

Connecting the Dots (Healthy Lifestyle - Method and Testimonials)

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Abstract

The authors met through a medium (Dr. Hari Lamba) in January 2020. Som Soni had triple bypass surgery done in Oakland California. Mr. Lalit Kapoor, had developed a WhatsApp group called 4MakeMyHealth for guiding interested individuals adopt a healthy lifestyle. This lifestyle includes plant based whole food (PBWF) diet; intermittent fasting (IF) and 10k steps walk a day. Complete details of first author's health issues, food as medicine, required fasting, autophagy and resulting outcomes are provided in reference [1]. A summary of their and other individuals experiences in reversing chronic diseases is given.

The following key steps are instrumental in accomplishing the healthy life style:

- I. Drink 2 glasses of warm water in the morning without brushing.
- II. Fix a window for eating in the day. Start with 9 to 10 hours and reduce to 8 hours a day. No eating or drinking out of this window. Water is allowed.
- III. Plant based whole foods including fruits, vegetables, legumes, nuts, no processed foods.
- IV. Drink 1 or 2 glasses of green vegie/ fruit juice a day.
- V. Walk 10k steps a day.

In addition to authors' stories, a sample of thirteen additional testimonials is given. These testimonials show the spectrum of beneficiaries from all walks of life, health issues and medicines. A summary table 1 shows important data about the beneficiaries. This data is drawn from their testimonials. The testimonials do not follow any specific format. As can be seen each individual has provided what they felt necessary. There are lots more individuals who have taken advantage of this lifestyle; which may be shared in future publications. The data shows that diet and lifestyle changes are such that, if followed correctly, it takes care of most of the health issues. Testimonials speak themselves about the effectiveness of the diet plan.

Keywords: Plant based whole food, intermittent fasting, Healthy lifestyle, Autophagy, Fasting.

1. Introduction:

It is a well-known fact that a significant population in developed and developing countries are facing over weight pandemic resulting into chronic diseases including, cancer, diabetes and heart disease. Plant based whole food in combination with fasting and walking has shown significant success in reversing these diseases. This paper deals with a sample of success stories. Mr. Lalit Kapoor is revolutionizing this 5 step formula to reverse chronic diseases through his WhatsApp and Facebook groups.

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2. Authors' experiences

This section describes the experiences of the authors in reversing the chronic diseases they were dealing with.

2.1 Som R. Soni in WhatsApp group, "4MakeMyhealth", by Mr. Lalit M. Kapoor:

I am 75 years old and had type 2-diabetes for more than 30 years. In July 2019 I had a medical checkup meeting with my primary care physician. I had complained her about my feeling pressure in the heart. She recommended an appointment with a cardiologist. The cardiologist ordered Echo Cardiogram and Stress test; results showed the heart dysfunctions. Further examination on September 23, 2019 revealed multiple blockages in the heart arteries. The cardiologist felt that stent will not work and advised open heart surgery. I shared the relevant information with my daughter, who is a general Surgeon in San Francisco area. She advised me to come and get treatment done under her guidance.

As a result, we (me and my wife) arrived in El Cerrito, California on 8th October. On 9th October we consulted 2 heart surgeons and decided to have triple bypass surgery done on 16th October by Dr. Khan in Sutter Medical Center, Oakland, California. Surgery went very well, recovery was smooth and fast. I started cardiac rehab program on 15th November in Berkeley for 3 months.

We met Dr. Hari Lamba in our grandson's school where he also used to go to drop his grandson. Myself and my wife visited Mrs. and Dr. Hari Lamba on Saturday, 25th January 2020 in their house in Richmond, CA. We enjoyed their hospitality. During our visit, Dr. Lamba told me that Mr. Lalit M. Kapoor from Berkeley, California was setting up a WhatsApp group regarding 4MakeMyHealth for IIT graduates. I, being an IIT graduate, gave him my name and required information to join the group. I started getting messages on 1st February 2020. I found the information very useful and I started following the diet plan from Monday, February 3, 2020.

I stopped drinking morning and evening milk. Also, I started drinking greens smoothie (Kale, spinach, mixed greens and orange, apple). Further, I started intermittent fasting. We are vegetarian and we had to do very few adjustments in our food intake.

