet? | No.

518

Bāshí duō ba xiànzài?

八十多吧现在?

It's over 80kg now?

519

Jīntiān bāshí èr,

今天八十二,

82 today.

520

Dànshì liǎng gè xīngqī zhīqián wǒ qīshí bā. | Nǐ zhǎng le!

但是两个星期之前我七十八。 | 你涨了!

But two weeks ago, I was 78kg. | It went up!

521

Yīnwèi Shèngdànjié zhèxiē pàiduì, zhèxiē Yuándàn de huódòng

因为圣诞节这些派对, 这些元旦的活动

Because the Christmas and New Year's parties...

## He Lost More Than 100 Pounds On The Keto Diet!

522

Jiù yòu pàng le? | Duì, yòu pàng le yīdiǎndiǎn.

就又胖了? | 对, 又胖了一点点。

So, you gained weight? | Right, a little.

523

Rúguǒ shuō nǐ shòu dào le qīshí wǔ gōngjīn, nà nǐ huì...

如果说你瘦到了七十五公斤, 那你会...

If your weight becomes 75kg, will you...

524

jiùshìshuō nǐ huì fàngqì yòng zhège jiǎnféi fǎ le ma?

就是说你会放弃用这个减肥法了吗?

will you stop using this diet?

525

Yīnwèi nǐ yǐjīng bù pàng le

因为你已经不胖了

Because you're not fat any more.

526

Wǒ bùhuì wánquán fàngqì

我不会完全放弃

I won't stop completely.

527

## He Lost More Than 100 Pounds On The Keto Diet!

yī gè xīngqī yǒu qī tiān, wǒ yǒukěnéng huì wǔ tiān

一个星期有七天，我有可能五天

In one week, there might be five days

528

wǒ huì jiānchí zhèzhǒng de fāngfǎ.

我会坚持这种方法。

that I stick to this diet.

529

Zhōuyī dào Zhōuwǔ kěyǐ jiānchí,

周一到周五可以坚持，

From Monday to Friday, I can continue.

530

yǒukěnéng zhōumò wǒ suíbiàn chī,

有可能周末我随便吃，

But maybe on the weekends, I eat whatever I like.

531

dànshì wǒ bùhuì chī luàn, wǒ bùhuì qù chī kuàicān huòzhě...

但是我不吃乱，我不会去吃快餐或者...

But I won't eat anything, because I won't eat fast food,

532

wǒ bùhuì chī bīngqílín huòzhě Màidāngláo de nàge...

我不会吃冰淇淋或者麦当劳的那个...

## He Lost More Than 100 Pounds On The Keto Diet!

ice cream or McDonald's.

533

fēicháng bù jiànkāng de!

非常不健康的！

These are very unhealthy!

534

Jiùshì nǐ hái huì chī yīxiē xiāngduì láishuō jiànkāng yīdiǎn de dōngxi,

就是你还会吃一些相对来说健康一点的东西，

So, you will eat stuff that is relatively healthier

535

dànshì yòu bùshì nǐ nàge yǐnshí fǎ.

但是又不是你那个饮食法。

but not within your (keto) diet.

536

Wǒ kěyǐ chī yīdiǎn mǐfàn huòzhě yīdiǎn miàntiáo,

我可以吃一点米饭或者一点面条，

I can eat some rice or noodles,

537

dànshì bùhuì chī hěn duō.

但是不会吃很多。

but not too much.

## He Lost More Than 100 Pounds On The Keto Diet!

538

Jiǎnféi chénggōng zhīhòu,

减肥成功之后，

After you successfully lost weight,

539

nǐ Měiguó nàbian de jiārén de fǎnyìng shì shénme?

你美国那边的家人的反应是什么？

how did your American family react?

540

Tāmen zhīdào nǐ jiǎnféi le ba? | Tāmen zhīdào

他们知道你减肥了吧？ | 他们知道

They knew about this, right? | They knew.

541

Yīnwèi wǒmen měiyī gè xīngqī,

因为我们每一个星期、

Because every week

542

měi liǎng gè xīngqī huì shìpín liáotiān,

每两个星期会视频聊天，

or every other week, we video call each other.

