

Past medical history: chronic fatigue, frequent urination, increased bruising, slow wound healing, blurry vision. Cholecystectomy (1999). 30 pack year smoking history—quit in 2006. Current history: type 2 dm, hypertension and hyperlipidemia.

	Nutritionist Visit Dates		
Three Visits over Six Months	9/20/15	12/20/15	3/20/16
Medications			
Atorvastatin	10 mg QD	10 mg QD	no medications
Lisinopril	10 mg QD	10 mg QD	no medications
Metformin	500 mg QD	500 mg QD	no medications
ASA	75 mg QD	75 mg QD	no medications
Dietary Recommendations			
LGLPP	LGLPP	LGLPP	LGLPP
Dietary Supplements			
CoQ10: 200 mg QD	yes	yes	—
Magnesium (chelate): 300 mg QD	yes	yes	—
Buffered Ascorbate: 1500 mg QD	yes	yes	yes
Krill Oil: 800 mg QD	—	yes	yes
Fractionated Lipid Concentrate 250 mg QD (18-HEPE/17-HDHA)	—	yes	yes
Arthroben: 11 gr QD (Cox 2 inhibitor)	—	yes	yes
Lifestyle Recommendations			
Metabolic Syndrome Reversal Program (MSRP)	MSRP	MSRP	MSRP
High Impact Interval Training (HIIT)	HIIT	HIIT	HIIT
Sleep Hygiene (SH)	SH	SH	SH
Laboratory Biomarkers			
Glucose	154	—	—
HA1C	6.9	5.6	5.6
Cholesterol	266	125	174
Triglycerides	410	213	228
LDL	160	55	93
VLDL	68	35	48
HDL	38	35	33
Chol/HDL	7	4	5
Vital Signs			
Blood Pressure	138/90	125/75	116/66
Height	5'1"	5'1"	5'1"
Weight (pounds)	143.2	136.4	135.8
BMI	27.91	23.99	22.89

Off medications with resolution of metabolic syndrome with MSRP.