

TO BE PUBLISHED ON SATURDAY, MARCH 20

The Loma Linda CHIP Program

CHIP Program Offers New Lease on Life

[Pat Ort, The Daily Reporter]

A Chip That Could Save Your Life

In this case, the CHIP is the Coronary Health Improvement Project (CHIP) created by Dr. Hans Diehl. CHIP is a community-based five-week educational program, designed to facilitate the reversal of high blood pressure, overweight, diabetes, heart disease, acid reflux and alleviate depression. More than 50,000 graduates and 17 scientific papers published in medical journals testify to its success.

CHIP at Rockford, Illinois

In Rockford alone, more than 5,000 people have significantly reduced their risk of heart disease and stroke through participation in the CHIP program. Now, residents of Loma Linda can participate in their 4th annual CHIP program offered through the Loma Linda University Church in collaboration with the Department of Preventive Medicine of the School of Medicine at Loma Linda University.

Free one-hour overview lectures will be presented on March 21, 22 & 23 to facilitate the enrollment. The program starts officially on March 28.

Atherosclerosis

It all boils down to one concept," Hans Diehl, DrHSc, CNS, MPH says. "Atherosclerosis, or narrowing and hardening of the arteries, is the culprit behind many heart attacks, strokes, angina, senility, hearing and vision loss, impotence, and is closely associated with diabetes."

"People are born with clean arteries, and people in many parts of the world die with very little plaque build-up in their arteries. But in Western and technologically advanced countries every third person dies from the consequences of this underlying disease," Diehl says. "The tragedy is, it's self-made."

A diet high in fat and animal protein is the principal factor clogging up the arteries. When this atherosclerotic build-up takes place in the coronary arteries, which are supposed to bring oxygenated blood to the heart muscle, then this may result in angina pectoris, or worse—in a heart attack! When the build-up attacks the vessels leading to the ears, or eyes, a loss of hearing or visual acuity may be experienced. When this narrowing affects the arteries to the male sex organ, then impotence may be the result. According to Diehl, "Some two-thirds of the impotence in men under 70 is a result of atherosclerotic narrowing of the penile arteries."

Deadly Diet

Americans especially are caught in a schizophrenic culture. On one hand, this culture promotes a rich, fatty, sugary food diet; on the other, it offers magazines and unending news reports that say we must be slim and have low cholesterol levels.

"Culturally, most civilizations have centered their diets around unrefined grains, or legumes," Diehl says. "The American diet, however, is built around dairy and meat, which makes up 42% of our diet. Today, most of us eat meat three times a day—not even a lion eats meat three times a day!"

"Eating habits have changed dramatically over the last 30 years. Processed, refined and engineered foods now represents 51% of the American diet, which leaves only 7% for fruits and vegetables, grains and legumes. And this kind of "hi-tech" profit-driven diet is doing a great disservice to people's health."

“We graze,” Diehl says. “People go from patch to patch, all day long, rather than eating just at mealtimes.”

Despite a greater awareness of cholesterol and nutrition’s role in preventing diseases, Americans still face a tremendously high risk for atherosclerosis and the ills associated with it.

AHA Diet

Although more people may be aware of standards like those published by the American Heart Association, such diet information is geared more towards prevention. “The diet of the American Heart Association is only the first step,” Diehl says. “Once you have disease, however, this diet is not good enough to reverse the underlying disease process. Such a diet may actually promote its progression!”

CHIP Concept

The CHIP program differs in that it actually helps people who already have problems with cholesterol, blood pressure, blood sugar, overweight, and atherosclerosis to slow down and to facilitate the reversal of these chronic diseases.

CHIP Results

CHIP participants have seen an average 15-30% drop in their high cholesterol levels in 30 days,” Diehl says. “Every 1% drop in cholesterol reduces the risk for a heart attack by 2 to 3 times. This means that most CHIP participants can cut their coronary risk in half in just five weeks, and their physicians can reduce their medication requirements for cholesterol-lowering medication. The same is true for participants who join the CHIP program with diabetes (type 2), essential hypertension, acid reflux, smoking, angina and depression.”