543

dànshì tāmen méi zhēnzhèng de kàn zhe wǒ,

## He Lost More Than 100 Pounds On The Keto Diet!

但是他们没真正地看着我，

However, they never looked at me in person

544

yīnwèi wǒ méi huíguó le.

因为我没回国了。

because I didn't go back.

545

Wǒ xiàgèyuè huì huíguó,

我下个月会回国，

I will go back home next month.

546

wǒ bù zhīdào tāmen de fǎnyìng huì shénme yàngzi de.

我不知道他们的反应会是什么样子的。

I don't know how they will react.

547

Zài shìpín lǐmiàn kàn bù chūlái ma?

在视频里面看不出来吗？

Couldn't they tell through video?

548

Kàn bù chūlái

看不出来

No.

## He Lost More Than 100 Pounds On The Keto Diet!

549

nǐ kěyǐ kàndào wǒ de liǎn, wǒ de liǎn shòu le,

你可以看到我的脸，我的脸瘦了，

They could see that my face got slimmer,

550

dànshì tāmen bùnéng kàn wǒ de quánshēn.

但是他们不能看我的全身。

but not my whole body.

551

Nǐ yǒu méiyǒu gàosu tā nǐ shòu le duōshao?

你有没有告诉他你瘦了多少？

Did you tell them how much weight you have lost?

552

Hǎoxiàng méiyǒu

好像没有

I don't think so.

553

Suǒyǐ tāmen hái bù zhīdào?

所以他们还不知道？

So, they still don't know?

554

## He Lost More Than 100 Pounds On The Keto Diet!

Tāmen kěnéng hái bù zhīdào

他们可能还不知道

Probably not.

555

Nǐ lǎopó ne? Jiùshì zài nǐ shòu le nàme duō de shíhou | Duì

你老婆呢？就是在你瘦了那么多的时候 | 对

What about your wife? When you lost so much weight... | Right!

556

Zhège hěn nán shuō,

这个很难说，

This is hard to say

557

yīnwèi tā měitiān dōu kàndào wǒ, shì ba? suǒyǐ...

因为她每天都看到我，是吧？ 所以...

because she sees me every day, right? So...

558

Qíshí wǒ shòu de bǐjiào kuài,

其实我瘦得比较快，

Actually, my weight lost was very fast,

559

dànshì tā měitiān měitiān dōu kàndào wǒ

但是她每天每天都看到我



## He Lost More Than 100 Pounds On The Keto Diet!

but because she saw me every day,

560

Suǒyǐ méishénme gǎnjué?

所以没什么感觉？

So, she didn't feel it?

561

Duì, tā méiyǒu shénme gǎnjué

对，她没有什么感觉

Right, she didn't feel it.

562

Tā zhīdào wǒ xūyào qù mǎi xīn de yīfu,

她知道我需要去买新的衣服，

She knew that I needed to buy new clothes,

563

mǎi xīn de zhège, mǎi xīn de zhège

买新的这个，买新的这个

and other new stuff.

564

dànshì tā méiyǒu hěn dà de fǎnyìng.

但是她没有很大的反应。

But she didn't have any dramatic reaction.

## He Lost More Than 100 Pounds On The Keto Diet!

565

Nǐ zài jiǎnféi zhīhòu shìbùshì suǒyǒu de yīfu dōu yào chóngxīn mǎi?

你在减肥之后是不是所有的衣服都要重新买？

After you lost weight, did you need to buy everything new?

566

Duì, zhèxiē yīfu dōu shì xīn de,

对，这些衣服都是新的，

Yes, all my clothes are new,

567

bāokuò wǒ de wàzi, wǒ de wàzi yě shì xīn de.

包括我的袜子，我的袜子也是新的。

including my socks. My socks are new too.

568

Jiǎo yě huì xiǎo ma? | Duì

脚也会小吗？ | 对

Your feet also got smaller? | Yes.

569

Xiézi yě xiǎo le lo? Jiùshì

鞋子也小了咯？就是

So, your shoes needed to be smaller too?

570

Duì, wǒ de kùzi, wǒ de nèikù, wǒ de chènshān,

## He Lost More Than 100 Pounds On The Keto Diet!

对，我的裤子、我的内裤、我的衬衫、

Yes. My pants, underwear, shirts,

571

wǒ de xié, wǒ de wàzi dōu shì xīn de.

