

From: Edwin [REDACTED]
 To: Dr. [REDACTED]

Date	Day	BB or AB	Blood Sugar			Blood Pressure		Pulse		Weight
			AM	MD	PM	AM	PM	AM	PM	
10/16/2005	Sunday	BB	114			123/68		66		244
10/17/2005	Monday	BB	124			119/60		70		243
10/18/2005	Tuesday	BB	125			128/72	113/56	72	66	243
10/19/2005	Wednesday	BB	122			118/68		73		242
10/20/2005	Thursday	BB	124			118/65		74		243
10/21/2005	Friday	BB	126			116/68		75		242
10/22/2005	Saturday	BB	125			114/68		86		242
10/23/2005	Sunday	BB	131			120/73		64		243
10/24/2005	Monday	BB	128			126/76		65		242
10/25/2005	Tuesday	BB	123			121/75		72		242
10/26/2005	Wednesday	BB	117			125/75		69		241
10/27/2005	Thursday	BB	112			134/81		63		241
10/28/2005	Friday	BB	119			131/72		68		241
10/29/2005	Saturday	BB	118			128/73		72		242
10/30/2005	Sunday	BB	125			121/70		74		240
10/31/2005	Monday	BB	130			129/75		75		240
11/1/2005	Tuesday	BB	120			119/72		66		240
11/2/2005	Wednesday	BB	130			129/73		68		239
11/3/2005	Thursday	BB	135			128/72		70		240
11/4/2005	Friday	BB	128			124/67		68		238
11/5/2005	Saturday	BB	125			120/74		72		240
11/6/2005	Sunday	BB	123			125/75		73		240
11/7/2005	Monday	BB	113			137/84		71		240
11/8/2005	Tuesday	BB	131							241
11/9/2005	Wednesday	BB	127			127/69		67		241
11/10/2005	Thursday	BB	125			127/78		72		238
11/11/2005	Friday	BB	125			126/77	120/64	75	68	240
11/12/2005	Saturday	BB	125			128/76		74		241
11/13/2005	Sunday	BB	128			133/76		68		241
11/14/2005	Monday	BB	120			135/74		72		241
11/15/2005	Tuesday	BB	124			130/81		68		241
11/16/2005	Wednesday	BB	124			132/74		70		239
11/17/2005	Thursday	BB	133			139/76		63		238
11/18/2005	Friday	BB	106			124/72		70		239
11/19/2005	Saturday	BB	124			140/76		76		239

40#

See Note

BB = Before Breakfast
 MD = Mid Day
 AB = After Breakfast

NOTE: Began to walk 30 minutes per day instead of 60, and did more physical labor instead. Blood pressure began to rise.

From: Edwin [REDACTED]
 To: Dr. [REDACTED]

Date	Day	BB or AB	Blood Sugar			Blood Pressure		Pulse		Weight
			AM	MD	PM	AM	PM	AM	PM	
11/20/2005	Sunday	BB	115			134/79		72		240
11/21/2005	Monday	BB	123			125/72		68		238
11/22/2005	Tuesday	BB	132			132/83		80		237
11/23/2005	Wednesday	BB	130			123/69		69		239
11/24/2005	Thursday	BB	114			125/84		76		237
11/25/2005	Friday	BB	118			131/80		72		241
11/26/2005	Saturday	BB	119			137/72		62		238
11/27/2005	Sunday	BB	117			130/71		75		240
11/28/2005	Monday	BB	127			125/76		69		239
11/29/2005	Tuesday	BB	126			107/70		67		239
11/30/2005	Wednesday	BB	124			127/75		72		238
12/1/2005	Thursday	BB	126			126/75		70		237
12/2/2005	Friday	BB	124			124/75		78		237
12/3/2005	Saturday	BB	127			109/62		64		237
12/4/2005	Sunday	BB	120			124/80				236
12/5/2005	Monday	BB	119			126/76		75		237
12/6/2005	Tuesday	BB	112			126/80		73		236
12/7/2005	Wednesday	BB	120			124/80		76		236
12/8/2005	Thursday	BB	115			118/75		76		235
12/9/2005	Friday	BB	119			123/80		72		235
12/10/2005	Saturday	BB	119			124/77		68		235
12/11/2005	Sunday	BB	117			123/70		75		236
12/12/2005	Monday	BB	129			120/68		68		234
12/13/2005	Tuesday	BB	119			130/70		67		234
12/14/2005	Wednesday	BB	117			118/72		71		234
12/15/2005	Thursday	BB	114			121/74	117/64	66	66	234
12/16/2005	Friday	BB	102			119/76		66		235
12/17/2005	Saturday	BB	116			120/75		65		234
12/18/2005	Sunday	BB	120			119/73		64		233
12/19/2005	Monday	BB	121			116/66		70		234
12/20/2005	Tuesday	BB	120			116/64		64		235
12/21/2005	Wednesday	BB	116			115/66		67		233
12/22/2005	Thursday	BB	125			111/66		68		234
12/23/2005	Friday	BB	124			112/62		72		233
12/24/2005	Saturday	BB	126			114/64		72		232