As a result of heart surgery, I had been taking 12 pills a day including, Metformin, Glimepiride, Levothyroxine, Atorvastatin, Metoprolol, Aspirin and vitamins. I used to have shooting pain in my feet because of neuropathy. After following the suggested lifestyle adjustments for about 2 months, I was free from neuropathy. That was a significant change to feel the result of the implementation of diet plan. We continued the lifestyle ever since and are free from most of the medicines. My blood sugar is within acceptable limits. We are very grateful to Mrs. and Dr. Hari Lamba for connecting us with Mr. Lalit M. Kapoor. We are highly indebted to Mr. Lalit M Kapoor for setting up this program. Reference [1] contains complete details of our experience.

We were supposed to leave for Dayton on March 15, 2020. From March 13, 2020, Cardiac Rehab center was closed because of Covid-19 restrictions. Because of that we postponed our travel for about a month. This postponement continued till June 27, 2020. That gave us more time to watch videos recommended by Mr. Kapoor and other relevant videos. Because of Covid-19, our daughter did not let us go anywhere. That restriction gave us more time for investing more time on meditation including giving meditation sessions on HeartsApp, multiple times each day. Thus we made the best use of our time, made **lemonade of lemon**, in El Cerrito, California.

2.2 Lalit M. Kapoor Story in his words

I want to share with you a personal story of how I got into the subject of healthy diet and lifestyle, what are my sources of information and my method of research. Like most of us I used to think that my diet and lifestyle was healthy and my chronic illnesses were due to the genes I had inherited. My dad and his brothers had heart attacks and hypertension and diabetes. Two of my uncles had died of heart attack in their forties and fifties.

I never smoked and alcohol consumption was only few margaritas on the weekend. We were practically vegetarians and ate meat and sea food only while eating out or in parties. I loved milk and eggs and I always thought they were good for me. My morning and evening cups of tea were made with mostly milk (2/3rd). I took pride in it, that I was consuming milk regularly that way. In summer I loved cold coffee, mango milk shake and Rooh Afza lassi. Most days I had two eggs fried over easy or avocado masala omelets with aloo, Gobi or mooli parathas.

My BMI upon graduation from IIT Kanpur in 1971 was 22.7 and I was a weight lifter and body builder having won third prizes in these categories. Over the years my BMI increased slowly but surely to 30.4 by the age of 62. At age 47, I started gout medication (Allopurinol). At 50, I started BP medication and at 51 started diabetes medication Metformin. Within three years, a second medication for diabetes was added; first Avandia and later replaced with Actos, because Avandia was found to cause cardiac problems and was banned. Later Actos was also banned as that also was found to cause Cardiac problems.

By age 54 a thyroid medication was added and at 58 I was diagnosed sleep apnea and was advised to sleep with a mask on. My snoring was so loud that nobody could share a room with me at night and my wife had to use ear plugs.

Our food was mostly vegetarian but full of ghee and masalas. Growing up our house hold had a concept of Kuccha Khana and Pukka Khana. In the afternoon we ate daal, roti, subji, curd and rice and in the evening paratha, curried aloo subji, other vegetables and curd. In the evening we always had some snack with tea. In March 2012 Swami Ishwarananda of Chinmaya Mission West, an organization with which I was deeply involved, stayed with us overnight and asked us to prepare oatmeal for his breakfast. We gladly complied and from then on, that was the first conscious change we did to our diet. To my surprise I started losing 1 1/2 pound per month without trying (I am sure I made other subtle changes also. That is the beauty of making any change consciously; the other changes follow unconsciously).

On January 1st 2013 we decided to put to use the Xmas gifts received from our daughters; an Apple TV device and an on-line subscription to Netflix. After watching the first documentary called Happy, which somebody had recommended, the bar at the bottom suggested four other movies including Forks over Knives, we decided to watch that movie and the rest is history. We got hooked to watching documentaries on health. Watched Fat Sick and Nearly Dead and ordered the Angel juicer that very day and consequently became member of one of those cooperatives which deliver fresh organic produce to your homes twice a week. We went on juice fast for three days, became vegan and cut down on oil and sugar. My wife who is fond of cooking started trying new oil free recipes. South Indian foods like Ideli and uttapam and Gujarati Dhokla, Handwa and Muthia became hit at our home. Tadka (for daal) was replaced with chaunka (45 grams of ghee was replaced with 9 grams). Salad dressings Based on oil were replaced with balsamic vinegar or lemon/ginger/honey/mustard and many new soup recipes

were developed. Three glasses of green juice 20 minutes before every meal became a standard practice at our home (later reduced to two glasses and then one).

