

This Month's Success Story—Eileen

By Florence Nash

Eileen A. grew up knowing all about the Rice Diet from the women patients who rented rooms at her grandparents' Durham house, but she never thought she'd be a patient herself. However, in April 2003, she realized that "the gun was loaded" and pointing right at her. At the urging of her doctor, she enrolled in the Rice Diet Program because, she says, "once that gun goes off, your life is over. And I love life!"

You can tell that by looking at her: a petite blonde with a big warm smile, Eileen is full of pep and looks years younger than 62. The medical staff calls her an exemplary ricer.

Diagnosed with seriously high blood pressure at the age of eight, she was plagued with frequent headaches and shakiness, and chronic malaise. Eileen went from one diet to another, tried shots and pills, but she couldn't make real long-term change. Then when her first son was born, she was diagnosed with diabetes. Still, she never quite registered how much was at stake.

"I did all the right things, but I never knew why, never had a goal beyond looking good, getting into that dress



Eileen with Dr. Neelon

for that party. The doctor never said, you have to lose weight because of your blood pressure, your diabetes. He just said, you're getting too big! My son always said, 'Ma, you need to lose weight. Do you think you ought to be eating that?' And I'd say, 'I'm watching myself. Don't worry, I'm watching!'"

She makes a rueful face. "When I see pictures now, I can see how big I was, but in the mirror then I didn't see it."

Despite her sporadic dieting, her weight continued to creep up. Twice she was briefly hospitalized with chest pains. She was put on blood pressure medications and insulin. But Eileen is determinedly

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Notes from Dr. Neelon

By Dr. Frank Neelon

When Eileen finally set foot in the Rice House, she was in a precarious medical situation. Like so many of us, she did not feel particularly bad, but the omens of prognosis all pointed to trouble in the future.

The Body Mass Index (BMI) is a means of correcting weight for height. A BMI around 20 is considered optimal because it is associated with the lowest relative risk of death; a BMI of 25 denotes the beginning of overweight, and 30, the beginning of obesity. According to Dr. George Bray, a BMI of 40 means a nearly threefold risk of dying compared to a BMI of 20. Eileen's was over 40!

In addition, she had the stigma of the so-called metabolic syndrome: obesity, hypertension (high blood pressure), hyperlipidemia (elevated blood cholesterol and triglycerides), and type 2 (adult-onset) diabetes. She was taking four medications for her blood pressure, in addition to Glucophage for her diabetes and Zocor for the lipids. Despite the Glucophage her blood sugars were not well

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controlled. She already had more than enough medical problems and drug effects to justify her increased risk of medical catastrophe.

Fortunately she fell into the hands of a very good doctor, who pointed out that she could (and should!) do more for herself than doctors and pills could. So he sent her to the Rice House. One year after beginning the Rice Diet Program, she had just about eliminated her medications. Her blood pressure was normal without drugs, her blood sugar

was normal without drugs (her previously elevated Hemoglobin A1c of 7.3 has fallen to a perfectly normal value of 5.2), and her cholesterol was 177 on $\frac{1}{4}$ her original dose of Zocor.

Eileen took advantage of the fact that she has lived all her life in Durham, but the same kind of results are seen every day in people who are willing to do what she did: pay attention to yourself, take care of yourself, and recognize that the word "diet" comes from the Greek and means "way of life." Embarking on a diet means starting a whole new life.

Calculate Your Body Mass Index (BMI)

Use the simple chart below to calculate the appropriate weight for your target BMI.

1. Select your target BMI.
2. Using your height, compute the appropriate weight based upon that BMI.

For example, if your target BMI is 20 use the top line of the chart. If you are 5 feet, 6 inches tall, multiply 6 (inches) X 4 (pounds per inch over 5 feet). The result is 24. Add to 100 for an appropriate weight of 124 for a BMI of 20.



Weight to Height Calculation

BMI of 20 = 100 pounds for 5 feet tall and 4 pounds per inch of height over 5 feet.

BMI of 25 = 125 pounds for 5 feet tall and 5 pounds per inch of height over 5 feet.

BMI of 30 = 150 pounds for 5 feet tall and 6 pounds per inch of height over 5 feet.

BMI of 35 = 175 pounds for 5 feet tall and 7 pounds per inch of height over 5 feet.

BMI of 40 = 200 pounds for 5 feet tall and 8 pounds per inch of height over 5 feet.

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optimistic and, it must be said, pretty good at denial. She *still* didn't get the message. Her doctor advised catheterization; Eileen wouldn't hear of it. Instead, she talked to a doctor whom her doctor son respected. He told her that, without some major action, she'd have a heart attack in six months to a year. So how about a gastric by-pass? Eileen asked him.

"He says, 'Why? You want to die?' And after looking over all my tests, he said, 'Go to the Rice House.' And I took him at his word. I walked through that door, and I haven't turned back since."

"Since I've been on the Rice Diet, I've never felt so good! I don't feel bad. I don't get headaches, I don't have the shakes.

"People say, 'You've been on the program eight months, you haven't cheated?' I did once, and I felt so bad! I had some half-and-half in my coffee. And it wasn't worth the price. My sugar went up, by blood pressure went up." When she's invited to dine with friends, Eileen says, "I don't eat. Will I ever? I don't think so, because that food is not worth the damage it's going to do to me."

Once a heavy smoker, Eileen quit in 1976 and started lecturing for the American Cancer Society. She'd seen a friend die from lung cancer. A year later she got her mother and husband to quit, too, but couldn't persuade her stepfather and sister. Her stepfather died of lung cancer; her sister has emphysema. So she's acutely aware now of cause and effect.

