

WholeLifeRx Case Study

“I encourage you to try this program with a friend or loved one and experience the results for *yourself*.”

Hi this is Joe Buishas. We're using a different format today because I wanted to share a dramatic case study with you. Not because I am so smart or because the patient had such profound results but to show you how a systematic lifestyle management program like Whole Life Rx can radically change someone's life. And this patient lives about 250 miles away, so I couldn't baby sit him, we did everything by phone. This is a perfect program to do tele-medicine

At the start of the program this patient (in his mid-60's) was about 80 pounds overweight, had extreme fatigue, was on 5 different medications, and was dysglycemic, and hypertensive. He was in extreme pain, all day, every day. He asked me if I could help him overcome his food addiction and weight problem.

He is a professor in the culinary arts department of a small university and extremely intelligent. He was living in a stressful environment and was snapping at everyone around him. That's one of the reasons he asked for help, he said he



didn't want to be a jerk to his family.

How many of your patients come into your office overweight, hypertensive, stressed out, in chronic pain, on multiple medications and are often dysglycemic? I had been just asked by the Biotics team to be a part of a small study that assessed the effectiveness of their new 6 week lifestyle management program called WholeLife Rx.

It consists of 2 weeks of a cleanse program called NutriClear Plus followed by a 4 week microbiome rebuilding program called Metabolic Biome Plus. You can see links

regarding these programs to the right for more detail.

In short the cleanse lasts 2 weeks, you eat an anti-inflammatory diet and drink 2 cleansing shakes per day with a supplement packet. If they want to lose weight they use the 2 shakes as meal replacements. If they don't want to lose weight but just want to do a cleanse program and down load some of their toxins like me, they replace one meal usually breakfast and use the second shake between lunch and dinner.

My patient started the "NutriClear Plus" cleanse and after 15 days he had lost 15

pounds and was totally pain free. He decided to slowly go off his meds one at a time and in 21 days was off all medication.

After the cleanse program he started the 4-week microbiome rebuilding program called Metabolic Biome Plus. Patients stay on the same anti-inflammatory diet and have 1-2 meal replacement shakes and nutrient packets each day designed to increase AMPK production. AMPK is a second energy source which augments the Krebs cycle and provides mitochondrial support.

Since he was aggressively trying to lose weight he maintained two shakes as meal replacements per day. He was very consistent but the program took place during Thanksgiving and Christmas so he wasn't perfect. So after the 6-week WholeLife Rx program, (the 2 week cleanse then the 4 week microbiome rebuilding program) he lost 34 pounds in 6 weeks, is walking around 3 miles a day, and best of all he continues to be pain free.

Objective Blood tests

Lab test	Initial reading	final reading	% decrease
Cholesterol	225	179	21%
LDL Cholesterol	154	111	28%
HS cardiac CRP	.91	.39	57%
Insulin	8.3	4.8	42%

The cholesterol numbers may not wow you, but anyone who has tried to reduce insulin numbers under 5 or reduce CRP less than .5 knows that results like this in just 6 weeks is very difficult.

Another subjective marker was a very detailed computerized symptom questionnaire with questions from 23 health categories you can see on the left; there were questions on Adrenal symptoms, Hypoglycemia, sugar handling, liver/biliary, on so on.

At the start of the program he had an incredibly high symptom score of 583 out of a possible 650. Just 6 weeks later his score dropped to 166, that's a 71% decrease in overall symptoms. Here are his symptom scores laid out in a graph.

The orange line are his symptom scores before starting the program. All but 2 of the category scores were in the medium to high danger area. After the program, the blue line, all his scores were in the low risk area except one, adrenal. That still needs work. At this point he will remain on one Metabolic Biome shake for lunch and support his adrenals. We will repeat the symptom test in another 6 weeks and assess his progress and update his program.

Let's talk about the variables and why this program can be such a blessing to so many people. I have shared in the past that the upside of the NutriClear plus program is its simplicity and that it was only for 2 weeks. Anyone can do anything for 2 weeks and patients feel a dramatic difference in their health. But because it is only 2 weeks, it's not long enough to change behavior. The comment we heard from so many people after the cleanse was, "what's next". Sadly we didn't have a next but the Metabolic Biome fits the bill. Because once someone is feeling better we can show them the next step.

In this case my patient had lost 15 pounds in the first 2 weeks, and he was completely pain free, so encouraging him to go another few weeks was easy. Just to be clear not everyone loses that much, but everyone feels WAY better. So that's 15 pounds in 2 weeks but then another 19 pounds in 4 weeks on the Metabolic Biome program totaling 34 pounds in 6 weeks 5.5/week. Again not everyone loses this much weight but everyone feels dramatically better. That's the goal of this program to increase ones health quotient and as a result their weight comes off. It's a quantum leap from counting calories.

Benefits

1. *Easy entry*
2. *Systemic Approach*
3. *People feel Good*
4. *People look Good*
5. *People tell their friends*

Let's talk about the benefits of WholeLifeRx. It has an easy entry for patients. They start with a 2 week cleanse lose a lot of weight and actually FEEL dramatically better. Because they feel better it is usually easy to get them to keep going, especially the sicker ones. Most of them will actually ask you, I feel way better, what's next?

The second benefit of this program is that it's a systematic approach. Your staff can help you manage it, especially if they have gone through it themselves. It has a start date and end date. People feel good right way and tell their friends. Maybe even more important is that their appearance changes and they look healthier and the people around them want to know what they are doing differently.

If you are looking for simple program that your staff can help you administer or for a tele-medicine option, click to the right for more information. And I encourage you to try the program yourself with a friend or loved one and experience the results for yourself. Thanks for joining me today. I look forward to being with you again next Tuesday.