

A Diet for Life

★ HOW LONG SHOULD you follow the Keto Plant Paradox Intensive Care Program? The answer varies, depending on the condition that prompted its use. If you have cancer or neurological or memory issues, stay on it for the rest of your (longer and better) life. If you have been addressing issues of obesity, diabetes, or kidney failure and have succeeded in achieving improved health, the good news is that after two or three months, you may be able to switch to the regular Plant Paradox Program. Start with Phase 2, addressed in chapter 9. On the other hand, if you go off the rails when you switch to this more liberal version of the program, return to the Keto program ASAP.

A few words of parting: As I've said before, none of the phases of the Plant Paradox Program or this variation should be considered a race to the finish. The object is not to get through the program as quickly as possible. Rather than a competition, regard the program as a path to a lifestyle you can live with, a lifestyle that is life- and health-affirming. Always do what you can do, with what you've got, wherever you are. If you fall off the wagon for a day or two, simply climb back on. Once you have experienced the health enhancements the Plant Paradox Program (in either form) offers, why would you do anything else?

I will leave you with two particularly inspiring patient stories. May they encourage you to try the Keto Plant Paradox Intensive Care Program if you are facing a critical health issue.

SUCCESS STORY

He Beat Cancer Twice

A single parent with three lovely children, Earl F. is fifty-three and HIV-positive. He first came to see me ten years ago, but I did not see him again for four years, when he reappeared, looking sheepish. He had just been diagnosed by biopsy with prostate cancer, with a Gleason Score of $3 + 3 = 6$, which indicates the relative aggressiveness of the cancer and therefore its severity. He had also gained twenty pounds in the interval. Could I help him beat the cancer? Earl went on the Keto Plant Paradox Intensive Care Program, eating generous amounts of flaxseeds, and supplementing with the Brassica tea patented by Johns Hopkins. Two months later, a much slimmer Earl's repeat biopsies showed no prostate cancer. He thanked me, and like before, disappeared, canceling his scheduled appointments. ? ★

Three years later, he suddenly surfaced again, looking sheepish and with a large healing incision on his scalp. He had recently undergone extensive neurosurgery to remove part of a huge glioblastoma multiforme, one of the most feared forms of brain cancer. Unfortunately, the tumor's location was such that not all of it could be removed. Earl was receiving both chemo and radiation therapy, but his research had convinced him that things looked bleak. Could I help again? Luckily, he was an old hand at the Keto Plant Paradox Program, and we dove right in. We upped his vitamin D levels, to above 110 ng/ml, and added additional cancer-arresting supplements. Once we saw that he was making progress with the diet and his lab results, Earl scheduled his next appointment.

But as before, he disappeared. Then, two and a half years after his surgery, he walked back into the office bearing CT scans,

MRIs, and PET scans of his brain, all of which showed no tumor and only scar tissue. He also brought a picture of his three kids to show me how they were growing, and announced that they all were going to hike around Europe for the summer. The Keto Plant Paradox Program had returned their dad to them—twice. I sure hope those kids make Dad eat a lot of olive oil over there!

SUCCESS STORY

Dementia Slowed

George P. was eighty-five when his son moved his wife and him to Palm Springs from their home in Florida, after George was diagnosed with moderate to severe Alzheimer's disease. The relocation had not gone well. When a person with dementia is removed from his familiar surroundings, the dementia almost always worsens, as was the case with George, and he began wandering at night. The family was living on a tight budget, so a twenty-four-hour care or a memory care facility was not in the cards. After his son brought George to see me, testing revealed the presence of the ApoE4 genotype, commonly called the Alzheimer's gene. He also had high insulin levels and sugar levels, typical of people with George's condition. His poor brain was starving for sugar.

The entire family went on the Keto Plant Paradox Intensive Care Program and I added some brain-enhancing supplements for George. Within a couple of months, he stopped wandering at night. A few more months and he was engaging his son and wife in conversations and jokes, just as he had years earlier. I saw George every three months like clockwork for his new blood work, often drawing his blood myself to have more time

to assess his status. About a year after his first appointment, I walked into my exam room to draw George's blood. On this day, his son and wife, who were always with him, were nowhere in sight. "Where's your family?" I asked. "Home," he replied. "Well, did someone drive you here?" I asked. "No," he replied, "I drove myself." The shocked look on my face must have surprised him. Getting up from his chair, he put his hand on my shoulder and said, "Look, I've been coming here every few months for over a year now. Don't you think I'd remember the way by now?" If I ever needed reassurance of my faith in the power of food, his question said it all.