

Stephen Thompson - Success Story (SD 2016)

Dr. Eenfeldt: Stephen Thompson had type 2 diabetes for 10 years and he was on 250 units of insulin. And then one year ago he found low-carb and everything changed. I am Andreas Eenfeldt from DietDoctor.com and I am here with Stephen Thompson. Thank you for being here.

Stephen: Oh my pleasure. DietDoctor saved my life.

Dr. Eenfeldt: I know you have a fantastic story. How did this begin? I know you have type 2 diabetes for 10 years.

Stephen: Type 2 diabetes for 10 years, my A1c was 12, I couldn't get my blood sugar below 200 and yet I was taking five injections a day, around 250 units... I had a severe problem with my liver, that was very dangerous... kidneys, neuropathy and loss of feeling on the outside of my feet, my eyes were starting to bleed, I had asthma for 30 years, I was on all kinds of meds...

Five for my asthma, cholesterol, blood pressure, you name it. I had a specialist for my liver and she was talking in terms of, you know, liver transplant.

Dr. Eenfeldt: Oh, really? Wow!

Stephen: My wife discovered DietDoctor, got me interested in and then about a year ago we went to strict low-carb. I picked up intermittent fasting and now A1c is in the 5s...

Dr. Eenfeldt: So like normal basically. And no medication.

Stephen: Yeah, my asthma cleared up, my liver... The doctor released me, she said she didn't need to see me ever again. She took one of those European ultrasounds that look for scar tissue. It was not even a scar tissue on my liver. My kidneys got in the normal range, I have all the feeling back in my legs and feet, I can drum my toes.

Dr. Eenfeldt: It sounds like a miracle or something.

Stephen: My eyes have stopped bleeding, I don't snore anymore... That's kind of good. I used to have chronic pneumonia all the time, that's all cleared up.

Dr. Eenfeldt: What do your doctors say? I mean this is not something you see every day. Maybe most of the doctors never see something like that in their lives I guess.

Stephen: She was dumbfounded, but she said, "I don't understand that. I'd like you to talk to some other doctors in the clinic." But that hasn't happened yet.

Dr. Eenfeldt: She didn't understand it, she was dumbfounded you said.

Stephen: Right, exactly.

Dr. Eenfeldt: And you got off of all the diabetes drugs?

Stephen: All the diabetes drugs, yeah.

Dr. Eenfeldt: How did it feel when you started this diet a year ago and you started seeing something happening? What was it like?

Stephen: Well I went from extremely ill, I was very sick, physical activity very limited... And now I do, you know, an exercise program and I'm keeping to improve that, my stamina, strength has started to come back, I lost 80 pounds.

Dr. Eenfeldt: 80 pounds? Wow, that's a lot! So you had actually an amazing success losing 80 pounds, getting off of all diabetes drugs, getting from very, very high sugar to normal, getting your liver, you know, normal and you're discharged from the doctor even. What did you do? I mean how strict low-carb, what kind of changes did it do to your life?

Stephen: I have an extreme sensitivity to carbs. I had to be very careful. I'm not where I want to be yet. You know, I want my A1c's in the 4s. And still my blood sugars vary quite a bit. And I'm still having some problems with my appetite, I can't trust it. I had to think logically whether or not I should be hungry and it's getting better, my sugar cravings have gone away.

Dr. Eenfeldt: When you say very strictly carbs, do you ever count? Do you have an idea of how many grams of carbs you would have in a normal day?

Stephen: Well, definitely under 20. Sometimes a lot lower, I even have trouble... I had to be careful if I might eat too many vegetables.

Dr. Eenfeldt: So very, very low. And you do intermittent fasting in what way?

Stephen: I do that every day like an 18:6 or a 24-hour. Also I do some longer-term fast, maybe a weekend, five days... The most I've done a seven days.

Dr. Eenfeldt: You're really doing this hard-core sort of.

Stephen: Yeah, I was trying to mess around with it little bit... Forget it, you have to commit or not commit.

Dr. Eenfeldt: Commit or not commit, huh?

Stephen: Yeah.

Dr. Eenfeldt: It goes to show what you can accomplish when you have that sort of attitude to it, I guess... Because that's nothing short of miraculous what you accomplished.

Stephen: Well, the alternatives were pretty bad.

Dr. Eenfeldt: What do you think it was?

Stephen: Liver transplant, probably, as soon as I got some kind of foot ulcer or something I would've been in serious trouble. So my prognosis was poor, my quality of life was poor. So it wasn't that hard of a choice.

Dr. Eenfeldt: So what's your secret? How do you do that?

Stephen: Well, my secret is now that I think my body's adjusted to it so much, to such an extent that when I go off of it, even accidentally like in a restaurant and they haven't told the truth about what cooking oils they used, my body pays for it so I can't really go off without causing all kinds of digestible problems and other things.

Perhaps I shouldn't have been that strict, but I said to be very careful. Maybe someday I can do some, you know, increase my carbs, get up to a moderate level, but not yet.

Dr. Eenfeldt: What kind of things can you do today that you really didn't have the energy or ability to do before?

Stephen: I normally do... I have various exercise schemes, I do yoga, breathing techniques, increasing my lung capacity. I can work, I can get back... I built my own house and I can get back to doing that. I was an IT guy most of my life and it's really nice to be able to try to swing the hammer and stuff.

Dr. Eenfeldt: What you wish you'd known back then that you know now that makes it easier to do this? And do you have any tips and tricks that you picked up along the way that made this sort of lifestyle easier for you?

Stephen: The biggest tip would be to have a wife like mine that is just totally supportive, that will make recipes, that will do those kind of things. So you need support, I think that's the number one. I think your website gives you a lot of support...

But off course if they had a doctor that goes along with the program that would be wonderful. I had six doctors and none of them were supportive.

Dr. Eenfeldt: Really? Even with the fantastic success you had?

Stephen: Not the support in the sense of... they'll run a lab test for me, but they don't really have any advice.

Dr. Eenfeldt: Well you do an awesome job. I'm so impressed.

Stephen: Well, thank you.

Dr. Eenfeldt: Someone who is in like a similar situation as you were and they feel like, "Yeah, I want to get started." So where do you start?

Stephen: I would start first of all by... stop eating breakfast. To the... cut out the sugars. And get stable on that kind of thing and then I would just go on to do a strict low-carb diet. That's how I would... just do it.

Dr. Eenfeldt: Thank you so much for the interview.

Stephen: My pleasure.