With limited seating, please make your reservation for the free 1-hour orientation session by calling, 909-801-2846. It can make all the difference. Just ask any of the more than 50,000 graduates!

Diehl feels the social aspects of the program adds much to its success. “People have a great time doing things in groups,” he says. In fact, he encourages families to participate together.

In the Loma Linda CHIP program, participants attend seminars on Sunday, Monday and Thursday evenings for five weeks. They also participate in two *HeartScreen* events, one at the beginning of the program (March 28), and one at the end (May 2), to objectively evaluate cholesterol and other risk factors and to help the participants to see what their lifestyle change has accomplished in just 30 days.

Testing Your Lifestyle Medicine I.Q.

Test your health knowledge: Take the CHIP test!

Trying to make sense of all the data, claims and hype surrounding foods, heart disease, losing weight, diabetes and osteoporosis? Start by taking Dr. Diehl’s Lifestyle Medicine Test. See how you score compared with others: 12-15, average; 16-19, above average; 20-23, very good; 24-27, excellent; 28-30, superior.

1. Every cigarette smoked shortens a smoker’s life by ___ minutes.
a. 3 b. 6 c. 13 d. 20
2. In the last 20 years, the number of super-fat children has _____.
a. decreased b. increased slightly c. doubled d. tripled

3. The western diet contains about _____ of cholesterol/day.
a. 100 mg b. 250 mg c. 400 mg d. 800 mg
4. An obese man is _____ times more likely to have a heart attack by age 60 than a man of normal weight.
a. 1.5 b. 3 c. 5
5. By definition, obese means being _____ above ideal weight.
a. 10% b. 20% c. 30%
6. Currently, over _____ of North Americans die of cardiovascular disease.
a. 20% b. 40% c. 60%
7. Today, a 65-year-old U.S. male can expect to live _____ years longer than his counterpart did in 1900
a. 5 b. 8 c. 12
8. One hundred years ago _____ of Americans died from coronary heart disease and stroke.
a. under 10% b. 20% c. 30%
9. It has been estimated that up to _____ of heart attacks before age 65 could be prevented by lifestyle measures.
a. 15% b. 25% c. 50% d. 80%
10. A healthy diet would _____ my grocery bills.
a. increase b. not affect c. decrease
11. Since 1945, adult onset diabetes (Type 2) in the U.S. has increased by _____.
a. 100% b. 300% c. 500% d. 750%
12. Countries with the highest per capita dairy consumption have _____ rates of osteoporosis (brittle bones).
a. decreased b. increased c. about the same
13. Caffeine intake has been associated with _____.
a. sleep disturbances b. stomach ulcers c. calcium loss from bones d. all
14. _____ is the best way to build muscles.
a. Eating more protein b. Eating more starch c. Exercise
15. One gram of fat contains _____ number of calories as one grain of either protein or carbohydrate.
a. half the b. the same c. more than twice the
16. Which contains the most calories?
a. 5 oz potato b. 5 oz beefsteak c. 5 oz bread
17. North Americans eat _____ protein than needed.
a. less b. slightly more c. two times more

18. An average piece of pie contains about _____ teaspoons of sugar.
 a. 10 b. 15 c. 20
19. Osteoporosis is promoted by _____.
 a. caffeine b. smoking c. high protein diet d. all of these
20. _____ is the most important risk factor for coronary heart disease.
 a. high blood pressure b. smoking c. high blood cholesterol d. stress
21. An ideal, safe cholesterol level for middle-aged adults is _____.
 a. under 160 mg% b. 160-200 mg% c. 200-240 mg% d. under 260 mg%
22. _____ fat poses the greatest danger in coronary heart disease.
 a. poly-unsaturated b. saturated/trans c. mono-unsaturated
23. The least amount of cholesterol is found in _____.
 a. 1 cup custard b. 5 oz steak c. 5 oz chicken d. 4 oz peanut butter
24. The body requires a minimum of _____ teaspoon(s) of salt per day.
 a. 1/10 b. 1 c. 2
25. Most Westerners eat about _____ teaspoon(s) of salt per day.
 a. 1/2 b. 1 c. 2 d. 3+
26. High fat diets are linked to which types of cancer?
 a. colon b. breast c. prostate d. all of these
27. _____ of essential hypertension can be normalized through dietary means.
 a. 20% b. 40% c. 60% d. 75%
28. Which food contains the most salt?
 a. cheeseburger b. milkshake c. apple pie d. French fries
29. A 12-oz soft drink averages _____ teaspoons of sugar.
 a. 1-3 b. 4-7 c. 8-10 d. over 10
30. The best way to lose weight permanently is to eat _____.
 a. more protein b. more fat c. more unrefined starchy foods

