



Tina Day

Adult Female on the Healthy **FOOD SPIRAL**® Program

Pam Thompson, RD, worked with Tina one-on-one for many years, encouraging her to follow the Healthy **Food Spiral**®. She also worked with Tina's son, who lost 22 lbs, and her husband who had Diabetes and Renal Disease.

Before



Age: 50

Occupation:
CDM, CFPP

Program Duration:
12 weeks

Dietary Challenges:
Diabetes, Obesity,
High Blood Pressure
and Transient
Ischemic Attack
(TIA).



After



HgbA1C:
-15.8%

Start: 8.2 - End: 6.9

BMI:
-14.3%

Start: 43.85 (Class III Obesity)
End: 37.56 (Class II Obesity)

Total Cholesterol:
-29.5%

Start: 220 - End: 155

Weight:
-44 lbs.

Start: 297lbs. - End: 253lbs.

Blood Pressure:
-22.5% / -25.2%

Start: 142/87 - End: 110/65

LDL Cholesterol:
-23.6%

Start: 144 - End: 110

Waist:
-8in.

Start: 53" - End: 45"

Heart Rate:
-36.7%

Start: 87 - End: 55

HDL Cholesterol:
+40%

Start: 35 - End: 49

Hips:
-6in.

Start: 60" - End: 54"

Blood Glucose:
-20.5%

Start: 170 - End: 135

Triglycerides:
-31.3%

Start: 188 - End: 129



"I have been in health care food service for over 20 years. I may know a little of how to help patients eat better and become healthier but when you become the patient, it gets harder. Or it was harder for me. I have spent countless hours teaching diabetics what the symptoms are and symptoms they should take note of. As for me, I chose to ignore all that teaching because I wasn't a diabetic. I was healthy and I didn't need to listen to my own words. But then... I had a stroke and my life turned upside down. I was too young to have a stroke, but my doctor sat with me and explained that I needed a wake up call, and this was it.

I have known Pam Thompson for over 20 years and knew she would know what I needed to do since I wasn't going to listen to myself. I enlisted her help in making myself healthy so I could live to see my son be the man he has grown to be. I saw my husband died at age 42 from complications associated with Juvenile Diabetes. So it was so important for me to take care of myself. I didn't want my child to bury both his parents before he had a chance to really live his life.

Pam was so inspirational with Food Fitness First, Inc.® She had just completed her Diabetes **Food Spiral**® and immediately knew that was what I needed to succeed. We worked to get my blood glucose under control and as that became under control, other issues started changing. Before long, I had lost weight, had my blood glucose under control all while using her **Food Spiral**® and choosing the right foods for me to eat. I am not going to say that it was a walk in the park because it wasn't. There were times when I cheated but the good thing about the **Food Spiral**®, if you make that food choice then you know how many factors you have to finish the day out. When I did cheat, I didn't feel good about myself. By the end, I was making very good food choices that I still make today. I am 5'9". I built up to walking 2.5 miles 4 days a week." — Tina Day