我的鞋、我的袜子都是新的。

shoes and socks are all new.

572

Nà nǐ lǎopó de jiārén ne?

那你老婆的家人呢？

What about your wife's family?

573

Jiùshì nǐ de yuèfù yuèmǔ?

就是你的岳父岳母？

Your in-laws?

574

Yīnwèi wǒ méi gàosu guò tāmen wǒ yào jiǎnféi,

因为我没告诉过他们我要减肥，

Since I didn't tell them that I was trying to lose weight,

575

tāmen dìyīcì kàndào wǒ, wǒ yǐjīng shòu le èrshíduō gōngjīn.

他们第一次看到我，我已经瘦了二十多公斤。

when they first saw me, I already lost over 20kg,

## He Lost More Than 100 Pounds On The Keto Diet!

576

Tā shuō, āiyā! Tā méishì ma? Tā débìng ma?

他说，哎呀！他没事吗？他得病吗？

they said: "Ah! Is he okay? Is he sick?"

577

Tā yǒu shēntǐ jiànkāng de wèntí ma?

他有身体健康的问题吗？

Does he have any health problems?

578

Méiyǒu, tā zài jiǎnféi

没有，他在减肥

"No, he's just losing weight." (My wife said)

579

Wa sā! Tā shòu de tài kuài le! Tā bù yào zài jiǎnféi!

哇撒！他瘦得太快了！他不要再减肥！

"Wow! He lost weight so fast! He shouldn't lose any more!"

580

Wǒ lǎopó de bàba měicì kàndào wǒ de shíhou

我老婆的爸爸每次看到我的时候

Every time, my wife's father saw me,

581

## He Lost More Than 100 Pounds On The Keto Diet!

tā shuō, tā bùnéng zài jiǎn!

他说，他不能再减！

he would say: "He shouldn't continue losing weight!"

582

Kěyǐ zài jiǎn yīdiǎndiǎn

可以再减一点点

"I can, a little more." (I would say)

583

Bùnéng zài jiǎn!

不能再减！

"No more!" (The father-in-law would say)

584

Nà tāmen yǒu méiyǒu wèn nǐ shì zěnmē jiǎn de?

那他们有没有问你是怎么减的？

Did they ask you how you did it?

585

Duì, tāmen měicì wèn wǒ shì zěnmē jiǎn de,

对，他们每次问我是怎么减的，

Yes. Every time they asked me how I did it,

586

dànshì wǒ ràng wǒ lǎopó shuō,

但是我让我老婆说，

## He Lost More Than 100 Pounds On The Keto Diet!

I would let my wife tell them

587

yīnwèi yòng Zhōngwén jiěshì zhège fāngfǎ bǐjiào nán.

因为用中文解释这个方法比较难。

because it's really hard to explain in Chinese (for me).

588

Suǒyǐ shuō, nǐ shuō ba!

所以说，你说吧！

So, I would say: "You tell them!"

589

Nà tāmen tīng wán zhīhòu yǒu méiyǒu juéde, zhēn de ma?

那他们听完之后有没有觉得，真的吗？

After they heard it, did they feel (shocked)? "Really?"

590

Chī féiròu kěyǐ jiǎnféi?

吃肥肉可以减肥？

You can lose weight by eating fat?"

591

Duì, tāmen dōu bù dǒng

对，他们都不懂

Yes. They couldn't understand it.

## He Lost More Than 100 Pounds On The Keto Diet!

592

Wǒ zhēn de hěn nǔlì gěi tāmen jiěshì,

我真的很努力给他们解释，

I tried really hard to explain it to them

593

wǒ lǎopó yě zhēn de nǔlì gěi tāmen jiěshì,

我老婆也真的努力给他们解释，

and so did my wife.

594

dànshì tāmen hái shì hěn kùnhuò, duì

但是他们还是很困惑，对

But they're still confused.

595

Qíshí shì yī gè bǐjiào qíguài de fāngfǎ.

其实是一个比较奇怪的方法。

It is indeed a weird method.

596

Tāmen huìbùhuì dānxīn nǐ de jiànkāng?

他们会不会担心你的健康？

Wouldn't they worry about your health,

597

Jiùshì nǐ yòng zhège fāngfǎ jiǎnféi.