[ANSWERS: 1c, 2d, 3c, 4c, 5b, 6b, 7b, 8a, 9c, 10c, 11d, 12b, 13d, 14c, 15c, 16b, 17c, 18b, 19d, 20c, 21a, 22b, 23d, 24a, 25c, 26d, 27d, 28a, 29c, 30c]

TO BE PUBLISHED ON SUNDAY, MARCH 28

The Loma Linda CHIP Program

The CHIP Kickoff

[Pat Ort, The Daily Reporter]

Starting Tonight

Tonight's video presentation, featuring Dr. Hans Diehl, will mark the beginning of an important journey towards better health for many who have signed on to attend CHIP, the much talked about Coronary Health Improvement Program.

Over the next five weeks, the participants will hear from health experts, receive a syllabus, text- and workbook, cookbook, a water bottle, pedometer, and taste healthy-food samples as they learn how to make better lifestyle choices through the CHIP program. After tonight, participants will attend seminars on Sunday, Monday, and Thursday evenings for five weeks, from 6:00 to 8:30 p.m. in the Fellowship Hall of the Loma Linda University Church.

Overview Lecture

Over ___ people have signed up after attending an overview lecture to start the journey to better health!

Mary Chun, RN, the local CHIP leader, has challenged the audiences during these overview lectures to re-evaluate their role as consumers. "We can do more to determine how long we want to live, and at what level of health," she said. "It's health by choice, not by chance!"

Self-Made Diseases

Throughout the presentation, Chun stressed that atherosclerosis, a disease in which cholesterol and fats are deposited on the inner wall of the arteries, is largely a self-made disease that expresses itself clinically as angina pectoris, heart attacks, strokes, hypertension, and intermittent claudication. It is also the main cause of senility, hearing and visual problems, and of impotence.

"These two killer diseases—cardiovascular disease (heart disease and strokes) and cancer— account for 70% of our deaths in North America. And yet, these diseases were very rare in North America before World War 1, and they are still relatively rare in many of the world's population, although with Westernization also come Western diseases," according to Chun. "These diseases are largely related to a confluence of affluent-related lifestyle habits—how we eat, drink, smoke, exercise, and how we handle stress."

Chun cited many statistics to point out that "these diseases are largely self-made, and they can be turned around through the adoption of a simpler lifestyle." She suggested that many of our expensive "high tech medical approaches" don't really attack the causes of the problem. They mostly take care of the symptoms, but not forever. The benefits of these reconstructive approaches are largely temporary, and they are costly.

Bypass surgeries, on the average, may cost \$150,000, and angioplasties can run about \$45,000. And yet, 15 to 30% of these grafted vessels close within 12 months after the operation, and 45% of the angioplasties are no longer functional within six months.

Reversing Diseases

A CHIP video clip that Chun showed the group suggested that 80% of bypass surgeries could be avoided if people made some simple changes, especially how they ate." The video offered that diabetes

and hypertension, which are epidemic in our country, could be significantly reduced and reversed if people made better choices of what they put on their forks and knives.

The overview presentation was well received by the audience, which reacted in shock to a video showing surgeons pulling a long mass of atherosclerotic plaque, or fatty deposit, from a man's artery.

Signing On

More than ___ people signed up throughout the last two weeks of enrollment. Everyone involved in the program was required to participate in two HeartScreens—one before the program begins, and another one at the end of the program to measure the clinical success of the lifestyle intervention.