3 Supps
 See Note
 45#

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47#

48#

2 Supps
 49#

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BB = Before Breakfast
 MD = Mid Day
 AB = After Breakfast

3 Supps = Began 3 herbal supplements daily - Garlic tablets, Gymnema Sylvestre, & GTF Chromium
NOTE: Returned to walking 60 minutes per day. Blood pressure starts going down again.
2 Supps = Cut to 2 herbal supplements daily - Gymnema Sylvestre & GTF Chromium

From: Edwin [REDACTED]
 To: Dr. [REDACTED]

Date	Day	BB or AB	Blood Sugar			Blood Pressure		Pulse		Weight	
			AM	MD	PM	AM	PM	AM	PM		
12/25/2005	Sunday	BB	119			119/71		68		235	
12/26/2005	Monday	BB	116			110/67		69		235	
12/27/2005	Tuesday	BB	126			123/75		72		234	No walk
12/28/2005	Wednesday	BB	128			113/67		69		233	
12/29/2005	Thursday	BB	107			115/64		68		232	50#
12/30/2005	Friday	BB	130			118/60		69		233	
12/31/2005	Saturday	BB	133			121/75		62		232	
1/1/2006	Sunday	BB	128			127/76		68		231	51#
1/2/2006	Monday	BB	112			114/69		67		233	
1/3/2006	Tuesday	BB	116			118/73		67		233	
1/4/2006	Wednesday	BB	121			121/76		71		233	
1/5/2006	Thursday	BB	125			116/69				232	
1/6/2006	Friday	BB	120			118/74		72		230	52#
1/7/2006	Saturday	BB	121			124/73		71		231	
1/8/2006	Sunday	BB	115			121/75		68		233	
1/9/2006	Monday	BB	121			121/71		68		231	
1/10/2006	Tuesday	BB	119			123/72		67		232	
1/11/2006	Wednesday	BB	134			122/74		88		233	sick
1/12/2006	Thursday	BB	136			116/75		69		230	sick
1/13/2006	Friday	BB	135			111/72		68		231	sick
1/14/2006	Saturday	BB								229	53#
1/15/2006	Sunday	BB	124			122/70		70		231	
1/16/2006	Monday	BB	119			122/76		65		230	
1/17/2006	Tuesday	BB	119			116/79		68		229	
1/18/2006	Wednesday	BB	112			126/79		59		229	
1/19/2006	Thursday	BB	127			122/72		63		230	
1/20/2006	Friday	BB	114			118/77		68		229	
1/21/2006	Saturday	BB	115			125/75		60		229	
1/22/2006	Sunday	BB	118			121/69		64		231	
1/23/2006	Monday	BB	122			123/78		64		229	
1/24/2006	Tuesday	BB	118			122/78		68		229	
1/25/2006	Wednesday	BB	116			120/72		66		229	
1/26/2006	Thursday	BB	114			121/74		70		231	
1/27/2006	Friday	BB	124			123/73		69		230	
1/28/2006	Saturday	BB	118			124/71		67		228	54#

BB = Before Breakfast
 MD = Mid Day
 AB = After Breakfast

From: Edwin [REDACTED]
 To: Dr. [REDACTED]