## He Lost More Than 100 Pounds On The Keto Diet!

就是你用这个方法减肥。

knowing that you're using this method to lose weight?

598

Duì, tāmen yǒudiǎnr dānxīn,

对，他们有点儿担心，

Yes, they were a little concerned.

599

dànshì rúguǒ wǒ gěi tāmen shuō wǒ de xiàochuǎn dōu xiāoshī le,

但是如果我给他们说我的哮喘都消失了，

However, if I told them that my asthma,

600

wǒ gāoxuèyā dōu xiāoshī le, wǒ de tòngfēng xiāoshī le,

我高血压都消失了，我的痛风消失了，

high blood pressure and arthritis all disappeared,

601

tāmen shuō OK, rúguǒ nǐ de gǎnjué hǎo dehuà, nǐ jìxù ba!

他们说OK，如果你的感觉好的话，你继续吧！

they said, Okay! If you feel good, then continue!

602

Nà nǐ péngyou ne, jiù shēnbiān de péngyou shì shénme fǎnyìng?

那你朋友呢，就身边的朋友是什么反应？

What about your friends? What were their reactions?



## He Lost More Than 100 Pounds On The Keto Diet!

603

Gēn tāmen yīyàng de

跟他们一样的

It was the same as (my in-laws).

604

dànshì wǒ juéde wǒ de wàiguó péngyou,

但是我觉得我的外国朋友，

But I feel that my foreigner friends,

605

wǒ de Měiguó péngyou, Ōuzhōu péngyou,

我的美国朋友、欧洲朋友，

American and European friends

606

tāmen tīngshuō guò zhège fāngfǎ,

他们听说过这个方法，

have heard of this method,

607

tāmen liǎojiě yīdiǎn, suǒyǐ tāmen méiyǒu nàme duō de wèntí.

他们了解一点，所以他们没有那么多的问题。

and they were aware of it, they didn't have that many questions.

608

## He Lost More Than 100 Pounds On The Keto Diet!

Tāmen shuō, wǒ tīngshuō guò keto, wǒ zhīdào

他们说，我听说过keto，我知道

They said: "I've heard about keto, I know about it.

609

Dànshì wǒ bù zhīdào huì yǒu nàme dà de xiàoguǒ.

但是我不知道会有那么大的效果。

But I didn't know that it was this effective."

610

Nǐ hái shì zài Sìchuān jiāoshū ma, nà nǐ de xuésheng ne?

你还是在四川教书嘛，那你的学生呢？

You're still teaching in Sichuan. So, what about your students?

611

Tāmen shuō Àosītīng nǐ méishì ba, nǐ débìng ma?

他们说奥斯汀你没事吧，你得病吗？

They said: "Austin! Are you okay? Are you sick?

612

Wǒ de péngyou shuō nǐ shòu le sānshí duō gōngjīn,

我的朋友说你瘦了三十多公斤，

My friend said that you lost over 30kg.

613

nǐ dé le áizhèng ma?

你得了癌症吗？

## He Lost More Than 100 Pounds On The Keto Diet!

Do you have cancer?”

614

Duì, zhēn de!

对，真的！

Yeah, really!

615

Nǐ yǒu bái xuè zhèng huòzhě... duì, báixuèbìng

你有白血症或者... 对，白血病

“Do you have leukemia?”

616

Tāmen fēicháng de dānxīn wǒ, wǒ shuō wǒ méishì de.

他们非常地担心我，我说我没事的。

They were really worried about me. I told them I was fine,

617

Wǒ zhīqián yǒu bìng, wǒ zhīqián yǒu wèntí,

我之前有病，我之前有问题，

I was sick before and I had problems before.

618

wǒ xiànzài dōu hǎo le.

我现在都好了。

Now, I am okay.

## He Lost More Than 100 Pounds On The Keto Diet!

619

Xiànzài shì zhèngcháng de!

现在是正常的！

Now, you're normal.

620

Duì, xiànzài shì zhèngcháng

对，现在是正常

Right. I am normal now.

621

Nǐ huì tuījiàn zhège fāngfǎ gěi suǒyǒu de rén ma?

你会推荐这个方法给所有的人吗？

Would you recommend this method to everybody?

622

Zhège fāngfǎ shìhé suǒyǒu xiǎngyào jiǎnféi de rén ma?

