

## Jim Cordie's Story

### My Story

by Jim Cordie

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After 35 years of studying and experimenting with various dietary programs, I found that none of them provided me with satisfactory results.

During these years there became more and more proponents of eating a lower fat diet. Nathan Pritikin who established Pritikin Longevity Center in 1976 advocated heart disease prevention and reversal using a low fat diet. I read his books about low fat diet and his personal success with the reversal of his heart disease.

Through the years, I adopted a low fat diet approach of my own design. I used a low fat approach of not eating red meat, eggs and whole dairy products. I continued to eat white meat chicken and fish. However, I never converted to vegetarianism. This diet aided me in controlling my weight but it did not provide any other apparent health benefit.

In January 2009, at the age of 66, I was diagnosed with prostate cancer. Following the successful surgery, I gradually lost control of my dietary habits and my weight increased from a long time baseline of 180 pounds to a peak of 235 pounds several years later.

Then, on Sunday August 21, 2011, I saw a news brief about a forthcoming CNN special with Dr. Sanjay Gupta. The hour long special was scheduled to feature Dr. Caldwell Esselstyn's work with reversing heart disease using a vegan, very low fat diet. The special also included the story of President Bill Clinton's adaptation of this diet.

Although I had not as yet seen the special, I searched the internet and downloaded Dr. Esselstyn's book to my Kindle. Beginning that day, as I read the book, I decided to immediately begin a vegan lifestyle. My weight dropped to 210 pounds during the next 15 months due to the vegan dietary lifestyle.

As I continued to study about the aspects and benefits of eating a vegan/whole foods diet, I became aware that I could benefit further from a doctor or specialist who was more advanced than I in the science of whole foods dietary living.

In December 2011, while reading Dr. Pam Popper's book, "Solving America's Healthcare Crisis", I discovered that she had an affiliate Wellness Clinic in Wilmington, Delaware. The next day I called and spoke with Dr. Jane Powley, owner of the Wilmington clinic. I agreed to meet with her on December 20th for my first consultation.

The immediate major directions that she provided me are the following:

- Continue eating a vegan diet.
- Discontinue eating any processed foods (canned, boxed, or other packaged factory processed foods).
- Use no oils and/or foods with added oils.
- Drink only water.
- Start my day with a special breakfast shake of tart red cherries, eatable green tea, special protein powder, enzyme supplement, and almond milk without sugar.
- Begin monitoring my body's alkalinity and adapt a diet regime to support a continuous alkaline body chemistry.
- Other refinements have been added to my diet since that time.

Now ten months later, I can report the following improvements to my physical well being:

- My weight has further dropped to 172 pounds.
- My twenty year bout with eczema of the knuckle areas on my hands has been totally cured.

- Over the last twenty plus years my total cholesterol ranged from 195 to 255, with an average of 210. It is now down to 155. My triglyceride level which had been diagnosed at an unacceptable level of 337 is now at 69.
- Two years ago, my aches and joint pains I rated 10. I now rate them at 1-2.
- I'm no longer taking any medications.
- I have gained a general improvement in my vitality and energy levels.

Dr. Powley promises that with time, more improvements in my health will become apparent to me. I intend to follow her advice so I can continue to gain the health benefits of a vegan, plant based, whole foods lifestyle.