Disclosure: We own Project Health, a company dedicated to helping people improve their health. We welcome your patient referrals.
Eliminating Inflammation!

IT’S WHAT’S NOT ON THE TABLE …
A MEASURABLE NEW APPROACH

Lowering Insulin Resistance and the resulting Inflammation?
Inflammatory Metabolic Diseases Related to Each Other and to Western Culture

OBESITY
TYPE II DIABETES
HYPERTENSION
ARTHRITIS
FIBROMYALGIA
HYPERLIPIDEMIA
CORONARY ARTERY DISEASE
### WARREN

**Age 76**
(started at age 51)

### CASE STUDIES

#### TYPE 2

<table>
<thead>
<tr>
<th>Main concerns</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sept. 1991 I became concerned about my weight</strong></td>
<td><strong>Starting weight was 195 and he lost 30 pounds in 30 weeks (15%)</strong></td>
</tr>
<tr>
<td>• Became aware that I had gained over 40 pounds in 26 years</td>
<td>• HDL increased from 43 to 65 and Trig dropped to 120</td>
</tr>
<tr>
<td>• Went on a low-fat diet and high exercise for 3 years</td>
<td>• Now weight is 170 and on no meds</td>
</tr>
<tr>
<td>• Actually gained 10 pounds to 195</td>
<td></td>
</tr>
<tr>
<td>• HDL decreased from 46 to 43 on low-fat and Trig up from 140 to 160</td>
<td></td>
</tr>
</tbody>
</table>
**BEFORE**

**TYPE 1**
Male (Diabetic): “DS”

<table>
<thead>
<tr>
<th>Test</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glucose (FBS)</td>
<td>180</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>240</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>160</td>
</tr>
<tr>
<td>HDL</td>
<td>38</td>
</tr>
<tr>
<td>LDL</td>
<td>145</td>
</tr>
<tr>
<td>CRR</td>
<td>6.3</td>
</tr>
<tr>
<td><strong>A1C</strong></td>
<td><strong>9.8</strong></td>
</tr>
</tbody>
</table>

**232.0 lbs.**
**TYPE 1**

Male (Diabetic): “DS”

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glucose (FBS)</td>
<td>135</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>210</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>102</td>
</tr>
<tr>
<td>HDL</td>
<td>51</td>
</tr>
<tr>
<td>LDL</td>
<td>115</td>
</tr>
<tr>
<td>CRR</td>
<td>4.1</td>
</tr>
<tr>
<td><strong>A1C:</strong></td>
<td><strong>7.1</strong></td>
</tr>
</tbody>
</table>

**190.0 lbs.**  
18% weight loss

AFTER
<table>
<thead>
<tr>
<th></th>
<th>D.S.</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age</strong></td>
<td>72</td>
<td>73</td>
</tr>
<tr>
<td><strong>WT</strong></td>
<td>232</td>
<td>190</td>
</tr>
<tr>
<td><strong>FBs</strong></td>
<td>180</td>
<td>135</td>
</tr>
<tr>
<td><strong>Total Insulin (daily)</strong></td>
<td>85u-75/25</td>
<td>15u-75/25</td>
</tr>
<tr>
<td><strong>HDL</strong></td>
<td>38 mg/dL</td>
<td>51 mg/dL</td>
</tr>
<tr>
<td><strong>Total Cholesterol</strong></td>
<td>240</td>
<td>210</td>
</tr>
<tr>
<td><strong>Triglycerides</strong></td>
<td>160</td>
<td>102</td>
</tr>
<tr>
<td><strong>LDL</strong></td>
<td>145</td>
<td>115</td>
</tr>
<tr>
<td><strong>CRR</strong></td>
<td>6.3</td>
<td>4.1</td>
</tr>
<tr>
<td><strong>Microalbumin</strong></td>
<td>750 g/L</td>
<td>75 g/L</td>
</tr>
<tr>
<td><strong>% WT Loss</strong></td>
<td>-</td>
<td>18.1%</td>
</tr>
</tbody>
</table>
CASE STUDIES

Empirical data on 6 clients

3 different profiles represented

Over 25 year period
Lowered insulin resistance and inflammation

Significant weight loss beyond the standard 5%
### DON  
**Age 73**  
*(started at 70)*

<table>
<thead>
<tr>
<th><strong>Main concerns</strong></th>
<th><strong>Results</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ankylosing Spondylitis and Obesity</strong></td>
<td>**Starting weight was **286 and lost <strong>81 pounds (28%)</strong></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>• Could barely walk up stairs because of his weight and pain</td>
<td></td>
</tr>
<tr>
<td>• Shoulder and back pain completely gone</td>
<td></td>
</tr>
<tr>
<td>• Municipal court judge; welcomed the state requirement that he retire before age 71</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>• Maintains results from 2014; has kept off 81 pounds</td>
<td></td>
</tr>
<tr>
<td>• Feels so good that he does judicial work part-time</td>
<td></td>
</tr>
</tbody>
</table>
Characteristics of **TYPE 2**

- Oval face and long neck
- Weight gain around waist like inner tube
- Often are night owls
- Can be impulsive
- Very creative, artistic

