

# How to Customize Diet and Lifestyle for Common Health Conditions

## Case Assignments

Please review the following case studies and evaluate them to the best of your ability. You should treat these case studies as if they were your own patients and determine what treatment protocol to recommend. Don't worry, you won't have to turn in your answers for a grade. These assignments should be treated as more of a self study tool to help you measure your progress throughout the course. We have also provided an answer key, detailing the treatment protocol recommended by Chris and his staff for your comparison.

You may also want to discuss the cases with others in the ADAPT Forum.

### **CASE #1: WEIGHT LOSS**

J.F. is a 43-year-old, 5'4" woman who weighs 165 pounds and is premenopausal. Her goal weight is 140 pounds, which she weighed almost 10 years ago after the birth of her second child. She slowly gained weight until she reached almost 200 pounds, then she joined Weight Watchers three years ago. While she was able to lose almost 50 pounds on Weight Watchers initially, she found she was hungry all the time and ended up regaining 20 pounds over the past eight months despite trying to keep her calories around 1,500 per day. She has a self-confessed sweet tooth and often finds she can't control herself around desserts and sweets at her office where she works as a receptionist. She avoids fried foods and goes to the gym three times per week where she uses the elliptical for 30 minutes per visit. She has been experimenting with a Paleo diet for the past month and really enjoys making Paleo desserts, though she has a hard time limiting her portions. She likes that in Paleo she can eat bacon, add as much butter as she wants, and doesn't have to worry about calories. She also likes having red wine a few nights a week. However, after an initial weight loss of about seven pounds, she finds she's stuck and can't lose any more. She wants to make sure her diet and exercise routine is optimized for weight loss, and she is tired of trying to count calories and eventually giving up when she is stressed. When she doesn't sleep well, she tends to eat more, and occasionally she stays up late watching TV. Upon review of her food diary, you see she eats an average of 2,200 calories per day, comprising approximately 15 percent protein, 20 percent carbs, and 65 percent fat.

## **CASE #2: CHOLESTEROL AND HEART DISEASE**

D.W. is a 54-year-old male who is 5'11" and weighs 185 pounds. He has a family history of high cholesterol. Blood glucose levels are normal. D.W. works a stressful job and commutes home one hour to his wife and family. His latest cholesterol panel shows high total cholesterol at 255, LDL at 155, HDL at 37, LDL-P at 1,535 and APO-B at 100. He eats a low-carb Paleo diet and has for the past four years. His current caloric intake is approximately 2,600 calories, with 60 percent of calories from fat, 25 percent from protein, and 15 percent from carbohydrates. He exercises three times per week by running on the treadmill for 30 minutes.