I didn't know about benefits of intermittent fasting or prolonged fasting at the time and it had to wait till 2016 Nobel Prize for physiology was announced. The weekend party routine didn't change for few more years so oil and sugar was still getting into body. Weight loss was immediate and noticeable and others started complimenting. I was slow to give up medications because my doctors insisted that I must continue with medications. It took me 6-8 months to give up BP medication, one year to give up gout medication and 2 years to give up diabetes medication (that was because my fasting glucose reading was always high in 150s). Later gave up thyroid medication also. Soon all our friends had bought green juicers. They noticed changes also and my confidence level went up.

In September 2017 formed the first WhatsApp group of my IITK 1966 batch mates who were curious but slow to follow. Most controversial was the issue of milk and curd but slowly some people bought the juicers and began to see the changes. (By now about half in that group are over their diabetic and BP medications). Slowly other groups were formed and the experience base increased. To keep myself motivated I started watching documentaries and YouTube videos by various doctors and medical Universities on health topics, on a daily basis. In 2015 started attending Weekend Study programs conducted by Dr. John McDougall in Santa Rosa about 60 miles from our house. Such Seminars provided opportunity to meet with doctors like McDougall, Dr. Collin Campbell, Dr. Caldwell Esselstyn, Dr. Greger and others who were always helpful to clarify doubts.

In 2016 I started experimenting with intermittent fasting and in 2018 with prolonged fasting. Besides Seminar participation, documentaries and YouTube lectures, other sources of information are pubmed.gov site, books and of course Google. Pubmed site is most useful as you get access to all research on any health subject. Being retired for many years I had all the time available and I wanted to prove my doctors wrong and I succeeded. For the first three years I was spending 20-30 hours each week on this subject.

There are of course some disagreements among the various PBWF doctors and one has to make a decision who to prioritize. These decisions are mine only and are reinforced by personal experiences and feedback from others who are following me. For example combining IF to PBWF was my personal decision. Dr. Jason Fung recommends Keto diet with his intermittent fasting therapy which PBWF doctors strongly oppose.

Dr. Greger supports nuts but Dr. Esselstyn is opposed to consumption of nuts however his focus is on treating patients who are critically ill with CVD. Dr. McDougall recommends fruits and vegetables only in moderation and focuses more on consuming starch, whereas Dr. Fuhrman focuses on vegetables and fruits. Most of them do not focus on prolonged fasting except Dr. Goldhammer and Dr. Clapper of True North Health Center in Santa Rosa, CA, which specializes in water Fasting Therapy. They however have not yet introduced dry fasting in their center which is highly recommended by Dr. Yoshinori (2016 Nobel Laureate) and Dr. Honzo (2018 Nobel Laureate).

I have found that the changes I achieved in one to two years are attainable in much shorter time frame if followed to a T and when combined with Fasting therapy. Many in my different groups have successfully confirmed that. I want to emphasize to all and especially to those who are sitting on the sideline that nothing succeeds like success. If you make only minor changes the results will also be minor and if you are a skeptic you will not connect the two and fall back. Try making some drastic changes at least for three weeks and you will be sold. Besides your friends will comment and pay compliments. All changes will be for the positive and you will feel great.

3.0 What is a Plant-Based Whole-Food Diet?

- **Whole food** describes natural foods that are not heavily processed. That means whole, unrefined, or minimally refined ingredients.
- **Plant-based** means food that comes from plants and doesn't include animal ingredients such as meat, milk, eggs, or honey.
- **A whole-food, plant-based diet** lets you meet your nutritional needs by focusing on natural, minimally-processed plant foods.

4.0 PBWF Intermittent Fasting (IF) Key Elements:

- 1 2 glasses of warm water every morning w/o Brushing
- 2 Eating Window 6 to 8 hours, Intermittent Fasting

- 3 No: meat, sugar, dairy, oil, processed food
- 4 Eat green leafy food 1%, fruits 1% of body weight
- 5 Eat beans/ legumes/ grains/nuts
- 6 add berries to your diet everyday
- 7 10k steps walk/day
- 8 Do once a week 24 hours Fast
- 9 Drink juice/ smoothie once or twice a day extracted from leafy vegetables and fruits
- 10 Add Vitamin D-3 and B-12

5.0 Eating Window 6 to 8 hours

Normally we start eating from morning 7 am till 11pm. This has been shown harmful.

