

August 2007

On the evening of February 24th I checked into the UCSD VA Hospital for metabolic screening and possible participation in one of the clinical trials that they are conducting. The screening was completed the next day before noon and I was diagnosed with newly developed **Type 2 Diabetes**. I was surprised that they were able to determine that I had not been diabetic for more than 60-90 days. It was implied that if I started to watch my diet and began exercising I might be able to reverse that diagnosis. I accepted this challenge and they agreed to re-test me on April 15th.

I began walking every day. A mile or so at first and by the first week of April I did a simulated 5K (3.2miles) three days in a row walking as fast as I could, about 45-48 minutes.

I also realized that I was going to need help to accomplish my goal of reversing the diagnosis so I formed a team of individuals who could do just that.

The first place I contacted was **Body Basics**. They started me on a series of four colon hydrotherapy treatments. Wow, what a wonderful cleansing experience. My colon now works better than it has in many years. This is something I will continue to do on a regular basis. I see now how we accumulate harmful toxins in our systems and create unnecessary burdens on our bodies. I also did Hypnotherapy, Yoga, Massage, and saw a skin care therapist.

Perhaps the most important and influential team member is my ten-year-old grand daughter. She had a month off at the same time I was on my quest. She walked; scootered or roller skated with me almost every morning.

As for my diet .I didn't follow any particular diet. What I did was stop (as in "cold turkey") going to any fast food restaurants and drinking any sodas. I dramatically reduced the amount of butter and salt that I use daily. I doubled my consumption of fresh fruit and salad and I did eat more fresh vegetables (never been a big veggie fan). And I just realized that I've thrown away several loaves of bread because they had gotten moldy. Guess I don't eat much bread any more.

I know I've lost quite a bit weight, My pants will fall off if I don't use a belt and I'm getting ready to poke another hole in it soon. I take Zocor to control my cholesterol. The dosage has been reduced by **50%**, my cholesterol levels were getting to low because of all of the changes I've made in my life style. Also, my blood pressure is falling.

I passed the OGTT (Oral Glucose Tolerance Test). **I am no longer considered to have Type 2 Diabetes**. Since February 25th to April 15th I've lost **18.2 lbs**.

Now the big trick will be to maintain my new life style and loose a little more weight but not so much that I can't maintain it (been there-did that).

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