

Case Study: Diabetes

Deborah's Story



With two major events on the horizon—a 35th wedding anniversary trip to Hawaii followed by a milestone high school reunion, I was especially motivated to lose weight.

And so, I searched online and found such a program at Thrive. During the initial consultation with the doctor, I could tell they were knowledgeable. I decided to sign up with Thrive's program that very day. The doctor gave me detailed instructions on the eating plan I was to follow along with a weekly exercise sessions was set up along with an appointment for blood work to reveal possible nutritional deficiencies and other conditions.

The doctor was always available to answer questions. Results included wearing a smaller size in clothing, feeling stronger and having more energy to see me through the day, as well as a boost in morale. I did feel more confident in my appearance for the two big events I mentioned previously.

Want Proof? See Backside For Full Diagnostics.

Complaints

- Weight Gain
- Diabetes
- Bloating

Solution

- Functional Medicine

Results

- 20lbs Lost
- A1c Lowered
- Life Restored

Doctor's Story

Deborah presented with a specific goal: she wanted to look amazing on her anniversary trip to Hawaii. She set an attainable weight loss goal and I agreed to work with her, and we started with blood work. When she came in I had to give her the bad news that she was a diabetic and had very high inflammation.

Deborah only became more motivated to regain her health. She followed our treatment plan perfectly. Together we systematically lowered her hemoglobin A1c score from a 10.4 to 5.8 in 6 months. Debbie went on her anniversary trip to Hawaii 20 pounds lighter after 5 months. She has continued her health habits and encouraged her entire family to be checked and adopt healthier habits.



Every Patient Is Different. This Is Not A Guarantee Of Results. You may get better or worse results depending on a variety of variables.

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Diagnostics: Before And After Treatment

Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
Hemoglobin A1c (%)			7.8	≤5.6	5.7~6.4	≥6.5	10.0 05/23/2018
Hemoglobin A1c (%)		5.8		≤5.6	5.7~6.4	≥6.5	7.8 07/11/2018

A1c Starts At 10
(Diabetic)

Drops Down To 5.8
(Normal Is 5.6)

Inflammation
Gone, 30lbs Lost,
Energy Back

Key Points

- Diabetes Is A Huge Contributor To Poor Health, And Can Sometimes Be Addressed With A Natural, Non-Drug Approach.
- For This Patient, A Functional Medicine Approach Helped Them Get Their Diabetes Back To Normal Without Drugs. We're Proud Of You Deborah!