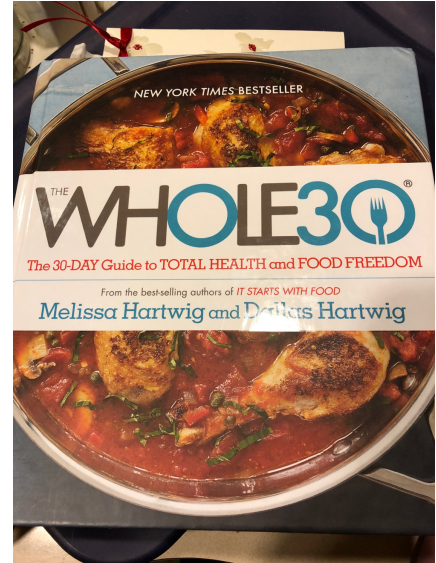


# Food Is Medicine

*...an apple a day,  
they used to say...*

*by Kat Rowoldt*

“Food Is Medicine,” what a concept! When I first heard that term several weeks ago, there was something about that statement that grabbed hold of me. In full disclosure, I am no health nut. Two months ago, I would have said my favorite food was anything Mexican, and a little hold-me-over was a few squares of a Hershey’s Dark Chocolate bar. My perspective has changed due to a couple of things that have intersected in my life since February.



I remember a Facebook posting caught my eye as I was scrolling through my newsfeed. The posting was by a friend who never posts anything. On top of that, this eighty-something year old gentleman had actually typed up a post. The opening line was something along the lines of: I have to share what Sandy and I have been doing for the last 30 days and how it has changed our lives. He went on to share that he had been a lifelong diabetic and by day 10 he was off of insulin for the first time, along with a laundry list of other things that had ceased being an issue in his life.

He ended by sharing that they had been doing Weigh30, and they had decided to stay on the program long-term. What is Weigh30? I had no clue but was highly motivated to find out what this miracle thing was. I began googling and quickly discovered it is a body detox program for 30 days that helps eliminate cravings, changes your taste buds, and puts you back in the driver seat when it comes to food. Please don’t think of it of “detox” for your liver or something and put it in the realm of a cleansing. This is a totally different critter.

I read lots of testimonies, looked at lots of websites, and discovered there was pretty solid nutritional basis for what this “program” (not “diet”) does. For me, as much as I am on the road, I wanted to be able to block off 30 days in which I would actually be at home to give it a try, plus ask my hubby to join me. After one last trip to San Antonio for a few days, I could block off that number of days and stay put at home.

We set the date to start at March 10<sup>th</sup>, and I was so looking forward to that date. Something health wise happened and caused me to not be able to begin on the 10<sup>th</sup>. So, I pushed it back a week and we targeted March 17<sup>th</sup> to start this drastic lifestyle change for 30 days. For us, it was going to be a major lifestyle change. We typically eat the vast majority of our meals out and if we wanted to have control of what we were really eating, we would have to figure out how to do this from home. That would be our greatest challenge.

The preceding months leading up to our start date, my blood sugar level had raised to a point that my primary care physician felt it was necessary for me to start monitoring my sugar levels each morning, plus take a new medication each day. Learning about blood sugar, well, that was an interesting journey in itself. My A1C (I never had heard of that term before) had pushed me to the borderline of diabetes mellitus.

So here we were with a new program we were going to try for 30 days and see what happens. This program requires that you lay aside all sugar, all dairy, and all grains. There went my chocolate, John's chewing gum, all my delicious cheese, and those fattening dinner rolls. You cannot use sugar substitute, not even Stevia. We learned a lot about what we were about to venture into from the book that I have pictured at the beginning of this article. It even has recipes in it. Basically, you can eat meat, most vegetables, and fruit.

We loaded up the pantry and refrigerator with groceries from the various recipes in the book, but in all frankness, that was such a waste. I found that cooking the basics and withholding out of it what we couldn't have worked just fine. I have not put bread or crackers in a meatloaf since we went gluten free in 2012. To me, the meatloaf tastes so much better without it. So, meatloaf could remain on the menu for this program.

Chili sounded tasty and I have such a great recipe that we both enjoy. The challenge was to see if leaving out the flour that does the thickening would affect it in a negative way. Nope! Chili was great, and we gobbled it up like crazy. The second time we fixed it, we baked a potato and stuffed it with chili. Now I have ground turkey thawing to try my chili recipe with turkey meat.

I've got to report, by the second morning after we started this, my blood sugar was in the healthy range and has remained there ever since. How cool is that!

Back to the title of "Food is Medicine." A friend of mine mentioned a seminar in Midland that was going to be held called "Food is Medicine." In the midst of learning about eating healthy, not being hungry, eating until we were full, and not having cravings, I found myself most interested in attending that seminar.

We just returned from the day-long seminar where primary care physicians, cardiologists, and nutritionists spoke concerning the connection between what people eat and their health. In fact, they were talking about people being able to reverse life-threatening diseases with their diet: heart attacks, diabetes, cancer, MS, etc. Wow! They were talking about a plant-based diet.

I had the opportunity to interview the President of Healthy City, Midland, TX, who was hosting the event that day. Marcy Madrid, shared how this started in their city, that they are the only city in the nation doing this, but it will be multiplying to other communities soon, noting the powerful results they are getting. Now the local HEB stores in Midland are doing tours of their stores educating people of how to shop smartly for the food they need.

I'll let you hear it directly from Marcy. By-the-way, I had no idea that she is the product of this herself. Marcy has MS. They showed an opening video at the seminar and she shared her story with the audience that was in attendance. Here is the link to the interview we did bright and early before this event started: <https://youtu.be/IyNQC618zC0>

So, was the proof in the pudding for me health wise? I'd say it was/is. I had my blood work done on day 31. For those of you, like myself, who know nothing about A1C, it measures your blood sugar level over 90 days to give an average for your daily counts. Don't ask me how it can do that, but it does.

My previous A1C was 6.5%, the lowest mark to be considered a diabetic. Normal range is 4.0-5.6%, and increased risk is 5.7-6.4%. Today my blood sugar count was 5.8, almost dropping out of the risk range in only 30 days. Those other 60 days are what kept my ranking that high.

Knowing what my numbers have been these last 30 days, I'm already in the normal range, but it will just take a little longer for that show up for my doctor. Oh, that's not all my good news. Additionally, I dropped 12 pounds eating my way skinny, and lost 6 inches. How can you not love this program, when you're not counting calories, or limiting food quantity, you're not having cravings, and you are enjoying more energy, aches and pains are gone, and based on what you're learning, you can actually live this way. Great days are ahead!

Until next time!

*Kat Rowoldt*

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