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1000 pound sisters

On January 1, 2020, TLC dropped 1000-Lb Sisters, a reality show that follows the journey of the Slaton sisters – Amy and Tammy – as they work to take their lives into their hands by abandoning their unhealthy eating habits and focusing more on achieving their desired weight goal to lead a healthy lifestyle. After the release, the audience fell in love with the free-spirited nature of the sisters as they gave an authentic insight into their respective weight loss journeys. They have also been praised for not holding back to show off their small victories and personal setbacks. Since the show on February 5, 2020, fans have been waiting to catch a glimpse of what the Slaton sisters have been so far. If you are among them, we have you covered. Amy and Tammy Slaton: 1000-Lb Sisters Journey As Kentucky natives and YouTubers – Amy and Tammy began their weight loss journey, the then 31-year-old Amy 406 lbs, while her sister Tammy was a whopping 605 lbs at the age of 32. The pair were cast as the subject of the show because of their cumulative weight, which was 1000 lbs. Amy and Tammy decided to be part of the show to change their lives by undergoing bariatric surgery. When Amy met Dr. Procter in Atlanta, she expressed her desire to start a family with her husband Mike Halterman, while Tammy wanted to gain mental peace and self-confidence, having already tried to end her life because of her anxiety, stress, diabetes and other ailments. In order to be eligible for gastric bypass surgery, the two women were advised to lose some weight. Under Dr Procter's guidance, Amy and Tammy began to follow a strict diet and also added some amounts of exercise to their daily schedule. However, it was not a pie walk, as they had been suffering from food addiction since the ages of 10 and 11, as they depended on food for comfort after the tragic death of their grandmother. Of course, the sisters fought several battles for their journey, but their determination and willpower kept them from giving up. After the show ended, Dr Procter told Amy that she was eligible for surgery, but unfortunately her sister Tammy was only able to drop 50 lbs and was asked to lose more weight. Watch the video where Amy shared her new look with her family! Of course, locks were opened. So what happened after the show? Are the sisters still on their way to becoming healthy? Where are Amy and Tammy Slaton now? During their journey on the show, Amy and Tammy lost weight but gained the confidence not to shy away from living a normal life. We are aware of Amy's desire to have a baby, and on her last visit to the gynaecologist she was asked to continue on her path, lose more weight and come back after six months to track her progress. Remember how she said, I want this child so bad; I love it? Well, the 1s on its way to making it a reality, and the latest images on her Instagram account prove she's already lighter than she was at the end of the show. On June 13, 2020, Amy informed her fans about how she cut her hair as the surgery caused her to lose her hair. She continues to run her YouTube channel, where she shares makeup tutorials. Amy is still healthy and walks with her husband, along with dance classes. As for Tammy's progress, she has stayed away from social media since February 2020, but in one of the posts she shared on Twitter, we can see how she is still sticking to the diet plan that Dr. Procter gave her. pic.twitter.com/lOw9hCd19s — Queentammy86 (@queentammy86) February 14, 2020 She has moved out of her sister's apartment and is very much with Jerry, with whom she has been together for over four years. [Bae for life ♥️♥️♥️ pic.twitter.com/eZq6IURVtR](https://pic.twitter.com/eZq6IURVtR) — Queentammy86 (@queentammy86) February 6, 2020 Read More: My 600 Lb Life Biggest Success Stories Amy and Tammy Slaton first gained public attention thanks to YouTube, where Amy documented her life with Tammy and gave honest insights into her daily activities. She did makeup tutorials and shared cute videos of DIY projects. With more than 200,000 subscribers at the time of writing, it's clear that fans loved their heartfelt interactions and it was actually their fans, according to the Louisville Courier Journal, who turned to TLC to ask them to do a show. Despite their dedicated online presence, the Slaton sisters have experienced serious struggles. Tammy became extremely isolated because of her mobility problems, and she told People in December 2019: I tried to kill myself in January