# Krystal Hipwell credits carnivore diet and weight training for seven-kilo transformation after vegan lifestyle



Former Big Brother contestant and influencer Krystal Hipwell has showcased significant changes to her physique following a dramatic shift in her dietary habits. The 38-year-old revealed on Instagram that she has transitioned from a vegan lifestyle to adopting a carnivore diet, which she credits for her weight gain of seven kilograms and enhanced body tone.

In her post, Krystal shared a comparison of her appearances pre- and post-diet change. Alongside a photograph displaying her previous flat stomach, she remarked, "Vego + smashing myself with high intensity training." In the new image, she posed with emphasis on her toned legs and pert derrière, captioning it with, "(Almost) Carnivore + predominantly weight training and very little cardio." She noted, "I've put on 7 kilos between these two pics," highlighting the pronounced transformation in her body.

A vegan diet traditionally consists of plant-based food, excluding all animal products, while a carnivore diet focuses solely on meat, fish, and other animal-derived foods. Krystal’s documentary on this dietary shift provides insight into her personal journey towards body positivity and fitness after years spent in the public eye.

Krystal gained fame on the reality television show Big Brother in 2006, where she entered the house alongside her mother, Karen Hipwell. The duo gained attention for their glamorous appearances and shared experiences, though the competition concluded with Karen's eviction in the third week and Krystal finishing in sixth place. Both mother and daughter underwent breast enlargement surgeries, which Krystal later reframed as a decision made in her youth for external validation.

In a significant personal milestone, Krystal had her breast implants removed in 2021, describing the procedure as the commencement of a "new chapter" in her life. She reflected on her motivation for the initial surgery, stating, "I first got my implants 'as a young girl searching for approval.'" Despite having no regrets about the procedure itself, she expressed some remorse for not having undergone explant surgery sooner.

Krystal shared her post-operative experiences, which were complicated by the challenges of home learning during lockdown while caring for three children. "The pain has been pretty intense these past few days," she noted, adding that managing her discomfort without becoming groggy around her kids was particularly difficult. However, she mentioned an unexpected sense of relief since having the implants removed, saying, “Literally feeling like a weight has been lifted off my chest,” and expressed happiness with her decision.

The evolution of Krystal Hipwell's lifestyle and dietary choices underscores her journey towards self-acceptance and health, illustrating the complexities surrounding body image in the public eye.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

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