Intermittent fasting (IF) requires shorter eating window (6 to 8 hours). For example eat/drink after 11 am and no eating/ drinking after 7 pm. No eating /drinking before 11am (water, black tea/coffee without sugar allowed). If you try this only, you will see lot of changes in your health. Reference [3] shows an Example of Modern medicine, which does not cure disease but works on the symptoms. Figure 6 shows the leak coming from the sink but the problem is addressed by cleaning the floor but not fixing the leak.



Figure 6: Sink leaks but the fix used is clean the floors not fix the leak [3].

6.0 Autophagy:

Taking out the trash is an important chore. Imagine trash overflowing in your kitchen, attracting pests, and inviting mold and bacteria to grow. It's just as important for our cells to clean themselves out and clear away debris. It's a process most of us don't think about—and haven't even heard of—called autophagy (which means *self-eating*). "I'm interested in the idea that fasting once a week might be sufficient and manageable to help you live a longer life or extend your number of healthy years."

6.1 Five Stages of Intermittent Fasting:

Ketosis and heavy ketosis, b) Autophagy, c) Growth hormone, d) Insulin reduction, e) Immune cell rejuvenation! These are given below in simple terms:

6.1.1 After 12 hours fasting, you enter the metabolic state called ketosis [10]. In this state, your body starts to break down and burn fat.

6.1.2 By 18 hours, you've switched to fat-burning mode and are generating significant ketones [10]. You can now begin to measure blood ketone levels above your baseline values. Under normal conditions, the concentration of ketones in your plasma ranges between .05 and .1 mM. When you fast or restrict the carbohydrates in your diet this concentration can reach 5-7 mM.

6.1.3 Within 24 hours, your cells are increasingly recycling old components and breaking down misfolded proteins linked to Alzheimer's and other diseases. This is a process called autophagy [11].

6.1.4 By 48 hours without calories or with very few calories, carbs or protein, your growth hormone level is up to five times as high as when you started your fast.

6.1.5 By 54 hours, your insulin has dropped to its lowest level point since you started fasting and your body is becoming increasingly insulin-sensitive.

6.1.6 By 72 hours, your body is breaking down old immune cells and generating new one.

6.2 Breaking Fast:

Last and perhaps most important stage of intermittent fasting – the refeeding stage! It’s important to break your fast with a nutritious (including plenty of vegetables, plant fibers and plant fats, with healthy proteins and some whole grains or legumes if you choose), balanced meal that will further improve the function of cells and tissues that went through cleanup while you were fasting. Avoid simple sugars and processed/packaged foods. Learn what works best for your body, and what *you* feel best eating following your fasts.

7. Testimonials:

Table 1 shows age, health issues and weight loss of testimonials. It shows that there is a lot of flexibility in adopting the PBWF diet plan. One can start with 10 hours eating window and fine-tune as one progresses. Eating can also be adjusted as you see the results. The testimonials show that many of the participants have to make few changes in their lifestyle to meet the goal. Results are very fast. One starts seeing weight loss within a week or so. Autophagy is very crucial in fast recovery. Testimonials and their details are given below:

7.1 Testimonial YR (41 years old)

My sugar and cholesterol were very high before implementing PBWF as shown below:

Fasting Sugar: 329; PM Sugar: 468; Triglycerides: 575

After 14 days of following diet, Intermittent Fasting and one hour walk (7000 steps). First 3 days on juice fast and rest 11 days on eating window of 9 hours, I got the following results:

Fasting Sugar: 150; Post Meal Sugar: 238; Triglycerides: 175. All cholesterol levels are within range now. I left sugar and dairy products completely I ate chicken once in 14 days. I got results in 14 days, you may get in a month or so but it's worth.

7.2 Testimonial RS (65 years old)

It has been seven weeks since I started PBWF program. I contracted polio before age of one as an infant. Seventeen years ago I had an accident which rendered me permanently onto a wheelchair. As such my weight was increasing annually, since both my upper and lower extremities are partially paralyzed. I also have diabetes, hypertension and am on cholesterol medication. Since I started this program, I am off my metformin pills that I was taking and my A1C is about 6.7 or so. I am using the continuous glucose monitor which allowed me to better understand my daily fluctuating readings and motivate me. My BP is also under control, and I have lost about 11 lbs. on this program so far moving from morbidly obese to obese category. Remember, I have no choice but to lead a sedentary wheelchair lifestyle. My goal is to lose about 15 to 20 lbs. more. It will take me time since I cannot do 10k steps per day. But I am confident in reaching my goal, thanks to the new knowledge and encouragement.

