

Mr. AR
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In 2017, I was scheduled to have surgery to repair my (badly) damaged nose. A friend of mine had been working with Gerald and suggested that I get in touch. Gerald's explanation that a patient could improve surgical outcomes by properly preparing their body nutritionally and physically made sense to me. "Help your body help you," Gerald told me. I wasn't necessarily convinced, but I didn't see a downside, and at my age at the time (59) it seemed to me that my body no longer healed as well as it once did, and that any help I could provide would be a good thing.

My previous lab test results prior to working with Gerald didn't put me on death's door, but they weren't human perfection, either. Like many (most) Americans I was overweight and under-exercised. Here is what my baseline physical lab results revealed:

Weight: 218.9
Resting pulse: 78
BP: 155/95
Chol: 204
Tri: 189
HDL: 48
LDL: 118
VLDL: 118
Glucose: 99

My initial work with Gerald seemed to pay off. The surgery was far more complicated than expected. Instead of 2 hours, it took 6 hours. The surgeon saw me a few weeks later (I had been working with Gerald for about two months by then). He was very pleased with my recovery and told me that I was healing much more quickly than he would have thought.

In June of 2018 I had another physical. These are the results:

Weight: 192
Resting pulse: 67
BP: 130/95
Chol: 168
Tri: 131
HDL: 47
LDL: 95
VLDL: 26
Glucose: 84

I had no trouble adapting to Gerald's diet and exercise program. I was walking every day, usually between 7,500 steps and 10,000 steps. My dog loved it!

In January of 2019 I had the following results:

Weight: 175

Resting pulse 58
BP: 110/60
Chol: 135
Tri: 106
HDL: 45
LDL: 69
VLDL: 21
Glucose: 81

In July of 2019, the date of my last physical, I had the following results:

Weight: 176
Resting pulse: 57
BP: 110/62
Chol: 138
Tri: 108
HDL 46
LDL: 70
VLDL: 22
Glucose: 80

The bottom line is very clear: with modest exercise and simple changes to my diet I have improved my health (and life expectancy) enormously.

Though I have not been able to obtain a physical in 2020 due to Coronavirus restrictions, my weight remains constant as does my resting pulse and blood pressure (both of which I measure daily at home). But perhaps the greatest benefit of all is that my elderly dog has been accompanying me on my walks. She has lost weight, gained energy, and I suspect added years to her life.

As the world returned – more or less to normal – I went in for my annual checkups. Here is what I found:

In February of 2021, these were the results:

Weight: 174
Resting pulse: 56
BP: 123/70
Chol: 110
Tri: 94
HDL: 42
LDL: 60
VLDL: 20
Glucose: 83

In January of 2022 I had my annual checkup. I have continued my walking and pescatarian lifestyle (with an occasional, though rare taste of red meat here and there). It seems to be

working quite well as you will see from the results below. I have also upped my walking so that I get in 4-6 miles a day.

Weight: 175
Resting pulse: 55
BP: 120/65
Chol: 103
Tri: 73
HDL: 44
LDL: 44 (HDL and LDL are the same; this is not a typo)
Glucose: 84

In 2022, I am averaging 11,383 steps a day
In 2021, I averaged 8,211 steps a day.

Ankylosing Spondylitis is a congenital disease, and for the moment it seems to be behaving itself. At least some of the reason for this is Gerald's program. My steps continue to average over 11K a day, despite a knee injury that took me off my feet for about two weeks.

In September of 2022, I had some blood drawn and got the following results:

Weight: 173
Resting pulse: 58
BP: 118/60
Total cholesterol: 122
HDL: 60
Triglycerides: 90
LDL: 45
Chol/HDL Ratio: 2
non-HDL Cholesterol: 62
Glucose: 89

I am almost 65 years old and I walk 4-6 miles a day at a good pace (3.5 mph or so). For some people, the physical activity Gerald recommends might be a hardship – for me, it is something I look forward to.

I had a knee injury last month. I am now in PT and it is healing nicely. I am back walking (Thank God!) and feeling very little pain. I look forward to many more healthful, productive years, and Gerald's program is one of the main reasons why.