

Introducing Rachelle Fong



We are pleased to welcome Rachelle Fong to our staff. Rachelle graduated in December 2003 from UNC Chapel Hill with a Masters of Public Health in Nutrition. Early in her career, Rachelle worked as an air traffic controller in the Army. A third generation Californian, Rachelle came to NC in 1981 when she was assigned to her last duty station at Fort Bragg. After returning to college to complete her scientific undergraduate and graduate studies, Rachelle worked in the medical device and pharmaceutical industries. She relates "I got to the point in my life where I needed to work the life I wanted to live instead of living my life secondary to my work. I'm delighted to join the Rice Diet staff in a position that allows me to integrate my life and work in a holistic way." Rachelle's interests include photography, cooking and writing Haiku. She is a avid basketball fan, animal lover and weight lifter.

If we have your email address, you will receive future newsletters electronically. A paper newsletter will be mailed to you if we do not have your email address. Comments or questions about the Rice Paper can be directed to (919) 383-7276 ext. 221 or write to us at ricepaper@ricediet.com.

Success Story—David Baines

At the Rice House, where dramatic stories are commonplace, David Baines is something special. Ten months ago he was diagnosed with congestive heart failure. Desperate, with a very bleak outlook, he sold everything he owned to come to Durham, hoping only to delay his death. Eight months later, he is very much alive. His doctors are amazed and intrigued. Still, with only 15% cardiac function, David looks healthy and radiates good cheer.

During his stay at the Rice House David progressed from only being able to walk a few steps at a time to a daily regimen of 2 hours on the tread mill. He has also lost 75 pounds.

Many of his fellow "Ricers", moved by David's case, have rallied to his aid. David is overwhelmed with gratitude and he thanks them and the medical staff. "I have undergone an amazing transformation and remodeling --- physically, mentally, spiritually, emotionally, socially. I have encountered



the full gamut of human emotion."

He looks around the dining room at the lunchtime crowd of staff and patients. "Some of these people," he says, "they are angels. My own human angels...what a blessing. I have learned more at this place than any school could teach me. The Rice Diet Program is, without exaggeration, *everything* to me!"

Look for David's full story on the Rice Diet web site this summer.

Carb vs. Low Carb Debate

By Dr. Robert Rosati

Losing weight is good for you. It makes you healthier. Your blood pressure will be lower, your cholesterol will be lower and your blood sugar will improve. You will feel better, your joints will feel better and you will be able to do more. Your clothes will fit better and your self-image will improve. All these benefits will come with weight loss, regardless of how you decide to lose weight. Losing weight is a matter of calories. There is no magic.

Unfortunately, the fact that weight loss works regardless of the diet used has caused a great deal of confusion about what constitutes a healthy diet. In particular, the success of the Atkins diet has some believing that

fat is good for you despite the fact that it has been repeatedly shown that when people are maintaining their weight (or gaining), consuming saturated fats has an adverse effect on lipids. (Lipids include cholesterol and triglycerides.

Since one must eventually stop losing weight, it makes sense to get used to eating a diet that is healthy whether you are losing, maintaining or gaining weight. A low fat, low salt way of life (diet means way of life) is healthy regardless of which way your weight is going.

For the full article go to www.ricediet.com and select the Online Health section.



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April Rice House Results

**Total Pounds
Lost
750**

**Cholesterol
Points Dropped
923**

**Medicines Stopped or
Reduced
33**

PILOT SCHEDULED FOR AFTERCARE SUPPORT PROGRAM

An Aftercare Support Program pilot is scheduled to start on June 15. It will test the effectiveness of weight reporting, food journaling, and phone support on success in weight loss and health improvement.

The program is limited to Rice Diet alumni. Enrollment in the 8 week pilot is limited, and one half of the openings are currently filled.

If you are interested in participating please contact Susan Levy by June 1st at susanlevy@ricediet.com or call 919.383.7276 ext. 221.

Pilot Details:

- 8 week pilot;
 - Weekly weight and blood pressure reporting by patient;
 - Weekly food journal review by Rice Diet nutritionists;
 - Weekly 15 minute phone call with a nutritionist, therapist or PA;
 - Pilot cost is \$200.00 for 8 weeks (includes 2 hours of personalized consulting, 2 hours of food journal review, and pilot program evaluation input)
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