Table 1: Testimonials who have successfully reversed or in progression of reversing their diseases.

| <u>Serial#</u> | <u>Name:</u> | <u>Age</u> | <u>Health Issues</u> | <u>Medicines</u> | <u>Weight Loss</u> |
|----------------|--------------|------------|-----------------------------------|------------------|--------------------|
| 1 | YR | 41 | Diabetes , CVD | | |
| 2 | RS | 65 | Diabetes, BP, Hypertension, obese | | 11 lbs |
| 3 | RS-1 | 64 | BP, Diabetes | 12 pills a day | |
| 4 | RM | 70 | Diabetes/ Shoulder pain | Glucophage | 31 |

| | | | | | |
|----|---------------|----|------------------------------|------------------------|---------|
| 5 | MK | | CVD Diabetes, CVD | Glimepiride Ampril, | 60 lbs. |
| 6 | VA | | Thyroid Diabetes, CVD, BP | | 19 lbs. |
| 7 | MP | 69 | Diabetes, CABG Liver | Various more than 7 | |
| 8 | RR | 80 | | Various | 20 lbs. |
| 9 | JC | 80 | Diabetes, Kidney | Various | |
| 10 | Testimonial-1 | | Overweight | | 30 Lbs. |
| 11 | Testimonial-2 | | BP | | 10 Lbs. |
| 12 | Testimonial-3 | | Rheumatoid Arthritis | Various | |
| 13 | Testimonial-4 | | Diabetes, BP, | Various | 23 bs. |

7.3 Testimonial RS-1 (64 years old).

In Dec 2020, my nephrologist said “We now have to do trial and error with your medicines”. “What?” I reacted. This interaction really scared me. Although, I had no serious symptoms, I was taking 11 prescription meds and 2 OTC meds daily. With BP spikes going up to 195/110, I felt like I was heading into a major event such as a heart attack or a stroke.

My BP numbers had been rising slowly over the years. My primary physician kept increasing the meds to 5, all at max dose. She threw up her hands and sent me to a cardiologist. He added two more plus statin, but over a month BP numbers kept climbing. So he sent me to a nephrologist, who said that if the artery to the kidney is compromised, this can happen.

Fortunately an ultrasound revealed that kidney function was fine, and that’s when he said, we will experiment with different drugs. My glucose numbers were climbing gradually and my A1C had gone up to 7.3. My endocrinologist convinced me to take Metformin - which was increased to 1500 mg/day. I attended PanIIT seminar, “Five pillars of health” in mid-Jan and decided to try this out. I joined Feb 2021 group, but had already started in the last two weeks of Jan. Results are fantastic as given below:

Following PBWF diet, in just 6 weeks, I am down to 3 prescription meds and no OTC drugs and have a plan to taper it down further.

a) Sugar numbers started improving within a week. I got a Freestyle Libre Continuous Glucose monitor and my average Glucose was around 96mg. I understand this Libre can be off by up to 20 points, so even at 116 mg, A1C would be 5.7. I wanted to stop Metformin immediately, but my daughter and nephew (both doctors) revolted. We agreed on a compromise to reduce it in steps. I eliminated it completely in 3 weeks and the average glucose readings have stayed low. I will get a blood test done for A1C in mid-April.

b) BP numbers took a few more weeks and were dropping very slowly. I did juice fasting for 3 days, and BP number started dropping faster. Now with 3 meds, my readings are between 115/75 and 125/85. I also started yoga classes - 7 to 8 AM at least 5 days a week. I do walk 10k to 15k steps every day - I listen all the suggested videos while walking.

My energy level is fantastic. I have started preparing for a 72 mile bike ride around lake Tahoe this summer with my son. More than 20 of my friends and family members have joined the March and April groups. I have weekly zoom meetings with some of them - for sharing experiences and ideas.

7.4 Testimonial RM (70 years old, IITK’73)

I worked in the power sector all through my career first with a manufacturer then with a utility company. I used to eat chicken/fish. I was a great fan of sweet goodies including; Ladoo, Gujhiya, Malai or whatever I might get. I used to go for walks intermittently up to 2 - 2.5 kms and think I achieved a lot.

