

# Health Test Results

Dani Gleason -- Re:Place, Re:Fuel, and blood sugar.

I had a health issue (heart attack) on February 26, 2005. I was coming home from working a booth at the Garden Show. From that incident, I learned I was possibly diabetic, or pre-diabetic. I decide to start the Vollara diet in March, (more for health, than weight loss).

I have bad eating habits--a cup of coffee in the morning and maybe food around 2:30 PM. [To achieve weight loss, your calorie intake should be 1,200 calories. By doing the calorie count, I found I was 600 to 800 and my body was under-nourished. I have taken Re:Fuel since it was first introduced, probably the only good nutrition I was getting.] What a no-brainer this program is! Just a vanilla shake with 2% milk twice a day. I only had to remember the veggies and fruits between the shakes (half an apple), sensible meal (more chicken-fish than beef) and take the Re:Store. Since March, I have gone from 151 to 130 ... mostly from my gut/midsection. I went from a 12 to an 8 dress size. My 3 lipid blood results tell the rest of the story. When I went for the last blood test, they told me I am diabetic. They were going to set me up with a training group at the hospital. I would be taking some kind of medication, which would be decided after the test came back.....

	FEB26th	MAY 5th	SEPT 9th
Cholesterol (normal range 108 - 199)	<b>242</b>	<b>163</b>	<b>137</b>
Triglyceride (normal range 26 - 149)	<b>153</b>	<b>100</b>	<b>113</b>
HDL (normal range 40 - 125)	<b>43</b>	<b>34.8</b>	<b>36.2</b>
Chol/HDL (0.0 - 5.0 normal range)	<b>5.6</b>	<b>4.68</b>	<b>3.78</b>
LDL (normal range 0 - 99)	<b>168</b>	<b>108</b>	<b>78</b>

Both the cardiologist and the endocrinologist called with the results. The scary changes they had been discussing were not necessary. Both said, "Keep doing what you are doing!" Keep in mind, my AIC went down from 7.7 to 7.2 and the good range is between 4.3 and 6.1. That means I have to watch my diet. Re:Place helps with that. If you should decide to do the program, the blood work is more important the dress size! As Jim Rohn says, "Take good care of your body, it's the only place you have to live." Also, those Tuesday night and all-week-long morning nutrition calls could change your life. I know, it worked for me.

Interesting thing I want to share: I invited 15 people in my home to talk about nutrition. Since I have a blood-sugar tester, I tested anyone who was interested. A lot of people don't even know they are at risk.

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