- Often like to sell or to teach
- Can have mood swings
- Multitask and often start projects but don’t finish
- Like sugary foods, bread, soda
Sample food intake for Type 2 Individual

BEFORE

BREAKFAST
Cereal (Raisin Bran), with strawberries and low-fat milk

LUNCH
Chicken Strips and sweet iced tea

SNACK
3 Crackers with cheese

DINNER
Chicken sandwich, salad with sweet dressing, tea and 2 cookies

SNACK
10-12 jelly beans

AFTER

BREAKFAST
2 eggs: scrambled, over easy or hard boiled; 1 piece of bacon (sometimes); whole grain toast with butter and coffee (with nothing added)

LUNCH
Roast beef or chicken sandwich (5 OZ of protein), green beans or other veggie (non-starchy) or a salad

DINNER
Grilled salmon, black beans, coleslaw and decaf tea

SNACK
10-12 Raw almonds or cashews
Lowered insulin resistance and inflammation

Early reduction of Blood Pressure and Fasting Glucose
JOANNE
Age 82
(started at age 78)

Main concerns

Osteoarthritis
Diabetes
Obesity

Hypertension
Chronic Sleep Disorder (PTSD)

Results

Starting weight **230**, now **180 (22%)** and has maintained for 4+ years

- A1C was 7.1 on oral meds
  Now 5.1 on no meds

- Off all blood pressure meds and NSAIDS

- Her co-pay medication bill dropped from $125.00/month to $15 per month

- Sold her scooter, purchased a red SUV and went back to work 1½ years ago

• She had tried every diet

• Could barely walk because of her weight and osteoarthritis

• She is an accountant who could no longer work because of her health issues

• She was on 10 different medications including 3 for her sleep problem
Characteristics of **TYPE 1**

- Big boned
- Gain weight in stomach like bowling ball
- Naturally strong
- Like to be the boss; good managers
- Have steady energy even when it is low
- Prefer meat and potatoes to sugary foods
- Like fried foods and red meat
- Really like coffee; do not react to caffeine
Sample food intake for **TYPE 1 INDIVIDUAL**

**BEFORE**

**BREAKFAST**
Coffee with cream throughout the morning *(No real breakfast)*

**LUNCH**
Fried fish and fries *(Often skip lunch)*

**DINNER**
Steak, burger, fried foods or baked potato

**SNACK**
*(After, continue to snack all evening)*
Cheetos or chips, sugar free ice cream

**AFTER**

**BREAKFAST**
Oatmeal or whole grain toast, turkey sausage or egg whites and Coffee

**LUNCH**
Baked chicken or meat loaf, green salad or veggies *(non-starchy)*, whole grain bread or starchy veggie like sweet potato

**DINNER**
Similar to lunch, low-sugar fruit like blueberries *(added 3 or 4 times per week)*
Lowered insulin resistance and inflammation

Average HDL cholesterol elevation

12 mg/dL
<table>
<thead>
<tr>
<th>Main concerns</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sept. 1991 he became concerned about his weight</strong></td>
<td><strong>Starting weight was 195 and he lost 30 pounds in 30 weeks (15%)</strong></td>
</tr>
<tr>
<td>• Was on a low-fat diet and high exercise for 3 years</td>
<td>• HDL increased from 43 to 65 and Trig dropped to 120</td>
</tr>
<tr>
<td>• Actually gained 10 pounds to 195</td>
<td>• Now weight is 170 and on no meds</td>
</tr>
<tr>
<td>• Comfortable weight 170-175</td>
<td></td>
</tr>
<tr>
<td>• HDL decreased from 46 to 43 on low-fat and Trig up from 140 to 160</td>
<td></td>
</tr>
</tbody>
</table>
Lowered insulin resistance and inflammation

Eliminate Fibromyalgia Pain
# CASE STUDIES

## JOANNA
Age 45

<table>
<thead>
<tr>
<th>Main concerns</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fibromyalgia and Obesity</strong></td>
<td><strong>Starting weight 250 and lost 35 pounds and continues to maintain that loss after 1½ years.</strong></td>
</tr>
<tr>
<td>• Inactive due to weight and Fibromyalgia</td>
<td>• In 3 weeks her pain was gone</td>
</tr>
<tr>
<td>• She suffers from pain and has a young son who has special needs with SETD, needs to be constantly monitored</td>
<td>• Now she has been doing CrossFit 5 mornings a week and loves it!</td>
</tr>
<tr>
<td>• She was currently being treated for Graves Disease. Has iatrogenic hypothyroidism during this time period.</td>
<td>• She is starting a new business that she can do at home to be available for her son.</td>
</tr>
</tbody>
</table>
Characteristics of TYPE 5

- Usually react to caffeine
- When they eat rich foods, they want sugary foods
- Eating a big breakfast, turns on their appetite; they want to eat all day.
- Need to eat 5 small meals per day; need about 3 ounces of protein at each meal with a complex carbohydrate
- Usually very accommodating people
- Time conscious and organized
Sample food intake for **Type 5 Individual**

