

## ... changing family history of diabetes & obesity



Kim Ballard poses for her before picture.

Courtesy photo

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This past spring, Kim read an advertisement about the HCG diet in the Vernon Daily Record, and a little later, an article about Dr. Adanna Amechi-Obigwe's Walk with a Doc event. She went on to say, "I had already been thinking it is time to do something about losing weight. After reading the article and advertisement, I thought I'd call and check it out."

Kim is the mother of three children, all reared in Vernon. Kim said, "Most of my adult life I've been overweight, and gaining more. With each child I added more weight." She now has six grandchildren whom she refers to as "her babies".

### LOSS LEADS TO CHANGE

Kim admits she smoked for 24 years, though her husband did not. He would tell everyone that she'd stop smoking when they planted her six feet under. In 2003, Kim's father, Floyd Eugene Krieg Sr., who was over 300 lbs., a smoker, and a Type 2 diabetic, lost his leg to the disease.

In October of 2007, she watched her father-in-law die from squamous cell carcinoma, the second most common form of skin cancer. She finally had seen enough hurt

and pain of those close to her that she quit smoking "cold turkey" in 2008.

Some years later, in 2012, Kim went on a nonfat diet and lost 60 lbs. She was holding her own until 2014. That was the year she underwent a hysterectomy. Her weight slowly and consistently continued to increase until Kim tipped the scales at 300 pounds, just like both of her parents had.

After reading the articles in the paper, she called Dr. Ada's office to schedule an appointment. She had heard some things that may be controversial about the HCG treatment. Low, low caloric intake. Hormones. Rapid weight loss and just as rapid weight gain. Kim said, "This doctor is getting involved in the community and I'll check and see if her program may be able to help me since my hysterectomy has changed everything in my system and I'm out of answers."

The doctors staff began with a blood test to determine what treatment would be best. As Kim suspected, "the results revealed everything was way off." She said, "over the past couple of years, from my knees down, I was dealing with the issues of swelling and had been prescribed medications including cholesterol medicine. I had literally gotten tired of being sick and tired."

### LOW CARB

At first, Kim was very skeptical. She began the program on July 18, 2018. She liked the load days the best. During the diet the first two days are spent eating everything the client wants. Nothing is off limits (special dietary restrictions notwithstanding). On the third day, strict adherence to limiting daily caloric intake to a maximum of 500 calories begins. These 500 calories are very low carbohydrate, non-starchy vegetables, like asparagus and spinach, and lean protein. Acceptable proteins include, chicken breast, steak, or non-fatty fish. Salad dressing is limited to lemon juice and dessert is half an apple.

Kim said, the first week was the hardest. "My body had to adapt to less food and I had to get through the hunger pains. Then everything got better until I went to my granddaughter's birthday party and had Cici's pizza. My body had already adapted to going without the carbs and when I ate that pizza it ruined the rest of my afternoon. I just felt sick and my body didn't like it. The rest of the afternoon I was looking for a

bathroom"

"People look at me strange when I tell them I am only eating 500 calories a day" Kim went on to say, "I have to remind them I'm under a doctor's care and the HCG hormone is telling the body to burn my fat for the energy it needs. And, it works great. All during the diet the doctor is checking my muscle mass, fat mass and water mass on a SECA scale" (A SECA scale provides a more extensive analysis of a patient's body composition, including fat, muscle and water content)

Kim lost 31 pounds in 41 days. The SECA scale reported 25 pounds of the weight she lost was fat. After the initial treatment there is a recommended three week period, leading up to a maintenance period, where the client will slowly increase calories and carbohydrates. During this period Kim began exercising. She did thirty minutes a day of Zumba on her Wii, or elliptical, or treadmill. She continued to keep her caloric intake a little lower than the protocol recommended and continued to eat the cleaner foods. By doing this, she lost another 11 pounds.



Floyd Eugene Krieg Sr., shortly after his right leg underwent diabetic amputation in 2005. Courtesy photo

### HCG - ROUND TWO

After her first round, Kim was uncertain whether she should continue trying to lose more weight or simply be happy with the progress she had already made. It felt good to see the progress but there were sacrifices to be made to go further. Kim said while she struggled with the decision, her husband encouraged her to keep going. On October 6, Kim started her second round of the diet. This time it was easier. In all, as of November 11, Kim has lost 65 pounds this year. Her waist has shrunk from 54 inches down to 42 inches. Kim began this year wearing size 24 clothing and now enjoys 14's and 16's. She is currently at 228 lbs. At 5'8" tall, she hopes to keep going until she achieves her goal weight of 170 lbs.

Kim said, "I haven't been under 200 pounds since my early twenties. Your mindset changes as you go through this program. You don't think about foods the same way. It has really changed what I want to put in my mouth". Kim paused for a moment, somewhat retrospectively, and a warm

grin appeared on her face as she said, "I'm feeling so much better these days. My oldest granddaughter, Allison, said, 'Mimi, I don't know what I'm going to do if you lose any more weight. You've always been fat.'" Kim laughed and said that made her feel so good that her granddaughter had noticed her weight loss, as had other people.

Wanting to make sure her husband Danny got some well-deserved credit, Kim said, "He has been such an encouragement to me and very supportive. He volunteered to eat what I ate so I wouldn't be tempted to go off of the program. He even lost a few pounds. I'm so thankful for him."

Thus far, Kim does not have diabetes. Although she is on some medications due to her weight, such as blood pressure medicine and others, she is hopeful the weight loss and exercise will eventually allow them to be reduced, if not removed all together.

Kim encourages others to learn from her journey and reach out to her if they want to know more about getting fit in Vernon.



Willie Joyce Thompson Krieg and Floyd Eugene Krieg Sr. Picture taken circa 1982.

Courtesy photo