

## PREVIEW\_ Mark Cucuzzella - Presentation (BRECK 2017) 1

**Dr. Cucuzzella:** I think everyone's an athlete so here's a patient of mine, he lost these almost 100 pounds off now and he's walking 20,000 steps a day, all his meds in the trash. And we see these people every day with heart attacks or working in a stress lab.

So this is a discharge patient after a chest pain episode six weeks after her discharge. Diabetes gone and she was feeling good and you can see her smile. She is like fit and healthy again.

You know this is my friend Terry, so he's up to about 70 pounds off now, inches off his waist, but yeah, he is walking again you know. So that's what these guys... These are amazing. These are a couple of friends, they're in the "Half the man I used to be" Club.

And you all know what that is. And these guys did not intend to run. When they start burning fat and feeling good, they wake up and they actually want to go run. That's probably about six months into it. But yeah, they're doing well.

This is my friend Travis, he's lost 100 pounds and he's come off opiates. I've only met a handful of people in my life who would come off the opiates. The power of the endorphins of the movement is a substitute and he knows he can't stop running.

If he misses a day of running, his body is in physical pain. He ran through stress fractures just because he needed that. He's doing better now, but I mean that's a journey.