这个方法适合所有想要减肥的人吗？

Is this diet suitable for everyone who wants to lose weight?

623

Wǒ bùshì gè yīshēng,

我不是个医生，

I am not a doctor

624

wǒ bùnéng shuō suǒyǒu de xūyào jiǎnféi de rén

## He Lost More Than 100 Pounds On The Keto Diet!

我不能说所有的需要减肥的人

and I can't say everyone that needs to lose weight

625

yīnggāi shì shì zhège fāngfǎ.

应该试试这个方法。

should try this method.

626

Dànshì wǒ zìjǐ kěyǐ shuō, rúguǒ nǐ fēicháng fēicháng pàng dehuà,

但是我自己可以说，如果你非常非常胖的话，

But I can say that if you're really fat,

627

rúguǒ nǐ bùnéng duànliàn dehuà, rúguǒ nǐ yǒu xiàochuǎn

如果你不能锻炼的话，如果你有哮喘

you can't do exercise, you have asthma

628

huòzhě zhège fēicháng dà de jiànkāng wèntí dehuà,

或者这个非常大的健康问题的话，

or other serious major health problems,

629

nǐ yīnggāi shì shì.

你应该试试。

you should try it.

## He Lost More Than 100 Pounds On The Keto Diet!

630

Nà yǒu méiyǒu nǎ yīxiē rénqún shì bù shìhé yòng zhège fāngfǎ de?

那有没有哪一些人群是不适合用这个方法的？

Is there any group of people that shouldn't use this method?

631

Zuì dà de wèntí shì rúguǒ nǐ méiyǒu dǎnnáng dehuà,

最大的问题是如果你没有胆囊的话，

The biggest problem is that if you don't have a gallbladder,...

632

nǐ hái shì kěyǐ yòng zhège fāngfǎ,

你还是可以用这个方法，

You can still try it,

633

dànshì bùhuì yǒu hěn dà de xiàoguǒ.

但是不会有很大的效果。

but it won't be as effective.

634

yǒukěnéng huì ràng biéde wèntí chūxiàn,

有可能会让别的问题出现，

Also, there might be other problems that occur.

635

## He Lost More Than 100 Pounds On The Keto Diet!

dànshì wǒ bùtài liǎojiě zhège wèntí.

但是我不太了解这个问题。

But I am not familiar about this.

636

Nǐ jiǎnféi chénggōng de gùshi bèi nǐ péngyou zhīdào le,

你减肥成功的故事被你朋友知道了，

After your friends found out about your story of successfully losing weight,

637

yǒu méiyǒu rén yīnwèi nǐ jiǎnféi chénggōng de gùshi

有没有人因为你减肥成功的故事

has any of them started to use this method

638

ér yě kāishǐ yòng zhège fāngfǎ?

而也开始用这个方法？

because of that?

639

Duì, wǒ zài wǒ Wēixìn lǐmiàn

对，我在我微信里面

Yes. On my WeChat,

640

yǒu yī gè Wēixìn qún jiào keto mad men

有一个微信群叫keto mad men

## He Lost More Than 100 Pounds On The Keto Diet!

I have a WeChat group called, keto mad men.

641

Shēng tóng jiǎnféi fēngzi

生酮减肥疯子

Keto losing weight mad men.

642

Suǒyǐ zài zhège qún lǐmiàn, yīnwèi wǒ yǐjīng chénggōng le,

所以在这个群里面，因为我已经成功了，

So, in this group, since I have succeeded

643

tāmen gāng kāishǐ le

他们刚开始

and they are just starting out,

644

rúguǒ tāmen xūyào jiànyì dehuà, rúguǒ tāmen yǒu wèntí dehuà,

如果他们需要建议的话，如果他们有问题

if they need any advice or have any questions,

645

tāmen dōu wèn wǒ, zhège kěyǐ chī ma?

他们都问我，这个可以吃吗？

they will ask me. (For example) "Can I eat this?"



## He Lost More Than 100 Pounds On The Keto Diet!

646

wǒ xiǎng shì shì zhège, zhège yě kěyǐ ma?

我想试试这个，这个也可以吗？

I want to try this, is that okay?"

647

Wǒ gěi tāmen yīxiē jiànyì.

