

# Case Study: Weight Loss

Jeff's Story



Before Thrive, I had to wear a brace on each knee and walked with a cane. My doctors had me wearing braces every waking hour so I wouldn't do further damage to my knees. I had very little balance or flexibility, and pain was constant.

First, we had to get my swelling under control. After 10 laser treatments, my left knee's circumference had been reduced 2 inches and had more flexibility. Then, I started a 6 month plan, and went from 378lbs to 365lbs. We then added a nutritional plan, a 30 day detox, and to date I'm down to 303lbs.

I had a great 2018, and am looking forward to continued progress in 2019 as well.

**Want Proof? See Backside For Full Diagnostics.**

## Complaints

- Weight Gain
- Constant Global Pain
- Swelling In Knees

## Solution

- Spinal Alignment
- FMT
- Laser Light Therapy
- Functional Medicine

## Results

- Pain Reduced
- Lost 39lbs
- Regained Mobility
- Cholesterol In Half

## Doctor's Story

I remember the day I met Jeff. He felt stuck; he couldn't move due to pain, and spent the majority of his day on the couch. Because of this, losing any weight seemed impossible. We slowly went to work rebuilding Jeff, starting with getting his knee inflammation down with Class 4 Laser Therapy.

After we regained mobility, we started increasing movement. Jeff began a FMT protocol to increase movement. He lost roughly 20lbs just from this, and we then added in diet modifications as well.

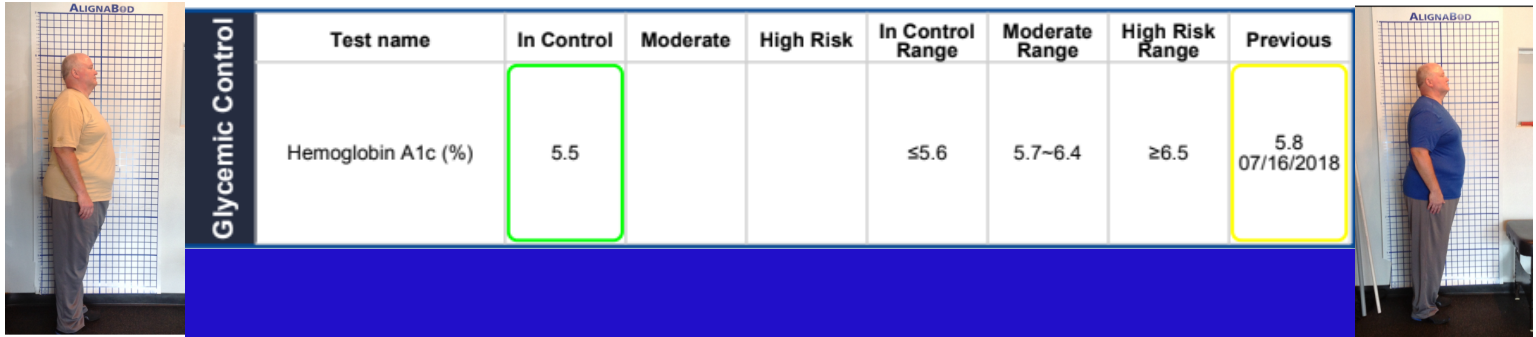
So far Jeff has lost 75lbs, cut his Cholesterol medication in half, and is no longer pre-diabetic.



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



Glycemic Control	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	Hemoglobin A1c (%)	5.5			≤5.6	5.7-6.4	≥6.5	5.8 07/16/2018

A1C Dropped Below  
Pre-Diabetic  
Threshold

Swelling In Knees  
Decreased 2 Inches

Pain Lessened,  
Mobility Improved,  
Cholesterol In Half!

### Key Points

- Pain First. Then Movement. Pain Causes Immobility, Which Causes Weight Gain, Which Causes More Pain. It's A Vicious Cycle, But With The Right Strategy It Can Be Reversed.
- For This Patient, An Approach That Included Multiple Therapies Was Needed To Get Results. We're So Proud Of You Jeff!