last year. For Amy, her health problems became apparent as she struggled with husband Michael Halterman, via Distractify, to get pregnant. Tammy said: I felt like I wouldn't be over 35 if I didn't make changes now. So the sisters agreed to join TLC as they described their weight loss journey. Their main goal was to lose enough weight to qualify for bariatric surgery, according to The Blast. Bariatric surgery, according to the Mayo Clinic, involves surgical changes in the digestive system to help with weight loss. However, patients need to lose weight before qualifying for this surgery to reduce the risk of complications, according to Virtua Health. That's exactly the challenge fans saw in the first season of 1000-Lb Sisters. TLC's 1000 Lb Sisters focus on siblings Amy and Tammy Slaton of Kentucky. As the title of the show suggests, the sisters featured in the series, a total weight of more than 1,000 pounds at the beginning of the show. According to TLC's announcement, the series focuses on 406-lb Amy, who wants to start a family with her new husband but has problems due to her weight and health problems and her 605lb sister Tammy, who needs help with everyday tasks and had to move in with her sister and brother-in-law after a stay in hospital. TLC's 1000 Lb sisters follow the two siblings as they try to lose enough weight to qualify for bariatric surgery. I think it's going to be hard because we're both going to be grumpy if we don't eat, Amy said in a promo. From her hidden personal struggles to her unexpected fame on YouTube to the launch of her series, read on to learn the immeasurable truth of TLC's 1000 Lb sisters. In 2011, Amy Slaton launched her own YouTube channel and posted light-hearted videos with her and sister Tammy. It wasn't until 2014 that they cracked with the Chubby Bunny Challenge. The goal of this challenge is to stuff marshmallows in the mouth, one by one, and pronounce the term chubby bunny, which is ridiculously hard to say with a mouth full of marshmallows. In their video, the stars of TLC's 1000 Lb sisters pushed each other into marshmallow and croaked each other. Despite its silliness – or probably just because of it – the video quickly went viral, reaching more than 1.8 million views. (Note: While the Chubby Bunny challenge can be fun, it's also one of the most dangerous food challenges of all time.) The unexpected success of the video made the sisters YouTube sensations, and more videos followed, with some attracting large audiences. In April 2016, Amy Slaton had her most-watched video of all time (at the time of writing) with The Power of Makeup, in which she puts makeup on half of her face and leaves the other half untouched to offer some sort of comparison and contrast. This video received an astonishing 7.3 million views, proving that the Slatons were not one-hit wonders on the video platform. The YouTube star's double-edged sword is that the factors that make someone popular are usually the same things they're criticized for. The Slatons were not immune to this phenomenon, and they were hit by a flood of cruel and hateful comments. In fact, Amy Slaton posted a video of herself in 2017 reading some of the hate comments the sisters received, and then she responded directly. Not only do the Slatons occasionally react to the haters, but sometimes their fans do it for them. In May 2017, Amy Slaton posted a message on Instagram from one of her social media followers, writing: This post goes to Amy Slaton and other ladies who are being bullied on social media. Stop it! their trolls and disgusting haters. ... If you don't like Amy Slaton, don't look at her channel. The spread of hatred and negativity will destroy you from within. In the caption of her repost, the 1000 Lb Sisters star wrote of TLC: Y'all are so nice to me, this is just an example of a fan fan so friendly and supportive. Without y'all I'dk where I would be. Given that Tammy Slaton weighed more than 600 pounds, it is not surprising that she has experienced some serious health challenges. Tammy's reduced mobility forces her to rely more on Amy than she wants, which adds to the tension that already exists when she lives under the same roof, according to the announcement for TLC's 1000lb sisters. She hasn't left her home in six years, except for medical care, and isolation has taken a toll on both of them. In an interview with the Louisville Courier Journal, Tammy explained that her motivation to have bariatric surgery and document her weight loss journey for TLC is easy to get healthy. She said she was diagnosed