

# Case Study: Weight Loss

John's Story



My journey started when I broke my back in a snow tubing accident. I was put in a full-torso brace and bed-ridden. During that time of being inactive and not eating well, I gained a lot of weight and ended up at 260 pounds. I was so unhappy with myself and I was desperate to make a change. That is when I found Thrive.

The positive attitude from Thrive and wealth of knowledge was astounding. The Doctor listened with such intensity and gave such great feedback. I was so excited to start my lifestyle change, chiropractic care, and Functional Movement Training. I am now happy to say that I have lost over 40 pounds! My mobility and flexibility have also greatly increased. I am so glad to have found a complete, all-in-one place with a positive and supportive staff in my journey to health and wellness.

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

## Complaints

- Weight Gain
- Back Pain
- Heart Concerns

## Solution

- Functional Medicine
- Spinal Alignment
- Functional Movement

## Results

- Lost 40 lbs
- Heart Healthy
- More Energy

## Doctor's Story

John presented to our clinic shortly after a horrible tubing accident. He was bed-ridden for 2 months and his health took a turn for the worse during this time. He had gained 30 lbs since the accident and he was desperately wanting to lose this weight. He had constant pain between his shoulder blades. But the main reason he came in was to avoid a heart attack. He knew he had a history of heart trouble in his family and he wanted to do everything in his power to avoid heart disease of any kind.

John really stepped up to the plate and accepted the challenge. We put John through our Functional Medicine protocols to decrease his levels of inflammation and John was able to completely change his life. He became a completely different person in a very short time. It is my opinion that he added several years to his life! John lost over 40 lbs. in 6 months and is no longer staring at a heart-attack!



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

| LDL Direct | Test name          | In Control | Moderate | High Risk | In Control Range | Moderate Range | High Risk Range | Previous          |
|------------|--------------------|------------|----------|-----------|------------------|----------------|-----------------|-------------------|
|            | LDL Direct (mg/dL) | 93         |          |           | ≤99              | 100-129        | ≥130            | 108<br>01/08/2018 |

  

| Test name                 | In Control | Moderate | High Risk | In Control Range | Moderate Range | High Risk Range | Previous         |
|---------------------------|------------|----------|-----------|------------------|----------------|-----------------|------------------|
| Vitamin D, 25-OH* (ng/mL) | 78         |          |           | 30-108           |                | ≤29<br>≥109     | 11<br>01/08/2018 |

  

| Hepatic Function Panel                   | Current | Reference Range | Previous            |
|--|---------|-----------------|---------------------|
| ALT (U/L)                                | 73 H    | ≤41             | 159 H (01/08/2018)  |
| AST (U/L)                                | 60 H    | ≤40             | 109 H (01/08/2018)  |
| GGT (U/L)                                | 47.8    | ≤59.9           | 91.6 H (01/08/2018) |
| LDH (U/L)                                | 184     | 135-225         | 227 H (01/08/2018)  |
| IRF (Immature Reticulocyte Fraction) (%) | 13.3    | 2.3-13.4        | 17.9 H (01/08/2018) |

Vitamin D Up To Normal  
LDL Cholesterol Went Down

Energy Increased  
40lbs Of Weight Loss

More Energy,  
More Confidence,  
Heart-Healthy Lifestyle

### Key Points

- Unexplained Weight Gain Is Frustrating. Whether By Accident Or "Busyness", When Health Isn't A Priority, It Leads to Undesirable Results
- Many Times, Lasting Weight Loss Can Be Had Through Doctor-Directed Lifestyle Changes
- A Combination Of Functional Medicine And Activity Changes Worked For This Patient