

The 30 Pound Club

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Anything?

I had a telephone conversation with a long-time reader the other day. She's a diabetic and had recently begun to lose her vision, which is typical for diabetics. Poor circulation is one of the side-effects of type 1 and type 2 diabetes, and that can lead to vision loss, as well as other symptoms. The difference is that type 2 diabetes is mostly lifestyle driven: excess body weight, sedentary lifestyle, high intake of refined carbohydrates. Age is a factor—although there isn't really anything we can do about that one.

We talked for a few minutes, and then she said these words:

Dr. Chet, I'm willing to do anything to keep my vision.

I've heard that in one form or another for years. Most of the time, people want to stay off medication; other times it's situations like this. When your vision starts to go, that gets your attention. But it's no different than when you start losing feeling in your fingers and toes. Or when men experience erectile dysfunction. Those types of events tend to jerk your head right out of the sand.

I have a standard answer: "Really? Do you really mean that you'll do *anything*?" The answer is often, "I really mean it, Dr. Chet."

So I ask them:

- Will you lose weight until you get to a normal body weight?
- Will you exercise regularly?
- Will you quit smoking?
- Will you take supplements consistently that may help?
- Will test your blood sugar or blood pressure every day?

If the next thing out of their mouth is a reason why they can't, then I know they didn't really mean it. It's fairly simple: either you really want to take control of your body and your health or you don't. (I didn't say it was easy.) What they really said in the beginning was wrong. They really weren't prepared to do *anything*—they were prepared to do anything that wasn't too inconvenient.

As we wrap up 2010 and start planning for 2011, this is a conversation that you must have with yourself: am I really prepared to do *anything* it takes to obtain optimal health? Are you really? It all comes down to one thing:

What are you prepared to do today?™

One and Done.

Dr. Chet

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