with two blood clots, pneumonia and several medical procedures. In the past, she was even put on life support. I'm tired of being sick all the time, she admitted. I'm just done. In March 2019, Tammy shared a video of herself in a hospital bed after being taken in for another illness. When she explained that she was hospitalized after her foot was so painful and swollen that she couldn't get up, she revealed her latest distress: I got gutting. Chronic health problems not only affected Tammy Slaton's mobility and kept her more or less home-bound for years, but also left the star of TLC's 1000lb sisters suffering from severe depression. The isolation she felt, she told People, eventually became so overwhelming that it actually brought her to the brink of taking her own life, as she honestly told the magazine in December 2019. Ultimately, the experience served as a wake-up call, convincing her that it was time to make some big adjustments to her life – to make sure she would have a life in a few years. I felt like I wouldn't be over 35 if I didn't make changes now, she admitted. With 1,000 Lb sisters trying to make healthier dietary choices and starting an exercise regime, Tammy told People that the results were encouraging. I don't feel like I have to wear a mask or hide my body when I leave the house, she explained. I'm not afraid to be seen by people. Amy Slaton turned to food to deal with grief, and that's something the TLC 1000Lb sisters star has fought for most of her life. Speaking to the Louisville Courier Journal, the Slaton sister said her weight was basically until about 10 years old when her beloved grandmother died. My mother worked two or three jobs on the other, and my grandma was basically our mother, she explained. When she died, our whole world changed. Because her mother worked and her older siblings had moved out of the family home, the death of her grandmother forced Tammy and Amy to defend themselves. Aged 10 and 11, they turned to easy-to-prepare such as frozen pizza and ramen noodles. It's what we've done to survive, and the stuff isn't good for you, Tammy told the newspaper. Depression and just trying to live all kinds of us caught up in. While they now know more about diet, Amy lamented the fact that healthier food options are often the most expensive. You go to McDonald's and you can get a cheeseburger for a dollar, but a salad costs like five, she complained. In early December 2019, TLC announced it would air the six-part docu-series 1000 Lb Sisters, and the network, known for its premiere of shows such as The Little Couple, 90 Day Fiancé and Welcome to Plathville, unveiled the show's first promo video. People who watched the trailer were quick to share their reactions on Twitter, and the reactions were all over the map. While there were people mocking the show, there were also those who were horrified by the sisters' dietary choices. One Twitter user admitted that she felt snubbed when she saw the preview, writing that she wasn't trying to judge these women, but if you're in that position, WHY would you make lasagne, chicken and dumplings, two desserts and a peanut butter and mayo sandwich for dinner? Another tweet read: 'It's just depressing. How in the world could... I mean, it's just sad. But after a quick look at the premiere of TLC's 1000 Lb sisters, which were streamed online before the broadcast date, there were others who apparently felt they had found their next favorite reality show. I really tried not to lock myself in another reality series in 2020, but these 1000 Lb sisters from @TLC has already made me addicted, wrote one fan. The #1000lbsisters was actually... Well? I'm surprised I liked it!, wrote another. Before the launch of TLC's 1000 Lb sisters, the network posted a video on Facebook showing the Slaton sisters competing in the Dressed Banana challenge. In the video, Tammy asked: What is a dressed banana? As Amy explained, the process involves peeling a banana, dipping into a glass of salad dressing and then rolling in crushed peanuts, a brew she admitted sounded like the worst thing in the world. Interspersed with the duo's banana dip exploits, the sisters are also sitting on the porch and making some comments behind the silliness. When people see how we eat the banana, then the comments ... We won't have to eat it, Tammy said. We're getting used to it now, Amy added. It's more like, 'Oh, another comment.' If you eat something and someone tells you not to do it, you will eat even more. So basically, that's like, eat it. Tammy remarked: Live a little.

