# Adam Richman opens up about health battle ahead of second surgery



Food Network icon Adam Richman has recently prompted concern among fans after sharing an emotional message on Instagram ahead of a scheduled surgery. The 51-year-old television host and former star of "Man v. Food" expressed heartfelt gratitude to his supporters while also acknowledging the uncertainty surrounding his health. In a post, he stated, “Today is surgery number two... If I'm granted the opportunity to come out of this, I promise I'll continue to work my tail off to give you my all.” This statement not only reflects his dedication to his craft but also highlights his ongoing journey with health challenges.

Richman's past has been marked by significant struggles, particularly concerning his physical health. After hosting "Man v. Food," where he tackled extraordinary eating challenges, Richman made the decision to retire from the show in 2012. The catalyst for this was a pivotal moment in his life when he realised he needed to prioritise his health and well-being. He embraced a transformative lifestyle, resulting in a remarkable weight loss of 70 pounds, achieved through rigorous exercise and a healthier diet. Richman’s commitment to fitness included soccer training and a focus on nutrition, which he later described as a 'life-changing' decision.

Compounding his health difficulties, Richman revealed in August 2022 that he nearly succumbed to a deadly MRSA infection linked to a mustache follicle. This infection, which he contracted during a Michelin event in Zurich in 2018, led to alarming symptoms including severe swelling of his lip. The ordeal required him to undergo surgery and a demanding regimen of antibiotics. Richman reflected on this near-death experience, emphasising how it reshaped his outlook on life. He remarked, "Gratitude is the attitude because fate, God, disease, the higher power of your choice can take it away just like that. Every day above ground is a gift.”

Richman’s latest surgery is said to be unrelated to his earlier infection, yet the spectre of his past health struggles looms large. His proactive approach to tackling his well-being continues to resonate with fans and followers who have supported him through his highs and lows. Throughout his journey, he has championed the message of living with gratitude and purpose.

While Adam Richman's career has brought him numerous accolades and a devoted audience, it is his resilience and candidness about personal challenges that define his legacy. As he prepares for another surgical procedure, his fans remain hopeful for positive outcomes, rallying behind him as he navigates this chapter of his life.

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

## Bibliography

1. <https://www.dailymail.co.uk/femail/article-14743697/adam-richman-man-v-food-network-surgery-concern.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://people.com/food/man-v-food-star-adam-richman-says-he-nearly-died-after-getting-a-mrsa-infection-in-a-mustache-follicle/> - In August 2022, Adam Richman, former host of 'Man v. Food,' revealed he nearly died from a MRSA infection contracted from a mustache follicle during a 2018 Michelin event in Zurich. He described the infection causing his lip to swell dramatically and required surgery and antibiotics for treatment. Richman emphasized the importance of gratitude and health following the ordeal.
3. <https://www.contactmusic.com/adam-richman/news/man-v-food-star-adam-richman-loses-70lbs_4232563> - In June 2014, Adam Richman announced he had lost 70 pounds, expressing pride in his new appearance. He shared that the weight loss was achieved through a combination of diet and exercise, including soccer training, which involved squats, push-ups, resistance-band work, and sprints. Richman expressed appreciation for the positive feedback on his transformation.
4. <https://www.latimes.com/food/sns-dailymeal-1863562-entertain-adam-richman-had-hand-surgery-after-freak-surfing-accident-121917-20171219-story.html> - In December 2017, Adam Richman underwent hand surgery after a surfing accident in Hawaii. He recounted being hit by a wave, falling onto a coral reef, and sustaining injuries from sea urchin spines. Despite initial treatments, his condition worsened, leading to emergency surgery. Richman expressed gratitude for the support and well-wishes from fans.
5. <https://www.bbc.com/news/newsbeat-36250447> - In May 2016, Adam Richman addressed rumors about health concerns leading to the end of 'Man v. Food.' He clarified that the show concluded due to his desire to pursue other projects and personal reasons, not health issues. Richman emphasized his ongoing passion for food and his new endeavors, including 'Man Finds Food' on the Food Network.
6. <https://www.express.co.uk/celebrity-news/celebrity-news/463408/I-would-get-the-meanest-hashtags-ever-Adam-Richman-opens-up-about-4st-weight-loss> - In 2014, Adam Richman discussed his 4-stone weight loss, attributing it to a healthier lifestyle and diet. He mentioned that his trainer emphasized the importance of vegetables and whole grains, leading him to appreciate the taste and value of food more. Richman also shared his experiences with online criticism and the positive impact of his transformation.
7. <https://www.contactmusic.com/adam-richman/news/man-v-food-star-adam-richman-loses-70lbs_4232563> - In June 2014, Adam Richman announced he had lost 70 pounds, expressing pride in his new appearance. He shared that the weight loss was achieved through a combination of diet and exercise, including soccer training, which involved squats, push-ups, resistance-band work, and sprints. Richman expressed appreciation for the positive feedback on his transformation.