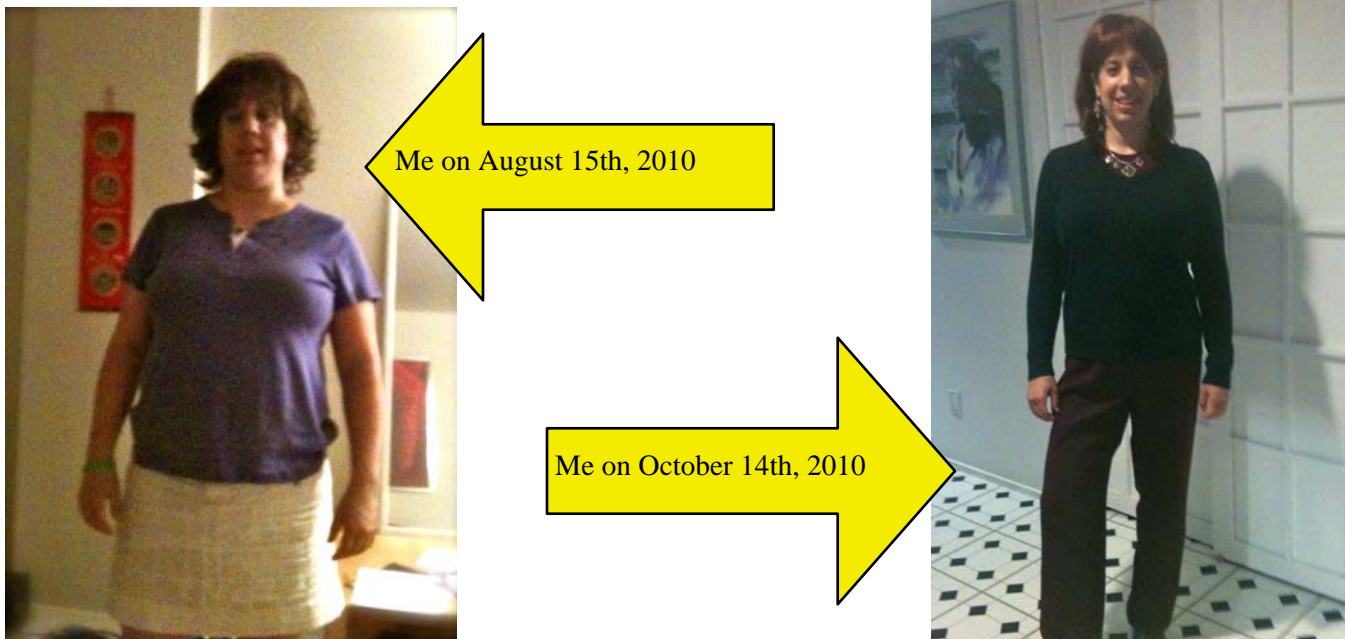


# The Renewal Protocol

## Dr. Carmel's Personal Health Transformation in 8 Weeks

*Metabolic Syndrome X for 20 Years – Now at Age 40, a Picture of Health!*



THE RESULTS	Before Protocol August 12, 2010	6 weeks into Protocol September 21, 2010
Fasting Glucose	103	90
A1C	6.0	5.5
Cholesterol	248	140.9
Triglycerides	182	67
% Body Fat	36%	27.1%
Total Inches Released from Waist = 10	Pants from Size 12 to Size 6	Total Lbs. Released: 37

My journey began on Sunday, August 15th, 2010. I prepared myself for weeks both physically and emotionally for this transformation of body, mind, and spirit. The idea of giving up my comfort foods was making me a little crazy and occasionally weepy. You see, I am the gal that loves to eat, loves good rich food that tastes great (but then it would put me to sleep)! Everyone who knows me well, knows how much I LOVE my Starbucks Chai Latte.... and I must admit, I was addicted to sweet warm feeling of drinking the chai! Yet, I knew that doing this protocol meant giving up my beloved Chai. However, with every loss

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come multiple gifts, and one of the gifts I got was the opportunity to see what the chai was providing for me emotionally and take responsibility for creating soothing warmth and sweetness in life in other, healthier ways! And I learned to adapt!

Just for the record, I am not a yo-yo dieter and have never attempted something like this before. I just don't believe in deprivation! Yet, lately, I have been facing ever increasing concerns about my health. I noticed that I had a pattern of alternating high and low levels of glucose and energy ( I learned this is called reactive hypoglycemia). So, I would get grumpy if I was late to a meal. And as long as my cholesterol levels have been checked (since age 18) they have been above 200 and recently steadily increasing. The only solutions that I was offered by my doctors was medication or suggestions to exercise more (with those more holistically minded). Now, I was definitely determined to avoid medications like the plague, and recently I learned something more detrimental to my health, the true silent killer: INFLAMMATION! And boy did I have it all over, just look at those before pictures at my belly and waist line and on top of that, those ever increasing values of cholesterol, triglycerides, weight, and glucose levels.

As a doctor, I believe it is important to teach and lead by example. And I knew that the time had come. On the orientation call, I learned that I could rest my pancreas for 6-8 weeks and hope to restore its youthful state. After completing the protocol I could eat the foods I would be giving up, however my body would process them in an entirely different way and I could maintain the weight and fat loss. I also was amazed to discover that I would be refraining from most forms of exercise, yet my muscle mass might increase during the program! So, with the assurance of my coach that this program would not last forever (but the benefits could) and that if I did it right, she didn't see how I could fail, I courageously set out on the path to health and wellness.

The beginning of the road was bumpy and I felt like a pancake that had been run over by a steam truck. I was weak and detoxifying fast. After a few days I realized that I was missing a vital component of the program, the back-ordered Cal-Mag supplement. Getting that into my body smoothed things out nicely and with the loving support of my friends and colleagues, I kept going. Over time it got easier and easier. I found that the food is tasty and surprisingly satisfying (this says a lot for someone who likes to eat in big quantities)! The daily changes in my body kept showing up! The success of one day propelled me to the next and I didn't let small setbacks discourage me. I knew I was on the right path.

This was especially solidified when I got the results of my blood tests. Sweet victory was mine (see chart above). I also noticed that I was feeling stronger and more flexible. I reached my goal of 30 pounds released. Yet, on a gut level (no pun intended), I knew that I wasn't done. I have now reached my second goal of 37 pounds and my body fat percentage is about within normal range. Once I reach the goal of 24% body fat composition, I know that am ready to progress to the next phase of the program. And, without changing my thyroid medication at all, my TSH has improved substantially in the 8 week timeframe!

It is crystal clear to me that that this experience has completely transformed my body and soul and that it has added years to my life and life to my years. It has been a life changing and extremely rewarding experience for me on multiple levels. This protocol has not only turned my health around, it has given me to opportunity do what I love, powerfully; to inspire others to see what is possible for themselves and empower them to take charge of their health and well being.