**BEFORE**

**BREAKFAST**
Kashi plant based cereal with blueberries and almond milk

**LUNCH**
Strawberry, spinach, goat cheese salad with balsamic dressing

**SNACK**
2 cookies; ice cream

**DINNER**
Taco salad in a tortilla bowl

**AFTER**

**BREAKFAST**
Oatmeal, egg whites or turkey sausage

**SNACK 1**
3 oz. chicken; bread

**LUNCH**
3 oz. salmon, tortilla, broccoli, green salad with a light dressing

**SNACK 2**
3 brown rice cakes; 12 raw almonds

**DINNER**
3 oz hamburger, whole grain bun, avocado, onions and cucumbers
Lowered insulin resistance and inflammation

Relieve Osteo Arthritis pain, subjectively perceived level from 10 to 2 within 3-4 weeks.
<table>
<thead>
<tr>
<th>Main concerns</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Concerned about her osteoarthritis and weight</td>
<td>Has absolutely no pain in knees or hands</td>
</tr>
<tr>
<td>• Had tried many diets including low carb</td>
<td>• Lost and has kept off almost 30 pounds from high of 160. (19%)</td>
</tr>
<tr>
<td>• Severe pain in knees and hands</td>
<td>• Taking no medications: BP 115/62</td>
</tr>
<tr>
<td>• Was tired all the time</td>
<td>• Able to run and to work out</td>
</tr>
</tbody>
</table>

NANCY
Age 75 (started at 45)
### Main concerns

**Intractable Pain, Obesity and Depression**

- Needed a full leg brace and a cane to walk
- After work and weekends, stayed in bed due to pain
- Works full time as a court recorder

### Results

**Beginning weight 190 lbs.**

Lost **42 lbs. (22%)** and went from size 16 to **size 10**

- Pain decreased after 2 weeks
- Participates in life again
- Able to shop with her family and travel now
- Still maintains results from 2014 to today
Keys to Reversing Metabolic Inflammation

1. Requires motivated people
2. Specific for metabolic profile
3. Emphasize frequency vs. quantity
4. The stimulus is highly addictive
5. These principles must be taught
6. Successful individuals motivate others
Totally Balanced Intake of Protein, Carbohydrate and Fat

Caloric intake of 1600-2600 adjusted according to hunger and physical activity
WEEKLY FOOD JOURNAL

Name: ___________________________  Beginning Date: ________________  Beginning Weight: ____________
___________________________  Ending Date: ________________  Ending Weight: ____________
This Week’s Goals:__________________________________

<table>
<thead>
<tr>
<th>Weekday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Supper</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exercise</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Cravings</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Energy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Cravings/Energy= Write high, Medium or low
Lowered insulin resistance and inflammation

Relieve Osteo Arthritis pain, subjectively perceived level from 10 to 2 in 3-4 weeks
Lowered insulin resistance and inflammation

Eliminate Fibromyalgia Pain
Avoid the following

• All dairy products including milk, cheese, yogurt
• Foods containing dairy
• Fruit or fruit juice (tomatoes are a fruit)
• Vinegar, pepper and chocolate
• Dry roasted nuts
• Vinegar, pepper and chocolate
• All alcoholic beverages, including wine
Eat the following

- Protein, including fish, eggs (according to your menus), beef, pork, chicken and turkey
- Emphasize vegetables, especially the non-starchy ones
- Have adequate oil and foods such as salmon that contain healthy oils
- Raw, unsalted nuts such as almonds, cashews and walnuts
- Seasonings such as onions, garlic, bay leaf and salt
- Complex carbohydrates according to your Project Health Menu Plan
Vital Steps

Motivated person
Skin in the game
Profiling
Coaching
Teaching
Accountable
Cravings/Addiction
Frequency is the Key
Foods that strengthen metabolism
Exercise
Length of Program: 6-12 months

Foods that strengthen metabolism:
Exercise
Length of Program: 6-12 months
Project Health Testimonial

When I was diagnosed with type 2 diabetes in my mid-forties, I knew I had a decision to make. I could either get healthy and enjoy staying healthy or spend the remaining half of my life miserably suffering the consequences of neglecting my health. As a physician, I had seen medical horror stories play out too many times to risk neglecting my own health. The next obstacle was knowing what to do besides medication. The traditional medical school curriculum is seriously lacking when it comes to proper diet. I felt unprepared, yet determined to self-educate. I was aware of Project Health, but had never considered dietary guidance until my diabetes diagnosis. I was pleased to find the program easy to follow, scientifically sound and most of all...successful. Within 2 months, I lost weight, felt a boost in overall vitality and my diabetes dramatically improved.

Going through the program has me excited to recommend it to my patients who are frustrated trying “every diet and weight loss plan under the sun.” Patient feedback has been consistently positive. They not only become educated on proper eating, shopping and cooking, but they have accountability when they are struggling. The individualized attention they receive makes the program very personal to them and the results keep them faithful to their new way of living. That's what makes the program work. It is not a diet, it's a new way of looking at food that allows the patient to take control of their own health.

Ryan Fryman, DO
Diplomate American Board of Internal Medicine
QUESTIONS?

MyProjectHealth.com
623-262-1112

To Receive Project Health Quarterly Newsletter, go to myprojectthehealth.com contact page and sign up.