HeartScreen

Participants in the CHIP program showed up Sunday morning for the initial health screening prior to the beginning of the program. The *HeartScreen* included an evaluation of the individual's height, weight, bone structure, and eating habits. Blood pressure was measured and blood taken to evaluate several factors, including the levels of sugar, cholesterol, HDL, and triglycerides. One week later, the CHIP participants will be individually advised in writing on how to lower their risk for disease and how to turn things around.

The CHIP program also takes into account other risk factors, which, when coupled with high cholesterol levels, greatly increase a person's risk for our Western diseases. This includes the excessive use of salt, sugar and fat, smoking, a sedentary lifestyle, and obesity.

CHIP Results

Over 5,000 CHIP graduates in Rockford, IL alone significantly reduced their risk of heart disease and stroke, and many participants suffering from diabetes, hypertension, obesity and depression were able to turn these diseases around, even to the extent that their physicians were able to reduce their medications in short order, and in some cases, they were able to discontinue certain drugs altogether.

"I have seen many CHIP participants dramatically reduce their coronary risk factors in just one month." Says Roger Greenlaw, MD, Clinical Professor of Medicine at the University of Illinois, College of Medicine at Rockford and medical advisor to the CHIP program in Rockford. "These patients have lost weight, lowered their blood pressure, often drastically dropped their cholesterol, and now, they have a new lease on life. It is really exciting to see people turning around their level of health—and all in short order."

And Dr. Diether Haenicke, President Emeritus of Western Michigan University and a CHIP graduate of the Kalamazoo, MI program, added: "CHIP has provided me and the members of my staff, important information to help us take better control of our health."

TO BE PUBLISHED ON SUNDAY, APRIL 4

The Loma Linda CHIP Program

Full Enrollment

[Pat Ort, The Daily Reporter]

With a full enrollment of ____, and more on a waiting list, the Coronary Health Improvement Project (CHIP) seems to have struck a common chord with residents of the Inland Empire.

After their first week in the CHIP program, several participants were asked for their reactions to CHIP.

Sign-up Reasons

People signed up for the CHIP program for a variety of reasons:

Verla Cook, for instance, became involved because she wanted to learn how to eat better. "I do eat quite a bit of ice cream and other things that I know aren't good for me," Verla admitted. Verla's husband, Donald Cook, was intrigued by the Daily Reporter article describing the CHIP program. "I thought it would be something that we should investigate. Could something like the CHIP concept be fitted into our lifestyle?" Donald asked.

Steve Dobson had two reasons for coming to CHIP. "My son Greg attended the CHIP program conducted in Kalamazoo a year ago. He loved it!" Steve says. "I'm trying to live to be over 100," he adds. "I've got a former neighbor who is 106, and she does it all."

Steve recognized that getting older didn't mean that one had to lose function, health, or mental abilities.

Judy Mills felt that coming to CHIP was a way of supporting the community. "I wanted the CHIP program to come to Coldwater," Judy says. "I wanted to make sure that enough people enrolled in the CHIP program to reach the goal of 50 participants; so I signed up."

Judy's husband, Cecil Mills, also had prior knowledge of the CHIP program through his role on the hospital board. "I pressed for CHIP," Cecil says. "I think that's the program our area needs. Our goal is to make our county the healthiest county in the state."

Expectations

What were their expectations?

Verla, who is already into many healthy choices, hoped to lose weight, lower her cholesterol and feel even better than she does now. Donald felt that getting to know his eating habits, and to understand them, was of primary importance.

"I want to know what I should and should not do in order to stay healthy," Donald said.

Steve said that he expects CHIP to help him to be healthier and to lose 10-15 pounds.

Judy wants to become healthier, too. "Nobody else is going to care about my health like I will," she says.

"You know it," Cecil says of the information shared in the program, "but sometimes you are kind of lax in doing things. With a group, you are more likely to do it."

CHIP on Trial

Verla, Donald, Steve, Judy and Cecil have agreed to allow the Daily Reporter to follow them through the CHIP program. Every week, for the next four weeks, we will check back with them. And at the end of the program, we will do a wrap up to see if CHIP was effective for them. Can CHIP deliver? Through their eyes we will give readers an inside peek at a program, which has been successful on a national and international level.