From 1993, I used to observe left shoulder pain on walking or carrying a briefcase, which used to go away once back home. By the way I am the youngest in a family of 9 other siblings. Five of my brothers and sisters were doctors. If I include their spouses there were 10 specialist doctors close to me. If I count my nieces and nephews and their spouses there were eight other doctors. This family covered Dentist, Cardiologist (Both interventional and medicine), Orthopedic surgeon, Psychiatrist, Pathologist, Rheumatologist, Paediatrician, Ophthalmic surgeon, General surgeon, Neurosurgeon and dietician. Imagine I was surrounded by so many specialists all around me with only emotional not commercial interest in me. Out of 19 specialists 10 of them were my seniors. In these circumstances changing anything with my food or medicines were nearly impossible. No matter how sound advice I might be getting from any one.

In March 1995, I had gone on an hectic whirlwind tour. It took lots of toll on my physical capacity. On the seventh day in the evening I had severe shoulder pain so much so that walking 100 yards was difficult without resting. I was at a remote site in Singrauli (Close to Mirzapur in UP). I called for Ambulance. Local cardiology was called. He took ECG on a singly strip machine and said no problem I demanded sorbitrate - Isosorbide dinitrate (My medical background helped). With the help of Sorbitrate I reached Delhi at 11 PM; my wife was immediately concerned. She called a family friend who was an interventional cardiologist at a leading hospital in Delhi. He decided for immediate Angiography. Found triple vessel disease. Next day I was at Escorts Hospital under care of Dr. Trehan who did emergency CABG addressing all three vessels. After 60 days I was back on my activity.

In 2008 during routine blood checkup my A1C was found to be 8. That is DM2. I was put under care of Dr. Anoop Mishra. Dr. Mishra gave me Ampril for nearly 8 years. My weight in 2008 was 75 Kg (167 lbs), I was so fascinated by Dr. Mishra that I kept going to him in spite of him multiplying his fee. Then suddenly he made it exorbitant, it was all demand & supply. In 2017 I went to AIIMS there they changed the drug to Glucophage 500 mg and Glipizide 5 mg. This was in addition to 10 other medications for cardiac issues.

In Feb. 2019 in one of the pre-lunch sessions of IIT-K Alumni picnic in Delhi I was fortunate to hear Mr. Lalit Kapoor. After hearing his talk I was not fully convinced with him on certain counts he said Mustard Oil is best he wanted to stop all medication. Reluctantly I joined his WhatsApp group. Agreed to follow PBWF left all animal products including chicken, eggs or fish became pure vegan and started 16 - 8 intermittent fasting. My weight got reduced from 145 lbs. in 2017 to 114 lbs. I received lots of mouthful from my seniors. My A1C dropped to 7 sometimes 6.9. I had mixed feelings my medications are gone but A1C did not drop to 5.8, I continued with strict regime. BF at 8 AM lunch at 1:30 - 2 PM, 15000 steps walk 40 minute yoga 10-15 minute meditation, B-12, and D3 (5000 IU) daily no sugar. My A1C is consistently 6.7.

7.5 Testimonial MK

In Sept 2019 Mr. Lalit Kapoor had conducted half day workshop at IIT Delhi under Pan IIT Alumni association and I attended that. Subsequently I joined Mr. Lalit Kapoor's WhatsApp group started on 1 Feb 2020. I started following PBWF+IF+10K seriously from April 2020. And results have been more than good. I used to be above 90 kg for past decade or so. The highest I measured was 97.6kg during my Annual Health checkup in March 2019. For past 3 months, my weight has been below 65 kg. During December 2020 my weight is stable between 60 to 61.5 kg. More important- my BMI is now around 21. This is reduction of almost 38 kg. The biggest gain has been complete stoppage of all medicines for chronic illnesses for me and my wife - Diabetes Thyroid Cholesterol and sleep apnea. This has motivated many of my classmates and relatives to make this journey. About 50 from my cousins & IIT and IIM have joined Mr. Lalit Kapoor's Jan WhatsApp group.

While many may be unhappy about 2020, however when I reflect back, I am filled with satisfaction and gratitude One of the best things in 2020 was my knowing & following PBWF.