我给他们一些建议。

I will give them some advice.

648

Tāmen juéde nán ma?

他们觉得难吗？

Did they find it hard?

649

Gēn wǒ yīyàng de, tāmen gāng kāishǐ de shíhou bǐjiào nán,

跟我一样的，他们刚开始的时候比较难，

Just like me, they found it hard at the beginning.

650

dànshì tāmen yǐjīng jiānchí le liǎng gè yuè zuǒyòu,

但是他们已经坚持了两个月左右，

But after they stuck to it for two months,

651

suǒyǐ tāmen xíguàn le.

## He Lost More Than 100 Pounds On The Keto Diet!

所以他们习惯了。

they got used to it.

652

Shòu le ma tāmen?

瘦了吗他们?

Did they lose weight?

653

Tāmen shòu le yīdiǎn, méiyǒu...

他们瘦了一点，没有...

A little. Not as...

654

Méiyǒu nǐ shòu de duō?

没有你瘦得多?

They didn't lose as much as you did?

655

Méiyǒu wǒ duō, dànshì hái shì yǒu.

没有我多，但是还是有。

No, but they still lost weight.

656

Nǐ juéde nǐ jiǎnféi chénggōng zhīhòu,

你觉得你减肥成功之后，

After you lost weight,

## He Lost More Than 100 Pounds On The Keto Diet!

657

duì nǐ zuì dà de yǐngxiǎng shì shénme?

对你最大的影响是什么？

what has been the biggest effect on you?

658

Zuì dà de yǐngxiǎng shì wǒ de jīngshén,

最大的影响是我的精神，

It's my energy.

659

wǒ de jīngshén hěn wěndìng,

我的精神很稳定，

My energy is more stable

660

háiyǒu wǒ měitiān shuì de bǐjiào hǎo.

还有我每天睡得比较好。

and I sleep well every day.

661

Wǒ de shuìmián hǎo, wǒ de xīnqíng hǎo, wǒ de shēntǐ hǎo,

我的睡眠好，我的心情好，我的身体好，

My sleep, mood and health are all good.

662

## He Lost More Than 100 Pounds On The Keto Diet!

wǒ méiyǒu tòngfēng, méiyǒu gāoxuèyā,  
我没有痛风，没有高血压，  
I don't have arthritis, high blood pressure

663

méiyǒu zhèxiē wèntí  
没有这些问题  
and other problems any more.

664

wǒ měitiān dōu kāixīn, fēicháng hǎo!  
我每天都开心，非常好！  
I feel happy every day. Great!

665

Huìbùhuì gèngjiā zìxìn le? | Duì...  
会不会更加自信了？ | 对...  
Do you feel more confident? | Right...

666

jiùshì nǐ zhào zhe jìngzi de shíhou  
就是你照着镜子的时候  
When you look at yourself in the mirror,

667

kàn zhe bǐ yǐqián shuài le ma?  
看着比以前帅了吗？

## He Lost More Than 100 Pounds On The Keto Diet!

do you look more handsome than before?

668

Bǐ yǐqián yòu shòu, xiànzài kàn de hěn hǎo.

比以前又瘦，现在看得很好。

You're slimmer than before and look good now.

669

Duì, wǒ xiànzài kěyǐ zài Zhōngguó mǎi yīfu,

对，我现在可以在中国买衣服，

Right. I can buy clothes in China now.

670

wǒ zhīqián bùnéng zài Zhōngguó mǎi yīfu,

我之前不能在中国买衣服，

Before, I couldn't

671

wǒ de yīfu dōu shì zài Měiguó mǎi de.

我的衣服都是在美国买的。

and all my clothes were bought in America.

672

Kěshì nǐ zhù zài Zhōngguó, nǐ zěnmē mǎi?

可是你住在中国，你怎么买？

But you were living in China, how did you do that?

## He Lost More Than 100 Pounds On The Keto Diet!

673

Wǒ měicì huíguó de shíhou

我每次回国的时候

Every time, I went back to America,

674

wǒ huì mǎi hěn duō hěn duō yīfu, dài yīfu huílai.

我会买很多很多衣服，带衣服回来。

I would buy a lot of clothes and bring them here.

675

Nǐ yǒu zài Zhōngguó mǎi guò yīfu ma?