CHIP Confirms

But, after one week in CHIP, what were the things presented that the five participants already knew about?

Verla: "I had had a cholesterol test in California. But the CHIP program has confirmed the critical importance of knowing the blood cholesterol level and to keep the number below 160 mg%."

Donald: "A lot of things I already knew and understood; but I didn't understand the importance of knowing the fractions of the lipids, such as LDL, HDL, and triglycerides and how they relate to the total cholesterol level."

Steve: "Most of the things that I've learned this week I already knew. But, some things CHIP is making much clearer to me. Such as, how much sugar is in the average American diet. I was actually blown away when I learned that the average family of four eats nine pounds of sugar a week!"

Judy: "I have taught cooking classes, and I have studied and taught nutrition. CHIP confirmed many of my concepts but also helped me to stay up-to-date on the new developments."

What impact has CHIP had so far?

Verla: "CHIP has made me realize that we have not been eating right. It has forced me to look at my diet and lifestyle and at our lack of exercise. Actually, I'm already beginning to see how all of this information can fit together to boost my level of health and personal well-being."

Donald: "I have always believed the old adage, 'An ounce of prevention is better than a pound of cure.' And this happens to be one of those ounces."

Steve: "I was actually surprised about how new most of the information was to many of the other participants. Of course, the program is increasing my own understanding, but really, much of the information has been before the public for years. CHIP, however, has put it all together in understandable terms. It's first class education. CHIP is just a great idea, and it is well marketed. I don't think that people in general would put in the time and effort to make the lifestyle changes that are being taught by the CHIP program. CHIP is the way to go!"

Judy: "CHIP is helping me to realize that there is room for improvement for me."

TO BE PUBLISHED ON SUNDAY, APRIL 11

The Loma Linda CHIP Program

Living Better & Longer

[Pat Ort, The Daily Reporter]

Who says nobody wants to live forever? That may make a good line in a movie, but most people would like to live as long as possible and with all their faculties intact.

Living Longer and Better

Participants in the Coronary Health Improvement Project (CHIP) are among those who would like to live longer and with a better quality of life.

“CHIP not only addresses the question of longevity, but it also looks at the quality of life,” says Don Cook, who participates in the Coldwater CHIP project. “I only wished CHIP had been presented to me when I was younger.” Cook feels that people in their 20s, 30s and 40s all could benefit from this program.

What you don’t know, participants are learning, can actually hurt you. In fact, it can kill you!

Fat and Diabetes

Steve Dobson, another CHIP participant, was totally surprised during the second week of the four-week educational program when he learned about the close relationship between a high fat diet and diabetes.

“The idea that a diet high in fat is the major cause of diabetes in adults is very new to me,” Dobson said.

Some people, of course, have diabetes because they were either born with a pancreas that cannot secrete insulin, or their pancreatic cells stopped making insulin because of trauma, or disease. Fortunately, only 5% of all diabetics fall into that category! The rest of the diabetics, a whopping 95%, suffer from type II diabetes that usually develops later in life and is largely reversible through diet and exercise.

Popular wisdom has it that diabetes is linked to eating too much sugar. Many in the medical community, however, are beginning to realize that eating too much sugar is not the real culprit. A diet high in fat, instead, has been strongly linked to the development of diabetes.

Creating Diabetes

In fact, researchers were able to create transient diabetes in lean, middle-aged people in less than three weeks just by feeding them a 65% fat diet. Using such a diet, the researchers were able to produce diabetes in 7 out of 10 healthy research subjects. This 65% fat diet, of course, contrasts with the typical standard American diet, which contains about 37% fat. This, in turn, is an amount at least twice as high as the recommendations made by the CHIP program and many other health scientists.

Reversing Diabetes

When people get off their high fat diets, most of their bodies are then able to begin to activate their insulin once more,” Hans Diehl, DrHSc, MPH, says. “As a result, many diabetics find that their high sugar levels return to normal, their diabetes reverses, and many can be taken off their pills and insulin shots by their physicians.”