Date	Day	BB or AB	Blood Sugar			Blood Pressure		Pulse		Weight
			AM	MD	PM	AM	PM	AM	PM	
1/29/2006	Sunday	BB	123			127/75		69		229
1/30/2006	Monday	BB	137*			124/78		69		228
1/31/2006	Tuesday	BB	127			132/77		73		229
2/1/2006	Wednesday	BB	127			127/73		65		229
2/2/2006	Thursday	BB	116			128/75		66		230
2/3/2006	Friday	BB	117			123/76		63		229
2/4/2006	Saturday	BB	111			127/74		63		230
2/5/2006	Sunday	BB	128			131/76		61		228
2/6/2006	Monday	BB	121			134/80		64		228
2/7/2006	Tuesday	BB	128			126/75		67		227
2/8/2006	Wednesday	BB	116							227
2/9/2006	Thursday	BB	119			130/71		70		226
2/10/2006	Friday	BB				127/66		62		227
2/11/2006	Saturday	BB				127/77		66		227
2/12/2006	Sunday	BB				120/72		66		227
2/13/2006	Monday	BB				124/76		59		227
2/14/2006	Tuesday	BB				120/68		66		229
2/15/2006	Wednesday	BB				124/73		64		229
2/16/2006	Thursday	AB				126/69		67		229
2/17/2006	Friday	BB								228
2/18/2006	Saturday	BB				134/83		69		227
2/19/2006	Sunday	BB				129/80		68		228
2/20/2006	Monday	BB				132/72		64		228
2/21/2006	Tuesday	BB								227
2/22/2006	Wednesday	BB				116/62		75		228
2/23/2006	Thursday	BB				124/76		72		228
2/24/2006	Friday	MD				118/60		84		226
2/25/2006	Saturday	BB								226
2/26/2006	Sunday	BB								227
2/27/2006	Monday	BB				123/71		76		226
2/28/2006	Tuesday	BB				128/64		68		226
3/1/2006	Wednesday	BB				121/68		72		226
3/2/2006	Thursday	BB				124/74		64		226
3/3/2006	Friday	BB				124/64		69		227
3/4/2006	Saturday	BB								

55#
56#

BB = Before Breakfast
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* Oranges for supper the previous night

From: Edwin [REDACTED]
 To: Dr. [REDACTED]

Date	Day	BB or AB	Blood Sugar			Blood Pressure		Pulse		Weight
			AM	MD	PM	AM	PM	AM	PM	
3/5/2006	Sunday	BB								
3/6/2006	Monday	BB								
3/7/2006	Tuesday	BB				118/66		64		227
3/8/2006	Wednesday	BB	111			128/72		65		
3/9/2006	Thursday	BB	117			125/72		72		
3/10/2006	Friday	BB	114			133/77		68		228
3/11/2006	Saturday	BB	108			135/80		69		226
3/12/2006	Sunday	BB	106			136/83		68		
3/13/2006	Monday	BB	123			137/79		75		226
3/14/2006	Tuesday	BB	122			139/83		68		224
3/15/2006	Wednesday	BB	119			131/76		67		225
3/16/2006	Thursday	BB	111			127/81		68		225
3/17/2006	Friday	BB	107			133/76		68		224
3/18/2006	Saturday	BB	109			124/71		80		223
3/19/2006	Sunday	BB	118			125/75		63		225
3/20/2006	Monday	BB	104			122/77		69		224
3/21/2006	Tuesday	BB	111			137/80		76		225
3/22/2006	Wednesday	BB	111			133/71				224
3/23/2006	Thursday	BB	104			128/77		67		226
3/24/2006	Friday	BB	121			107/72		72		224
3/25/2006	Saturday	BB	111			123/72		65		226
3/26/2006	Sunday	BB	113			128/68		64		226
3/27/2006	Monday	BB	113			119/60		64		224
3/28/2006	Tuesday	BB	118			124/74		68		226
3/29/2006	Wednesday	BB	116			128/74		64		223
3/30/2006	Thursday	BB	115			113/71		72		224
3/31/2006	Friday	BB	104			132/75		73		224
4/1/2006	Saturday	BB	126			113/53		72		223
4/2/2006	Sunday	BB	115			118/72		63		225
4/3/2006	Monday	BB	119			124/71		67		224
4/4/2006	Tuesday	BB	115			116/66		65		224
4/5/2006	Wednesday	BB	108			123/76		69		225
4/6/2006	Thursday	BB	119			129/76		69		224
4/7/2006	Friday	BB	115			121/75		65		225
4/8/2006	Saturday	BB	125			114/69		66		223

57#

58#

59#

BB = Before Breakfast
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 AB = After Breakfast

From: Edwin [REDACTED]
 To: Dr. [REDACTED]

