

Health by Choice, Not by Chance

Results for Edwin [REDACTED]

July 19, 2005

I began the *Health by Choice, Not by Chance* program on June 7, 2005. At that time, my weight was 282 lbs. I was taking medications for Type II diabetes, high blood pressure, and high cholesterol. Even with those medications, my blood sugar was 130 and blood pressure was 145/91.

Starting on the program, my typical day became as follows:

Arise at 5:15 a.m.

Walk 30 mins.

Rest 5-10 mins.

Walk 30 mins.

Rest 30-40 mins.

Breakfast at 7:30

4 to 5 servings of fruit

2 servings of oatmeal with 2 tablespoons freshly ground flax seed

1 serving English walnuts or 1-2 servings whole-wheat bread with natural peanut butter

Lunch at 1:30

Large salad

Raw or cooked vegetables

Starches (boiled or baked white potatoes, sweet potatoes, brown rice, or whole wheat pasta)

Legumes (beans or lentils) or peanut butter sandwich

Supper at 5:30

1 or 2 servings fruit

May also have 1-2 slices whole-wheat bread, only if needed

I also drank plenty of water throughout the day and went to bed by 10 p.m.

Three weeks into the program, my weight was 171, blood sugar 112 (I had also experienced some really low sugar levels), and blood pressure 116/75. My daily readings were faxed to my doctor. Two days later, his receptionist called and said the doctor was "ecstatic" over the results, and I could cut my diabetes medicine in half. At about the same time, I also began to experience dizziness and light-headedness when getting up too quickly. I suspect it is from the lower blood pressure readings I am now getting.

Six weeks into the program, I eat less fruit (3-4 servings) for breakfast, along with the oatmeal and walnuts, not the bread. For supper, I eat just one serving of fruit and usually nothing else. With this plan, I eat as much as I want at breakfast and lunch and have never experienced hunger between meals.

My weight is 263 (down 19 lbs.), blood sugar (with ½ med) is 124, and blood pressure varies from 105/71 to 118/74.

Health by Choice, Not by Chance is helping me get back to good health again.

Update – 9/13/05

I have now been on the *Health by Choice, Not by Chance* program for 14 weeks. I saw my doctor today and had lab tests run after a month of being off my medications for cholesterol, blood pressure, and diabetes.

The first numbers are my medical readings prior to starting blood pressure and cholesterol medications. The second numbers are my readings after 14 weeks on the program, losing 35 lbs., and not having taken the medications during the last month.

| | On 8/18/1999 | On 9/12/2005 |
|-----------------------|---------------------|---------------------|
| Blood Pressure | 178/81 | 117/74 |

| | On 11/17/1999 | On 9/13/2005 |
|--------------------------|----------------------|---------------------|
| Total Cholesterol | 257 | 185 |
| HDL | 42 | 38 |
| LDL | 154 | 97 |
| Triglycerides | 303 | 252 |

At the start of the lifestyle change, I was a Type II diabetic and my fasting blood sugar was in the 120's and 130's with medication. After two months of the lifestyle change, my doctor did not renew my medication prescription when I ran out, and on 9/13/05, he said my sugar level (now mostly in the lower 130's without medication) was low enough to not need medication. He also said that if I lost another 20 lbs. of weight, I would no longer have any problem with diabetes, and he predicted that within six more months on the program, that would probably happen. And since I am no longer on medication for diabetes, he said I could test just once a day now (before breakfast) unless I suspect my sugar level is too low or too high.