Dr. Diehl points to three factors which set the stage for middle-aged men and women to develop diabetes: a high fat diet, a low fiber intake, and being overweight.

Dr. Diehl, a cardiovascular epidemiologist and lifestyle interventionist, was the director of education and research at the well-known Pritikin Longevity Center before he assumed a post-doctoral research fellowship funded by the National Institutes of Health. Since 1981 he has been the founder and director of the Lifestyle Medicine Institute in Loma Linda, California. He discussed his assertions about the reversibility of diabetes by citing highly respected research published in peer review journals for more than 70 years. "This research has convincingly shown that adult onset diabetes is largely a self-made disease that is subject to reversal and normalization within weeks if people would only stop their diabetogenic stimulus of a highly refined, high fat-centered diet."

Among others, he cited the research of James Anderson, MD, professor of medicine and clinical nutrition at Kentucky Medical College, who as one of the best-known diabetologists in the world has convincingly shown that diabetes can be turned on and off within weeks depending on the diet offered.

Cecil Mills was also surprised on the information on diabetes. "I thought diabetes came from the sugar bowl," Mills said. His wife, Judy, agreed. "I am very excited about CHIP because I see so many individuals taking control of their health. They now have a chance!"

Creating Heart Disease

The participants also said that they were surprised to learn that researchers can actually predict the most likely candidates for a heart attack by knowing just three factors, namely, their blood cholesterol and triglycerides, and their age.

"Of all the coronary risk factors, none is as important as the level of blood cholesterol," Diehl says. He calls cholesterol the "king-pin," the key factor in developing heart disease." In populations where cholesterol levels are below 160 mg%, heart disease rates are very low and the disease is very rare.

Unfortunately, affluent Western societies have the means to feed perfectly good food, such as grains and beans, to animals and then, in turn, eat the animals. "As affluent societies can afford to make their stomachs the burial grounds of butchered animals, the animals with their fat and cholesterol turn around and kill us!"

Our high blood cholesterol levels become indicators of atherosclerosis. This lines the arterial walls and causes them to narrow and to harden, and ultimately interferes with appropriate blood flow to target organs, such as the heart muscle. While this disease is commonly found in affluent societies and rarely found in developing countries, the coronary death rates are climbing among these developing countries, particularly among the affluent class whose members can more easily afford to adopt a Western diet centered around rich fatty foods, meat and animal products.

Reversing Heart Disease

The good news: it is possible to reverse this atherosclerotic buildup, which narrows the arteries and sets people up for heart attacks. But it takes time and a change in lifestyle.

The participants of CHIP are discovering that these changes can be easily implemented. It's not a big sacrifice. In fact, many of them are already feeling better and have a more positive outlook on life because of the changes they have made in the way they eat and exercise.

"These are simple changes; yet they can add years to our lives!" Judy Mills says. "And best of all, these simple lifestyle changes make us not only healthier, but they can also make us happier."

The Coronary Health Improvement Project (CHIP) is being offered through the Loma Linda University Church in collaboration with the Dept. of Preventive Medicine of the School of Medicine of Loma Linda University and the Lifestyle Medicine Institute.

TO BE PUBLISHED ON SUNDAY, APRIL 18

The Loma Linda CHIP Program

Shocking Facts on Osteoporosis

[Pat Ort, The Daily Reporter]

A silent culprit is stealing bone mass from thousands.

Osteoporosis has lately received a lot of attention in the media, especially in advertising where women, in particular, have constantly been reminded of the dangers of the invisible disease. Now comes the startling news: the main culprit in osteoporosis is not a lack of calcium in the diet. Participants in the CHIP program this week listened in surprise as Dr. Hans Diehl shared research that shows a strong link between osteoporosis and eating clearly too much protein.

“You think of milk as providing calcium, which it does,” CHIP participant Steve Dobson says. “It’s interesting, however, that countries where the people drink the most milk, they also have the most osteoporosis.”

Protein: The Calcium Robber

What happens? According to much research cited by Dr. Hans Diehl, director of the Lifestyle Medicine Institute in Loma Linda, CA, a high animal protein intake causes the body to lose calcium through the urine. Most people are actually taking in enough calcium, but they’re losing too much.