7.6 Testimonial VA (IIT KGP'79)

This is to express my deep gratitude to Mr. Lalit Kapoor for the heartfelt scientific mentoring from Aug'20, when I joined the WhatsApp group..

It took me 3 months to get 90% compliant and I have gained the following:

- a) Lost 9 kg and still reducing..
- b) BP 110/70 and stopped Beta Blocker.
- c) Fasting Blood Glucose 100 to 125/ A1c 6 and stopped Metformin.
- d) Total Cholesterol 119 and stopped Statin.

Yes, I have proved to myself that Diabetes, BP, Cholesterol can be reversed and medicines stopped.
My slogan: Continue following PBWF/IF/10K or else live with Gabbar Singh dialogue, " Toh fir Goli Kha means otherwise eat tablet"
I am looking forward to experiencing more diverse benefits in a year or more.

7.7 Testimonial MP (69 years old)

I joined PBWF group starting 1st February 2020. My medical history at the time of joining was:

- a. Had Diabetes starting 1993-94
- b. Went through CABG in May 2001
- c. Liver resection in April 2008
- d. TARE procedure in July 2012 to burn tumor in my Liver
- e. Liver Transplant in September 2014
- f. Liver Bile Duct leakage in Nov 2017
- g. Went through PTBD in Dec 2018 and continued till Aug 2018
- h. Liver Surgery again in March 2019.
- i. PTBD again in October - Nov 2019.

Before joining PBWF in February 2020, I Was on following medications:

Diabetes: Glycomet tablets and Insulin

Heart: Ecosprin & Rosuvastin

Prostate: Urimax 0.4 mg

Liver: Prograf (immunosuppressant) and Ursocol

General : D3 supplement, Antacid and B complex

After joining PBWF in Feb this year I am off all medicines except for Liver, B12 and D3 supplements.
I had a CORN in my left foot and found it difficult to walk. This too has softened a lot and I can walk barefoot.
My blood test parameters on a monthly frequency are improving regularly.
With my progress, my family, quite a few friend and relatives have joined PBWF groups and have benefitted 100%.

7.8 Testimonial RR (80)

I started PBWF in January 2021. I take various medicines and vitamins. Following this diet has helped me reduce more than 20 lbs weight. I feel more energetic and general sense of wellbeing.

7.9 Testimonial JC (80)

I was on hypertension medication since long and never bothered to know what was the latest recommendation of association of physicians. After following PBWF/IF/10k plan I revisited the sites and also got confirmation from my physician to reduce the medication from 2 tabs of losartan 50 mg to 1/2 tab. She insisted that I should continue 1/2 tab as my kidneys are already compromising (creatinine 1.8) and this medication is for sake of kidneys and not only for hypertension. My insulin intake is zero now down from 34 units of R insulin a day. After IF for the last 5 months, I am getting along well at 80 yrs of age with yoga and exercise 30 minutes a day+ walk 5,000 steps plus teaching on zoom + gardening + acupressure teaching. I can't and do not wish to go to hospital to get my blood tested for creatinine and other parameters - so continuing losartan as physician wishes.

7.10 Testimonial-1

Thanks to Mr. Kapoor for this program. It has completely changed my approach to eating. I have already lost about 30 pounds and am determined to lose another 20 to get to my target weight. It took me about 6 weeks at it. The 16 hour of fasting is an absolute must for all trying to do this. No sugar or alcohol, Juice in the morning. My wife and son have started having it too. I am having more salad and fruit and grains and overall becoming healthier.

7.11 Testimonial-2

The course is one of a watershed understanding and change in lifestyle. It completely transforms life. The beauty is it's totally scientific. I and my wife have made all the changes for about 4 weeks now. We both feel very energetic. Our weight has reduced by 4-5 kg. I have stopped my BP tablet telma 40, 4 days back and my BP is normal. My wife's sugar levels are 130 fasting and 170 post lunch despite the entire fruits and nuts intake.

7.12 Testimonial-3

I'm a cardiac Nurse Practitioner @Stanford and joined your group in June. So far I've been very impressed with your medical knowledge of disease and the in depth research that you have done with every aspect of your suggested lifestyle change. Although I joined in June, I was mostly observing from the sidelines, trying to make small changes, stopping and starting. I wholeheartedly adopted your 4 pillars starting about 10 days ago and already feel great. Personally I have been diagnosed with rheumatoid arthritis and as you are well aware the medications work to suppress the immune system but otherwise create havoc with inopportune infections and especially vulnerability with the new Delta variant for COVID now.

