



## My Doctor Recommended a Plant-Based Diet; It Turned My Health Around

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I am a 40-year-old male. In March of 2012, I was taken to a local emergency room with chest pain from a pulled muscle and then later learned I had high blood sugar. On April 5, after taking labs I met with my doctor and was advised that I had a number of disease processes taking place that if not addressed would change my life drastically.

My A1C was 9.6 and my average blood glucose level was over 265. My triglycerides were 167, my cholesterol was 204 and my LDL was 122. At the time my blood pressure was 138/87. I was suffering from chronic back pain, couldn't sleep at night, and could barely stay alert during the day.

During that April 5th visit, the doctor asked if I would be willing to take some intensive measures to correct my situation. He recommended a plant-based diet, suggested the *Forks Over Knives* book, and then prescribed a few medications. I bought the book that day and the next day my fiancée and I watched [the movie](#).

It changed our lives! Two weeks ago, I got the results of my first series of updated labs. Everything was substantially better. My cholesterol was down to 93, blood pressure 124/76, LDL 38, triglycerides were 79, and most importantly my A1C was 5.6. My doctor has lowered the dosages on all my medications. I no longer have chronic back pain; I sleep like a baby and every day feel like a million bucks. Also, my energy levels are amazing. The other day, after doing 1.5 miles on the treadmill, my son and I did a full weightlifting workout and then I went back on the treadmill for another 2.7 miles. Then I went home and worked in the yard for 2 ½ hours. Plus, I have lost well over 30 pounds and I've taken 8 inches off my belt size! I still want to lose another 30 to 40 pounds and have every bit of confidence that our new lifestyle will not only help me to achieve my goals, but ensure a long and healthy life.

I am incredibly thankful for a doctor who believed that food can be my medicine and for a supportive fiancée who adopted the dietary change with me (she's lost 10 pounds). Hopefully, my success will inspire others to make the change.