Is protein important? Certainly, but in countries like the United States people are consuming a lot more protein than they need. The average man in the US needs only 50 grams of protein a day (2 ounces), while women only need 44 grams. The average intake, however, is between 100-130 grams per day.

This excessive amount of protein is also associated with kidney disease, kidney stones, gouty arthritis, and the promotion of tumors. “The more protein people eat, especially when it comes from animal products, the more calcium their bodies lose through their urine,” said Dr. Diehl. “Calcium supplements are not enough to offset that loss.”

“It was brought to our attention that our body only needs a limited amount of protein,” participants Don and Verla Cook said. “Too much of the protein, particularly when it comes from animal sources, robs our bodies of calcium. This reduces our bone mass and promotes osteoporosis.”

Exercise

Even Judy and Cecil Mills, who each came to CHIP pretty well informed, were surprised at the connection. Another major factor in maintaining strong bones is exercise, especially weight-bearing exercises. The two participants listened closely as Dr. Diehl explained the difference between the two concepts. The Mills always knew that aerobic exercises were good for their hearts. But now they learned that weight-bearing exercises could be good for their bones!

CHIP members say that they have appreciated the diversity of experts that have been available at each session to answer the questions about specific topics. Thus far, through videos and expert presentations, the CHIP attendees have learned more about heart disease, diabetes, stroke, hypertension, obesity, and now osteoporosis.

TO BE PUBLISHED ON SUNDAY, APRIL 25

The Loma Linda CHIP Program

An Optimal Diet for an Optimal Life

[Pat Ort, The Daily Reporter]

Can you change a life in only four weeks?

Yes, say participants of the Coronary Health Improvement Project (CHIP), which has been going on at the Coldwater Community Health Center for the past four weeks. The changes include: increased vitality, weight loss, a lower blood pressure, better blood sugar control, less medication, and a better understanding of how to maintain a healthy body.

Intelligent Self-Care

CHIP underscores a feeling I have had for a long time, and that is that you are responsible for your own health," Steve Dobson says. According to Dobson, the strength of the CHIP program is giving people information, motivation, and inspiration to make better lifestyle choices.

"CHIP features a lot of stuff that most people are not aware of," Dobson says. Dobson was pleased to have lost weight during the course of the program. "I have wanted to lose weight for a long time," Dobson says. "As long as I can continue to eat the CHIP way, I know that I can keep it off and possibly lose some more."

For Donald Cook, CHIP has been about "understanding our diet and learning to prepare healthy foods that we are not accustomed to."

"The CHIP program is particularly important to young parents. It will guide them and their children how they can develop these excellent healthy habits early in life," Cook says.

CHIP: Multi-faceted

There is so much in the program," Verla Cook agrees. "We are so excited about what's happening in our class." Cook notes that the group is forming an alumni association to serve as a support group for CHIPpers after their graduation next week.

Over the past four weeks, much camaraderie has developed among the participants of the Coldwater CHIP program as they explored many Western diseases that can be prevented and reversed through a healthier and better diet. Many already knew something about the linkage of diet, disease and health, but "it took the CHIP program to put things in perspective, and, at times, to provide a new light of understanding."

"CHIP is excellent, well-balanced, and well-documented," Judy Mills says. "Everyone enjoyed learning how our bodies work and what they need for fuel to perform at optimum efficiency and health."

Mills notes that the program helped people realize again how much they can do for themselves by changing and improving their lifestyles.

"Everyone should more fully take charge of their life and lifestyle," Mills says. "No one can take better care of yourself than you. So, you better do it!"

For Cecil Mills, learning some of the causes of our Western diseases and how to rationally lose weight were two benefits. According to Mills, it seems that all of the participants have accomplished a great deal in taking better charge of their own health.

TO BE PUBLISHED ON SUNDAY, MAY 2

The Loma Linda CHIP Program

Healthier Town

[Pat Ort, The Daily Reporter]

“As a member of the hospital board, I am particularly proud of the CHIP participants who accomplished a great deal in now being able to take better charge of their own health. They will make this a even healthier community.”