Date	Day	BB or AB	Blood Sugar			Blood Pressure		Pulse		Weight
			AM	MD	PM	AM	PM	AM	PM	
4/9/2006	Sunday	BB	107			128/77		64		224
4/10/2006	Monday	BB	118			128/75		64		224
4/11/2006	Tuesday	BB	119			124/76		66		224
4/12/2006	Wednesday	BB	122			124/79		68		223
4/13/2006	Thursday	BB	124			117/70		78		222
4/14/2006	Friday	BB	119			125/78		68		223
4/15/2006	Saturday	BB	111			124/76		64		224
4/16/2006	Sunday	BB	119			125/73		68		224
4/17/2006	Monday	BB	121			113/64		77		224
4/18/2006	Tuesday	BB	123			127/75		68		225
4/19/2006	Wednesday	BB	117			123/68		72		224
4/20/2006	Thursday	BB	115			124/72		66		225
4/21/2006	Friday	BB	119			122/76		67		223
4/22/2006	Saturday	BB	121			132/78		67		224
4/23/2006	Sunday	BB	107			124/70		64		224
4/24/2006	Monday	BB	109			135/77		67		223
4/25/2006	Tuesday	BB	105			123/78		69		221
4/26/2006	Wednesday	BB	114			124/76		61		223
4/27/2006	Thursday	BB	117			123/67		62		222
4/28/2006	Friday	BB	108			120/73		66		221
4/29/2006	Saturday	BB	99			127/67		64		222
4/30/2006	Sunday	BB	107			124/60		67		223
5/1/2006	Monday	BB	106			124/67		64		222
5/2/2006	Tuesday	BB	104			120/75		65		222
5/3/2006	Wednesday	BB	99			125/74		58		221
5/4/2006	Thursday	BB	114			128/74		62		221
5/5/2006	Friday	BB				114/64				221
5/6/2006	Saturday	BB	102			128/74		65		221
5/7/2006	Sunday	BB	111			129/78		71		223
5/8/2006	Monday	BB	110			126/75		68		221
5/9/2006	Tuesday	BB	108			117/64		67		221
5/10/2006	Wednesday	BB	113			124/73		64		222
5/11/2006	Thursday	BB	112			125/68		69		223
5/12/2006	Friday	BB	113			113/69		59		222
5/13/2006	Saturday	BB	115			123/74		64		221

60#

61#

BB = Before Breakfast
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 AB = After Breakfast

From: Edwin [REDACTED]
 To: Dr. [REDACTED]

Date	Day	BB or AB	Blood Sugar			Blood Pressure		Pulse		Weight
			AM	MD	PM	AM	PM	AM	PM	
5/14/2006	Sunday	BB	107			124/73		64		223
5/15/2006	Monday	BB	111			126/73		69		222
5/16/2006	Tuesday	BB	115			125/79		64		223
5/17/2006	Wednesday	BB	111			128/76		66		222
5/18/2006	Thursday	BB	110			124/80		64		222
5/19/2006	Friday	BB	107			123/77		65		222
5/20/2006	Saturday									
5/21/2006	Sunday									
5/22/2006	Monday									
5/23/2006	Tuesday									
5/24/2006	Wednesday	BB	111			114/70		70		219
5/25/2006	Thursday	BB	112			128/76		66		220
5/26/2006	Friday	BB	107			121/74		61		220
5/27/2006	Saturday	BB	107			121/67		64		221
5/28/2006	Sunday	BB	106			124/75		64		224
5/29/2006	Monday	BB	112			131/75		69		223
5/30/2006	Tuesday	BB				127/75		64		224
5/31/2006	Wednesday	BB	108			123/76		66		221
6/1/2006	Thursday	BB	94			132/76		62		221
6/2/2006	Friday	BB	101			122/72		64		223
6/3/2006	Saturday									
6/4/2006	Sunday	BB	110			123/76		64		223
6/5/2006	Monday	BB	113			132/76		62		223
6/6/2006	Tuesday	BB	106			134/80		66		221
6/7/2006	Wednesday	BB	108			124/72		66		222
6/8/2006	Thursday	BB	109			122/72		67		222
6/9/2006	Friday	BB	101			122/67		60		222
6/10/2006	Saturday	BB	101			125/70		58		222
6/11/2006	Sunday	BB	110			120/71		62		222
6/12/2006	Monday	BB	108			124/74		55		223
6/13/2006	Tuesday	BB	109			129/73		60		221
6/14/2006	Wednesday									
6/15/2006	Thursday	BB				122/75		60		221
6/16/2006	Friday									
6/17/2006	Saturday									

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63#

BB = Before Breakfast
 MD = Mid Day
 AB = After Breakfast

* 5/20/06-5/23/06 - travel away from home