你有在中国买过衣服吗？

Have you bought any clothes in China?

676

Yǒu qù diàn lǐmiàn kàn guò yīfu ma?

有去店里看过衣服吗？

Did you go shopping in a store?

677

Wǒ zhīqián huì zǒulù, huì guàngjiē,

我之前会走路、会逛街，

Before, I would walk on the street,

678

shuō nàge yīfu hǎokàn, wǒ xiǎng mǎi!

## He Lost More Than 100 Pounds On The Keto Diet!

说那个衣服好看，我想买！

and saw some clothes that looked good that I wanted to buy.

679

Wǒ qù lǐmiàn shuō: āi, Nǐ yǒu zhège dàxiǎo?

我去里面说：唉，你有这个大小？

I would go in and asked: "Do you have this size?"

680

Méiyǒu!

没有！

"No!"

681

Zhège dàxiǎo ma? Méiyǒu!

这个大小吗？没有！

"This size?" "No!"

682

Wǒ zài Zhōngguó zhīqián bùnéng mǎi yīfu, suǒyǐ wǒ dōu fàngqì le,

我在中国之前不能买衣服，所以我都放弃了，

I couldn't buy any clothes in China. So, I just gave up.

683

dànshì wǒ xiànzài kěyǐ mǎi, háishi fēicháng hǎo!

但是我现在可以买，还是非常好！

But now I can which is great!

## He Lost More Than 100 Pounds On The Keto Diet!

684

Gěi wǒ hěn duō zìxìn

给我很多自信

It gives me a lot of confidence.

685

Bùcuò!

不错!

Good!

686

Nà jīntiān de fēnxiǎng wǒ juéde kěnéng duì yīxiē

那今天的分享我觉得可能对一些

I think that what you shared today might be useful for people

687

xiǎngyào jiǎnféi de rén kěnéng huì yǒuyòng,

想要减肥的人可能会有用,

that want to lose weight.

688

rúguǒ shuō nǐ yě yǒu zhège féipàng de wèntí,

如果说你也有这个肥胖的问题,

If you also have a problem of being overweight,

689



## He Lost More Than 100 Pounds On The Keto Diet!

yě kěyǐ qù chángshì yīxià,

也可以去尝试一下，

you can give it a shot.

690

rúguǒ yǒuyòng dehuà jiù jìxù!

如果有用的话就继续！

If it works, you can continue!

691

Nàme wǒmen yě fēicháng de zhùhè nǐ jiǎnféi chénggōng le.

那么我们也非常的祝贺你减肥成功了。

Congratulations on your success!

692

jiùshì kàn yǐqián de nǐ gēn xiànzài de nǐ,

就是看以前的你跟现在的你，

Looking at you now and compared to before,

693

wǒ yǐwéi shì liǎng gè rén,

我以为是两个人，

it feels like two different people.

694

shìbùshì nǐ de dìdi háishi shéi.

是不是你的弟弟还是谁。

## He Lost More Than 100 Pounds On The Keto Diet!

(I was wondering) if it was your brother.

695

Wǒ yě yǐwéi

我也以为

I also thought so.

696

Hǎo, nàme rúguǒ nǐmen méiyǒu kàn shàng yī gè Àosītīng de

好，那么如果你们没有看上一个奥斯汀的

Alright. If you haven't seen the last Austin's video

697

zài Zhōngguó shēnghuó jīnglì de zhège shìpín kěyǐ qù kàn yīxià,

在中国生活经历的这个视频可以去看一下，

which is about his life in China, go take a look.

698

zuìhòu ne dāngrán le yě kěyǐ qù kàn yīxià

最后呢当然了也可以去看一下

Lastly, of course, go check out his own channel (Austin in China)

699

tā de píndào lǐmiàn

他的频道里面

where he has videos about

## He Lost More Than 100 Pounds On The Keto Diet!

700

fēnxiǎng de yīxiē jiǎnféi de gùshi yě hǎo,

分享的一些减肥的故事也好，

losing weight

701

háiyǒu xuéxí Zhōngwén de jīnglì.

还有学习中文的经历。

and learning Chinese.

702

Hǎo, nà wǒmen jiù xiàcì jiàn le!

好，那我们就下次见了！

Okay, see you next time!