Eventually, the sisters took a taste of their culinary creations. Slim yet satisfying, Tammy joked. The video ended in pure slapstick Slaton style, with the sisters making cream cakes in the face of the other. Guess this is a way to promote a show. Speaking to the Louisville Courier Journal, the Slatons revealed that it was their YouTube followers who first turned to TLC and asked the network to show the sisters in a TV docu-series. Ahead of the debut of TLC's 1000 Lb sisters, the sisters expressed hope that they could show people a different side of themselves that doesn't necessarily appear in their crazy YouTube videos. Doing the show is a way to give us a different light because you can only show so much on YouTube, Amy explained. That's actually the daily stuff we're dealing with. One of these everyday things is Amy's desire to have a baby with her husband Michael. However, her obesity became an obstacle to pregnancy as doctors warned her that she would not be able to comprehend until she lost weight. I always wanted to be a mum. I feel incomplete as a woman because I can't have a child, Amy revealed in the debut episode of 1000-Lb Sisters (via Heavy). My husband Michael means the world to me. She added: 'He really supports Tammy. According to People, the Slaton sisters filmed the first season of TLC's 1000 Lb Sisters in May 2019. And in their late December 2019 interview with the magazine, Tammy and Amy Slaton hinted that they are aiming to get healthier. In addition to removing sugar from her diet, she allegedly embraced low-carb, high-protein foods. Everyone also opted for a preferred form of exercise. Tammy revealed that she likes to swim, while Amy noticed that she started dancing with her husband and took long walks. After their experience on the show, both sisters said their self-esteem has skyrocketed. I can go to the store and not care about my appearance because I feel good, no matter what other people say about me, Amy said. I'm beautiful as I am. To get their food on track, Amy and Tammy Slaton had to rework their diet, and the 1000 Lb Sisters stars revealed in January 2020 how they managed to shift gears towards healthier fares. The food is okay, Amy said. The sodas were really tough. But I did it in the end and I don't have soda in what, four months now? While she admitted to occasionally crave a glittering, sugary soft drink, it's an urge she's learned to overcome. But mostly I only drink water and coffee, she said. Tammy agreed that giving up soda was also her biggest challenge. I mean, I still have trouble giving up soda and fried foods, but I think I do it a lot than what I used to do, she said. The Slatons also learned how to create healthier substitutions for favorite comfort foods, such as swapping cauliflower for macaroni in mac and cheese. So you can find an alternative that's healthy, Tammy explained, adding: So we're Adherence to the diet, but nevertheless we still have that chocolate fix or the solution we needed at the time, the longing, but only do it on a healthier alternative. In 2019, Amy and Tammy Slaton were popular YouTubers with a degree of online fame, but they would hardly be described as famous. That changed thanks to their TLC series 1000 Lb Sisters, with the sisters suddenly being the subject of television news and appearing in national magazines like People. Speaking about her sudden fame, Amy told Indiana's 44 News that she was glad she had her sister by her side. It's easier to travel with someone than it is alone, she said. Being on TV was very different from her YouTube appearances. Tammy explained, saying it was more on the day of life, noting that they see more of what our lives are like and what better decisions and everything they're going to make from where they don't see so much of what's going on behind [the] scenes on YouTube. In addition to losing weight and improving their overall health, the sisters agreed that their experience on the show strengthened their relationship. I think that brought us closer in the sense that we know what the other is going through, Tammy added. But we only know that the other is going through the same thing. After 1000 Lb sisters became an out-of-the-box hit for TLC, Tammy Slaton excitedly took to Twitter in early January 2020 to share a short video featuring the front page of The Journal-Enterprise, which serves Kentucky's Webster County. We made the front page!, she explained in the video, showing a large photo of the sisters on the front page of the newspaper. Her tweet received a number of positive reactions from her Twitter followers. Proud of both of you.... YOU can do THIS BABE, one fan tweeted, while another wrote: 'You girls make me smile. Tammy also personally thanked a fan who told her via Twitter that she was in a similar situation to the Slaton sisters and that 1000 Lb sisters had given her the much-needed inspiration. I try to lose weight due to depression so I know how challenging it can be. I just wanted to let you know that I'm so proud of you, the fan tweeted. You really touched my heart in ep2 ... You have this Tammy. The reviews for 1000-Lb sisters were fantastic. The episode, which aired on January 22, 2020, as television reported on the numbers, was the 14th most-watched series on cable that evening, with 1.2 million viewers (more than established hit My 600-Lb Life). The following week, the episode of January 29 was the eighth most watched show Cable. While a second season seems to be a no-brainer in the face of this audience, one of the Slaton sisters claimed that there would be no more 1000 Lb sisters. In a tip-filled tweet posted on February 5, the date the season finale aired, Tammy thanked fans for and said, I really hope you all enjoyed our show. When a fan asked if the sisters would return for another season, Tammy tweeted: No, I'm sorry we're not doing another season. But wait! A week later, another fan asked the same question and received a very different answer. We're not sure yet that they didn't tell us anything, but they didn't insult us and try not to be rude, but even if they tell us we can't tell anyone, but keep their fingers crossed that we're getting a season 2, she tweeted. Tweeted.

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