

Re: Followup – huge uptick in cholesterol

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From: Dr. Andrew B. Chung, MD/PhD (andrew_at_heartmdphd.com)

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Mike wrote:

> *Preston Crawford <me@prestoncrawford.com> wrote in message*
>
> *>So now I'm really worried. In addition to putting on weight in the*
> *>last 9 months (from 250 and cycling all the time to 268)*
>
> *Your morbid obesity S/B as worrisome as driving your bike at night*
> *without brakes or lights on a Friday night in L.A. Your sleep apnea,*
> *which is caused by extra tissue (fat) in your airway, is possibly*
> *causing sleep deprivation and exacerbating your anxiety. Stop letting*
> *yourself and others (i.e. the receptionist not giving you your Lipid*
> *#s) take you on the easy path to poor health. The obesity and*
> *environmental diseases will cause more life–year casualties in the*
> *next 30 years than if terrorists nuked several cities. You need to*
> *focus on your health being a young programmer that knows + 7*
> *languages, as physical health is needed for mental clarity. In +20*
> *years of COBOL and Macromedia technologies, this old brain can barely*
> *handle (in good health) 2 languages. I also had panic attacks and*
> *social anxiety disorder that only resolves with prayer, fasting, CRON*
> *diet, love from my family and exercise (lots of biking) that leads to*
> *my proper weight.*
>
> *>Could that be why I'm feeling so poor and should I be worried?*
>
> *Yes! You are fighting a war for your health and you need to arm*
> *yourself with medical professionals, devices (scales, BP monitors, fat*
> *calipers) and spiritual leaders that also focus on health (i.e.*
> *<http://www.changinglives.org/daily.html> or*
> *<http://www.healthmasters.com>), as our flesh is weak. Find a wellness*
> *center such as the Copper Clinic in Dallas that has Medical Doctors*
> *and Nutritionists. Focus on people that are good examples of health*
> *as in the great article in July's <http://www.Bicycling.com> magazine*
> *about 90 y/o John Sinibaldi, who dusks most young cyclist, rides > 25*
> *miles every day for 65 years and grows his own food. You seem to like*
> *biking so on weekends go to events, google.rec.bikes, use rear view*
> *mirrors–helmets, find safe–low traffic routes, get a cycle–trainer or*
> *good Precor elliptical for late night in front of the TV. Stop all*

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- > *refined sugars (especially corn syrup) and caffeine, which increase*
- > *your anxiety and temporary keeps you alert (caffeine). You have made*
- > *spectacular weight loss and this plateau can be broken with the right*
- > *tools and guidance. Good Luck! Mike*

Ime, the 2PD approach works every time for sustained weight loss.

<http://www.heartmdphd.com/wtloss.asp>.

But because it works, doctor supervision is required.

Servant to the humblest person in the universe,

Andrew

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Dr. Andrew B. Chung, MD/PhD
Board-Certified Cardiologist
<http://www.heartmdphd.com/>

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Who is the humblest person in the universe?

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