

The Journey to Healthier Me

One day you wake up and realize that things are not as they should be. For whatever reasons, you realize that you have compromised on certain plans, goals, and commitments you made in the past, including your health. It's easy to do, too easy to fall away from exercise, healthy eating, and discipline. Then, something happens that forces you to realize that you are on a dangerous path. My wake-up call came at the FBI Law Enforcement Executive Development Session (#74) in February 2014. Carelessness, indifference, and the lack of discipline led to a weight of 246.5 lbs, extremely high triglycerides, high type B lipid particles, and a dangerous insulin level. As Dr. Greenwald (who taught the session course on Wellness and Leadership and walked me through the detailed advanced blood testing results) helped me understand, I was insulin resistant and setting myself up for certain major heart disease. But, as he and his incredible team at Specialty Health assured me over the next several months, it was all reversible. Below is the proof that doing simple things can radically change your life and your health. Take a look at these three photos. The first two reflect me as I was before adopting the changes recommend by Dr. Greenwald and the great team at Specialty Health. The third is me just three months into a new lifestyle of healthy eating and living.



June 2013 (245 lbs)

January 2014 (246 lbs)

May 2014 (215 lbs)

The results are irrefutable. 50 pounds lost in 4 ½ months, triglycerides cut by 48%, insulin levels cut by 65%, 110% improvement in Vitamin D levels, and 32% improvement in Omega 3 levels. All this was achieved simply by changing eating and exercise habits. Cutting out most sugars (to include all high fructose corn syrup), grains, legumes, oils (other than olive and coconut oils), and replacing them with meats, fish, and poultry as well as eggs, butter, avocado and some other great foods – including a little dark chocolate every night – goes against all we have been taught, but it sure does work. In doing a lot of reading and research, I have found that there is a lot of good science to support why a Paleolithic type of food diet works. Bundle that with smart exercise (short but high intensity workouts), and you have quite a recipe for healthy living.

Check out these pictures that show the changes taking place over a 4 ½ month period. The first picture was my official government credential photo taken in January 2014. In April 2014, I had another photo taken due to the significant weight loss, and then another taken again in June 2014. By the third photo, I had lost 46.5 pounds in exactly 4 months. My pant/belt size was 41 inches in January 2014 – by June it was size 37 1/2. My waist (measured around my stomach) was 53 inches – by June it was 42 inches. I had to downsize my uniform pants and even downsize my duty belt twice in that 4 ½ month period. My blood pressure has fallen to read consistently within the normal measures.



January 2014 (246.5 lbs)

April 2014 (220 lbs)

June 2014 (200 lbs)

While I realize that time and age will not allow me to be the same lean, trim, healthy person that graduated from the police academy in August 1988, I continue to push myself to a healthier lifestyle. Never again will I be the January or April 2014 person. What's best is that I can still allow myself an occasional indulgence. I can still have a little pizza, enjoy a small piece of birthday cake, or have a small sub sandwich once every one or two weeks.

It's much more than cholesterol levels and triglycerides. The markers for understanding your true health lie much deeper in the blood – in things such as your type A and type B particles. You need to find a lab that looks beyond the traditional to the truly relevant markers – discovered only when you get advanced blood testing done.

Here's the best news ... what works for me can work for you. If you are like me, and your health has deteriorated and your waistline expanded, you can change that. It doesn't take much, other than the desire to change, the passion to live a healthy life, and a team of people to guide and encourage you. Following a healthy diet lifestyle, cutting out the sugars, grains, starches, legumes, but not the fats will bring results. Remember, it's not a short term, quick fix diet. It's a new way of eating lifestyle. And with each improvement, you will feel better and be more motivated to continue to live a healthy life.

For more info read: Gary Taubes: *Why We Get Fat and What to Do About It*; Robert Lustig: *Fat Chance*; and Robb Wolf: *The Paleo Solution: The Original Human Diet*.