

# Case Study: Diabetes

Ray's Story



To be honest, when I first went to Thrive I was skeptical. I had tried diet plans and my weight kept increasing, as my health continued to decline.

I started my quest with Thrive and have been both amazed and proud of my to-date results. Don't get me wrong. Steps included eliminated those foods that I thought were healthy, but in truth were actually limiting me from living my desired life. Surprising staple foods from my diet like salmon, spinach and carrots were toxic to my body. On my health, diet and movements program I have lost 27 pounds so far. I am a mere 5 pounds from dropping below obese status. Even more exciting for me is that I move and feel better than I have felt in years.

The Thrive team treats me like I am important to them. My decision to make Thrive my health care partner, may well have been the best health decision of my life.

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

## Complaints

- Weight Gain
- Joint Pain
- Inflammation

## Solution

- Functional Medicine
- Functional Movement Training

## Results

- No Longer Pre-Diabetic
- 27lbs Lost
- Pain Gone

## Doctor's Story

When we met Ray, he had been suffering from Joint pain. He thought the joint pain was due to him being overweight. He also wanted to lose weight but had struggled in the past to do it in a healthy way. He was concerned because he couldn't walk for long distances and wanted a healthy lifestyle.

Ray's blood work showed he was in a pre-diabetic state, on track to develop Type 1 diabetes, and his body was very inflamed. His neck and spine had degenerative arthritis. He had been walking around daily on a compromised spinal structure. We addressed both issues with a Spinal Corrective plan and a Functional Medicine plan.

As a result of the detox protocol and Functional Medicine plan, his beta cell function has returned to a normal range. The plan, which included specific, doctor-directed supplementation, has paid off for Ray, and we couldn't be more proud of him.



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

Beta Cell Function	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	Insulin ( $\mu$ U/mL)	15.3				2.6-24.9		$\leq 2.5$ $\geq 25.0$

Insulin Changed  
From 31.8 To 15.3

Beta Cell Function  
Restored

27lbs Lost, Energy  
Restored,  
Inflammation  
Gone!

### Key Points

- Diabetes Trends With Every Major Health Problem In America.
- In This Case, Addressing Beta Cell Function Allowed The Patient To Reverse Their Pre-Diabetes
- This Resulted In Weight Loss And Lowered Inflammation. Great Job Ray!