"My whole family has had by-passes, heart attacks, balloons. We're all genetic. My father lost both of his legs to diabetes. I want my legs. I love my legs!"

When asked how she makes it look so easy, Eileen doesn't hesitate. "This works because it's a caring place. You can't help but want to do your best for them. When I had that half-and-half, I thought, gosh, they care so much, and here I went and did that? It hurts me to see people do the wrong thing, and there are a lot of people who are doing the wrong thing."

"Look. You have a choice. You can eat that piece of cake, because you don't know when that bullet's going to hit. Or you can have something else."

Alumni Reunion October 8-11, 2004

We are so pleased at the wonderful response we have received for the upcoming Rice Diet Alumni Reunion. This weekend, open to all **previous patients and their families**, is an opportunity to participate in continued recovery of health and fitness. If you haven't already registered, we invite you to join us in a celebration to renew old friendships, mingle with staff, and learn new information about health and wellness.

Open Your Heart

- Early Morning Walking Trips: Organic Farms Market Tour, Historic Durham Downtown Loop, Duke Trail, East Campus Wall
- Stress Management : Meditation, Yoga and Pilates
- Journal for Your Health Workshop—book included

Illuminate Your Mind

- Dr. Neelon's Way of Life: A Guide to Healthier Living
- Interactive Cooking Experience
- How Losers Win Big: Four Alumni Share Their Tips for Success
- The Psychology of Disregulated Eating

Pamper Yourself

- Three Nights Accommodations at the Newly Renovated Luxurious Hilton Hotel
- Exercise Facility at the Hilton
- Transportation to and from the Airport
- Queen Size Bed and Morning Newspapers
- Shuttle Bus to the Rice House, Morning Walks and Local Shopping



Lift Your Spirits

- Oil and Vinegar Tasting with Dr. Rosati
- Rice Diet Store: A Low Sodium Sampler
- Beauty Makeovers by Lancôme
- Fall Wardrobing by Nordstrom's: Tips for Dressing Different Body Types

Dance, Sing and be Merry

- Champagne Reception and Dinner: Meet and Greet the Staff, Past and Present
- Ballroom Dancing Exhibition and Mini Class
- Bowling for Fun and Prizes
- Karaoke for Fun and Sing Along

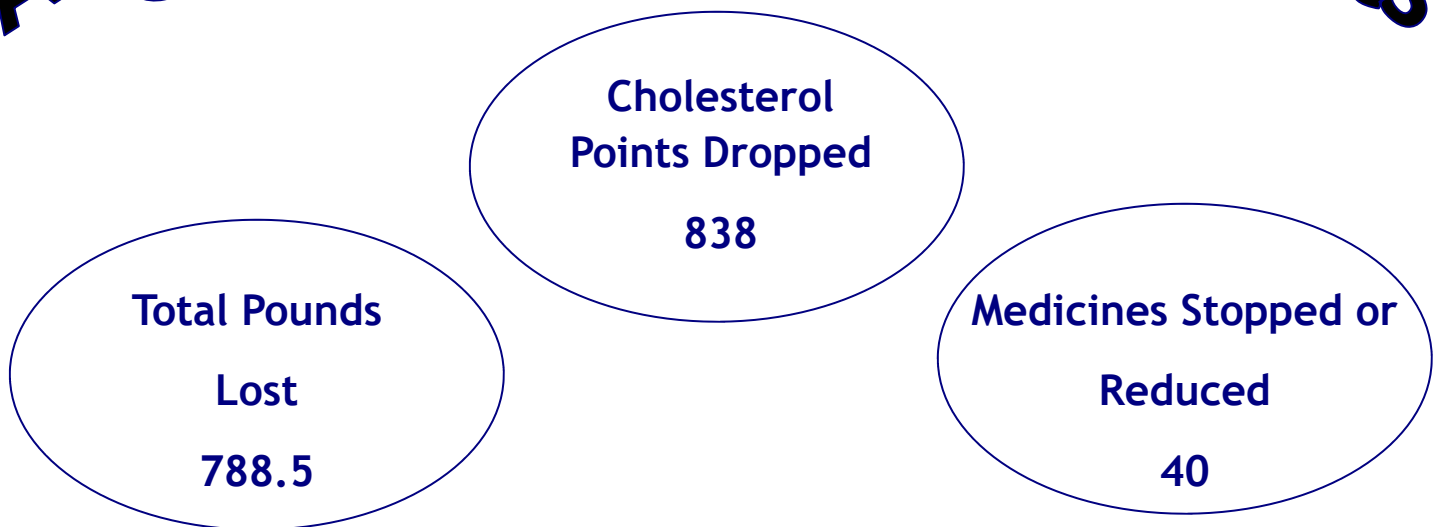
The cost for the Reunion is \$ 499 per person. Of course you are welcome to stay longer than the weekend and join us at the Rice House for any amount of time you would like. Call or email Jayne Levey Charles, our Program Coordinator, to RSVP. You can contact her directly at Toll Free 888-RICEDIET, extension 237 or by email at jayne@ricediet.com. Checks should be mailed to Jayne c/o Rice Diet Program, 3543 Rose of Sharon Road, Durham, NC 27712 (Payable to the Rice Diet Program).



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August Rice House Results



"No illness that can be treated by diet should be treated by any other means" MAIMONIDES