Would CHIP participants recommend this program to their friends? “I certainly would, and I have recommended it to many of my friends already,” Verla Cook says.

CHIP on Trial

The agreement as to the success and value of the program was quite universal among the participants.

There was much praise among the participants, although Steve Dobson noted that the optional Applied Nutrition Workshop conducted at Borgess Medical Center by Borgess dietitians was a disappointment to him. In addition, he said, “While I really enjoyed the information on nutrition and exercise, I felt that some of the comments in one of the taped presentations strayed from the topic and moved into animal rights.”

In general, the participants were impressed both with the quality of the research used to back up the recommendations of the CHIP program and with the personal changes that they were able to make towards better health.

Final Test Coming

This Sunday morning, all CHIP participants went through a second *HeartScreen* program to assess their progress. The results in changing the levels of cholesterol, blood pressure, blood sugar, weight, exercise, and medication will be presented on Monday, May 10. The presentation of “before” and “after” changes will be the highlight of the graduation exercises that evening.

The Sun Health & Fitness editor is following his randomly picked five participants. It started some seven weeks ago as they attended the Overview Lecture. And next Sunday, he will present the final report. Did CHIP deliver on what it promised? Did his five participants have improved clinical profiles. Did they spend the money wisely by attending the CHIP program? Stay tuned.

TO BE PUBLISHED ON SUNDAY, MAY 9

We need to have one tie-over article to be developed and published on Sunday, May 9.

Evaluate 5 participants. Get their reactions. Did they lose weight? What will they expect when they get their final report on Monday, May 10? We'll have the final report to you before your Sunday, May 16 deadline.

TO BE PUBLISHED ON SUNDAY, May 16

The Loma Linda CHIP Program

The Final Report

[Pat Ort, The Daily Reporter]

For 10 years a local woman had been struggling with high cholesterol levels. She tried everything in her quest to avoid having to take medication for the problem. Last Monday night was the moment of truth. Would following the nutritional guidelines offered by the Coronary Health Improvement Project (CHIP) make the difference? Would the five-week CHIP program deliver on its promises?

The answer — a resounding YES.

Her cholesterol, which had been over 300, dropped 72 mg%, which amounts to a drop of 23%. This was accomplished in the absence of any medication by making some simple lifestyle changes.

Last Monday evening provided an excellent opportunity to celebrate as CHIP participants got their final health screening results. The changes were as varied as the people; some experienced life without angina pain for the first time in years.

A woman reported that her problems with acid reflux and heartburn had vanished after making some of the dietary changes recommended by the CHIP program.

Who are these people? They are your neighbors, your friends and relatives. And, according to a survey taken at the end of the course, they would recommend CHIP to you.

For the past five weeks, CHIP participants have come three nights a week to learn more about how to reverse disease simply through changing how they use a knife and fork. They responded to the information presented by changing their lifestyles, and doing so, they generally improved their health and their quality of life.

Of course, some changes were more pronounced than others. One man saw a marked improvement in his cholesterol but only lost one pound of his excess weight. Even so, he intends to continue with the program.

The average drop in blood cholesterol was ___ mg%. This amounts to ___%. This includes several people who saw their cholesterol drop as much as 60, 65, and 70 mg%. For anyone who has struggled with high cholesterol, these numbers are impressive, and they were obtained in just five weeks simply by changing the rich Standard American Diet (SAD) and by making exercise part of the daily lifestyle.

Darold Retzer, executive pastor at the Loma Linda University Church, with representatives from the School of Medicine's Dept. of Preventive Medicine, will be meeting with people from the Lifestyle Medicine Institute to discuss the possibility of having another CHIP program in the spring.

"We are trying to do everything we can to hold another class and to respond to the wishes of the community," Retzer said.

Individuals interested in CHIP may call 909-801-2846 for more information, or click on: www.CHIPhealth.com.

According to Dr. Hans Diehl, founder of the CHIP program, one of the CHIP coordinators, ___ people are already on the waiting list for the next program.