

# a grandmother defies the odds

Find out how one woman beat type 2 diabetes

By Kat James

**When Sue Kirwan** signed up for my Total Transformation program last November, she was overweight, diabetic, and generally unhealthy. Here, she shares a success story that should provide hope for anyone who has type 2 diabetes or simply wants to get healthy and/or lose weight.

**KJ: Sue, what made you finally decide to take control of your health?**

**SK:** In the fall of 2007, my doctor ran blood work, and my blood sugar, triglycerides, weight, and blood pressure were the worst they'd ever been. He was eager to get me started on diabetes medication. Then my husband, Keith, read about your Total Transformation program and encouraged me to attend. I was very excited by the idea, but I had no major health expectations. I had already attended classes for diabetics and eaten as they recommended, but it didn't control my blood sugar.

**KJ: What was the most surprising aspect of your experience with the Total Transformation program?**

**SK:** The food that the other participants and I learned to prepare was very different from what I was taught to eat in the diabetes classes. While those classes focused on how much rice and potatoes I could eat, such things were not served on your program. There was no counting calories or fat grams, and no portion



*Sue lost 36 pounds and went down four dress sizes following Kat's Total Transformation program.*

control. I didn't miss the bad stuff because of the clever replacements—healthful sweeteners like stevia, nut and coconut flours, and the special chips, crackers, and chocolate, which had little or no effect on blood sugar (*see box for product names*). Even the order and combination of foods were planned to minimize blood sugar impact. Those were probably the first six days in a row that I did not spike my blood sugar.

The natural personal care products and information about cosmetic ingredients were also new to me. After using a nonfoaming cleanser and olive oil soap for a week, I noticed an immediate positive effect on my skin.

**KJ: What were you hoping to get out of the program?**

**SK:** Of course we all wanted to see the same kind of physical transformation you had (i.e., watching the pounds and years come off), and it was not easy to believe that would happen eating the kinds of food we were eating. But you told us to keep our focus off the scale

and on regaining health by upping our nutrient intake and avoiding chemical and blood sugar assaults. About the third day of the program, many of us spontaneously stopped craving or overeating anything. Even the snacks that were laid out, which we ate lots of at first, started to be left uneaten. It was as though we were deeply satisfied and nourished.

**KJ: What has changed for you health-wise?**

**SK:** First to go was my acid reflux. Maybe the starch and grains had been the culprit all along. After the program my pants felt looser, and my husband told me my face looked thinner. I'd completely lost my cravings for soda, bread, and pasta. Keith stepped right in by helping me cook according to the program. He was surprised at how tasty the recipes were. No low-fat foods. It has been wonderful to spend time together in the kitchen, knowing we are both being transformed with our creations. My tastes have changed dramatically. My body just

stops wanting food when it gets what it needs.

I shared with my doctor what you had told us at the Total Transformation retreat—that weight loss would be only a side effect of regaining our health. He said, “That’s quite a side effect! You’re going to need a whole new wardrobe. Keep doing what you’re doing.”

To date, my weight has dropped 36 pounds and I’m down four dress sizes. And the best news is that I’m no longer diabetic! My doctor was stunned at my blood test results. Before the program, my blood sugar was 260; now it’s 86. Everything improved dramatically, including my cholesterol and blood pressure. My sleep has become deep, and my energy has increased so much that I actually enjoy taking long walks with my husband and playing miniature golf with my grandson. It really feels like a miracle. ♦

## Do You Have a Question for Kat James?

**KAT JAMES IS** the author of *The Truth About Beauty*, recently rereleased and completely

updated. James transformed her own body and skin after a 12-year eating disorder and liver disorder nearly took her life. A powerful motivator with a passion for creative strategies that deliver tangible and sustainable results, James has been featured on the *Today Show*, *MSNBC*, *PBS*, and in numerous national magazines. She regularly lectures and conducts workshops on healthful lifestyles. To learn about Kat’s Total Transformation program, visit [informedbeauty.com](http://informedbeauty.com).

**E-mail your health, nutrition, and beauty questions to Kat at her Web site, [informedbeauty.com](http://informedbeauty.com).**

## Diabetic-Friendly Snacks

Some of Sue’s favorite snack foods from the Total Transformation retreat include:

- Lydia’s Organic Italian Crackers (made with sprouted sunflower seeds, herbs, vegetables, and sprouted flax; also available in other flavors).

- Green & Black’s Dark 85% Cacao Chocolate Bar (with only 5 g of sugar in the entire bar).

- R.W. Garcia’s Soy and Flax Chips (great with salsa or guacamole).

