

Kay's Story – The Missing Link

I have tried every diet known to mankind: calorie restriction, packaged food, portion control, low fat, meat, no meat, Weight Watchers, at least six dieticians and I only got fatter. I was in a high stress job, going to college at night, and trying to keep up with the demands of being a single parent. With each weight loss attempt, I steadily gained three to four pounds a year. My blood cholesterol and blood sugar steadily increased. Helpless, I began to feel as though I would never be able to conquer my issues.

Then a new symptom emerged—poor digestion. Each time I ate, I felt bloating for several hours. I began to depend on laxatives, over-the-counter antacids, and digestive aids. My body started sending me those “loud but inarticulate” messages that something was definitely wrong. My doctor ordered testing.

The lab reports confirmed that indeed my stomach was inflamed. More medications followed. I felt sluggish. It was hard to concentrate, and I was tired most of the time. How could I exercise, it was hard enough to carry myself around all day. After a while I began to feel like the medications themselves were making matters worse. I decided drugs were not the answer. I needed to change my lifestyle, bring down my blood sugar, cholesterol and weight, the very things I'd attempted so many times, but never was able to do.

A friend suggested I consult a different kind of doctor, someone who would look at my problems holistically. I found such a doctor. He diagnosed me with insulin resistance, prescribed nutritional supplements, and told me to eliminate all sugar, bread, and pasta, and to increase protein and vegetables. Some might say a simple change, but certainly not easy to do for someone like me.

To help me make the change, he suggested that I contact the Suppers program. He handed me a pamphlet and said come back when I'm able to make the changes.

This was too good to be true. In my dreams, I fantasized something just like Suppers--a place to learn all these new life skills and get support. When a gap between job assignments occurred, I was able to slow down, learn to cook healthy food, and devote myself to getting my life on track. I began to feel better.

As they say, “when the student is ready, the teacher appears.”

In my case the teacher was the Suppers program. I guess you could say it fit my learning style to participate in food preparation. I fully embraced the program, attending every meeting. I can't believe all that I've learned in such a short time: better understanding of the role of blood sugar in mood, organically grown food, new ways of cooking, spices, herbs, kitchen skills, even how to use my food processor.

I'm almost embarrassed to admit I bought a food processor five years ago and never took it out of the box. I must have been in a fog. Suppers inspired me to open the box and use it. I've connected with others who share my challenges. I affectionately refer to the Suppers program as my “missing link”.

I've lost almost 10 pounds in three months. And although I have more work to do, finally my blood work is moving in the right direction.

	Feb 2009	May 2009
Total Cholesterol	288	257
Bad Cholesterol	170	165
Good Cholesterol	41	42

	Feb 2009	May 2009
Triglycerides	347	249
Glucose/sugar	116	113
Weight	235	226