

I am a juvenile diabetic diagnosed at age 11. I am on an insulin pump and have had a hard time controlling blood sugar levels, and it has been next to impossible for me to lose weight. My mom and I have been to dieticians who ask you what you like to eat, and told us I could eat anything I want as long as I blous for it, which meant carb counting. A few years ago, my mom and I did the Medical Weight Loss diet, and over a four month period, I think I lost about a ½ pound, and gained it back plus. Originally I joined the K and G program because my mother heard good things about it from her friend Karen, and I had decided that we were going to take control of our lives and make a difference. We were tired of feeling insecure and unhappy. The next thing I knew we were signed up for a 2 ½ month class. I had no idea what this program was about and frankly was unhappy when they told me I had to get measured. The first week I felt completely lost. I had no idea what eating healthy was, I hated vegetables and fruit was so-so, but after only making the slightest changes and steering away from simple carb snacks and the like I saw a dramatic change. My blood sugars, which had been at an average of high 200s to low 300s were crashing down to the low 40s. When we emailed Kevin in a plea of what to eat that's healthy and quick to raise my dropping blood sugars he seemed surprised saying normally people didn't see this drastic change until later. We hadn't even made it to the protein lecture (July 29<sup>th</sup>) and my body was already going into shock. I lowered my basal rate on my insulin pump about 4 times before I could go out and not have to worry about falling into a downward spiral. Within the first weeks I went from a rate of 1.40 and 1.35 to a rate of 1.05 and 1.10 (which my doctor still doesn't know about). At this point I realized a huge problem with how my thought process had been nurtured. Instead of solving my highs through eating right, my medical advisors

would throw more insulin at the problem. That's like trying to get yourself out of debt by spending more money. The more insulin I took, the more weight I gained, and the less control I had. As a diabetic we strive to keep a slow hill like raise and fall in blood sugars keeping our levels in the low 100s. As a pumper I had been told that I was no longer restricted and could eat whatever I wanted. What they failed to tell me is the less nutrient rich foods I ate, the more insulin I would have to take and I would still experience the spiking up and down rollercoaster effect us diabetics try to steer away from. I have worked very hard and only lost around 10 lbs., but to me that is 10 lbs I have been unable to lose since I was diagnosed in 5<sup>th</sup> grade and it has made a world of difference. To close, I would like to share a conversation I had with a fellow diabetic at school. In our class we were talking about mountains in our lives and my friend and I immediately referenced our diabetes. I began to tell him about how I had been changing my diet and the world of change it has made. He then told me his doctors had just recently advised him to take a dose of insulin well in advance of meals so he could experience less of a rollercoaster effect with the school's unpredictable meal plan. At this point I really realized what a great gift I have been given by K and G because this is no longer such an issue for me. The foods that I have been eating raise my blood sugars so slow in comparison to foods I had eaten before that I don't have to worry about taking insulin in advance. I still struggle day to day making good choices and occasionally see a high or two, but from an average of 200 to 300 I have come down to an average of 70 to 100. I am very excited to go and get my A1C for my upcoming doctor's appointment (which was around a 10.8 last time I was there) and I hope to send my doctor into severe shock from the drastic changes that have occurred these past weeks. Hopefully soon K and G will start seeing more juvenile

diabetics like me come through their doors ready to make the change I have made and will continue to make.