So my ultimate goal is to get rid of my medicines and hopefully reverse or at the very least halt the progression of my RA. I will keep you posted

Finally, a heartfelt thanks to you for this amazing service you are providing free of charge to not only your fellow SF bay area community but all over the world. I am very impressed and have been spreading the word. I bought a juicer per your advice and it has changed my life

7.13 Testimonial-4

Everything is good and helpful.

I could implement the following:

1. No Animal food: No Dairy, No Egg, No Meat
2. No free oil in cooking, using peanut butter.
3. Increasing consumption of vegetables.
4. Occasional protein fast by not eating dal and nuts and seeds for 5 days.
5. No IF
6. Equivalent to 10k steps.

The results are: I have lost around 10.8 kg. I am feeling more energetic. I have reduced sugar medication. I am taking mild BP Medicine as I am alcoholic and smoker. Hope and strive to do better. This program has been one of the best things in my life. Joined in February and continuing till today.

8.0 Recommended Videos:

There are numerous studies about the efficacy of PBWF/IF/10k step walk. Some of the videos are given in references [3-9]. These videos provide a treasure of information comprising of research by leading experts in the field, practical examples and real life experiences. Once you watch these videos, you will understand the efficacy of the system. Please spare your valuable time to watch these videos and educate yourself. Take advantage of this opportunity for good of all. There are many more to watch by using google search of PBWF Diet.

9. Acknowledgements:

I owe a heartfelt gratitude to Mr. Lalit M. Kapoor (PBWF/IF/10k (Pioneer coach for his selfless service) and co-author of this paper. Thanks to Dr. Hari Lamba for connecting me to Mr. Kapoor. Heartful thanks to my family (my wife, daughter, son-in-law and 2 grandsons) for nurturing the connections and relevant guidance.

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Biography

Dr. Soni has PhD from University of Roorkee (renamed as IIT Roorkee) India, 1972. Dr. Soni has more than 40 years of experience in teaching and research related to systems engineering design, analytical and experimental mechanics of composite materials and structures. Dr. Soni retired from Air Force Institute of Technology, Wright Patterson Air Force Base, Dayton, Ohio in December 2011. Before joining as an Associate Professor in Air Force Institute of Technology in December 2005, Dr. Soni was involved in AdTech Systems Research Inc. as President and CEO for more than 20 years (1984- 2005). He has worked as a Senior Research Scientist for the University of Dayton Research Institute (1981- 1984) conducting research in composite materials and structures. He moved to USA in 1978 as a NRC Senior Research Associate, to conduct research in Failure Mechanisms in Composites in Air Force Materials Laboratory. Dr. Soni’s recent studies include: a) Cost modeling of composite Aircrafts; b) Systems Engineering Approach to Integrated Health Monitoring System for Aging Aircrafts; c) Ballistic response of co-cured adhesive bonded composite joints; d) Bonded and Bolted Joints which resulted in a fully documented software package called **BBJ**. Dr. Soni is author/ co-author of 100+ research publications in the field of mechanics of solids and structures with special emphasis on composites. Dr. Soni is a Fellow of the American Society for Composites, has been an Associate Fellow of AIAA and a member of SAMPE. He has won numerous awards including Co-author of Air Force Materials Laboratory’s Cleary Award publication, State of Ohio Edison Emerging Technology Award, Enterprise Spirit Award of Kettering Moraine and Oakwood Chamber of Commerce; and Engineering Science Foundation (Affiliate Society Council) Award for Outstanding Professional Achievement for his accomplishments. Dr. Soni is a Heartfulness meditation trainer for more than 30 years.

Mr. Lalit Kapoor is a 1971 graduate of IIT Kanpur. He finished his MBA from UCLA in 1975 and worked in various management and sales positions for an Aerospace company, before starting his own company Group-Ipex Inc. in 1984, in IT Services field. Ipex was sold to Hall Kinion, a Nasdaq company in 1998. His second company Group-Bigates was in the field of computer telephony software with operations in Pune and was acquired by AVAYA in 2004. He retired from business life in 2005. By 2012 lifestyle diseases had caught up with him and he was on medications for Hypertension, Diabetes, Hypothyroid, Gout, Osteo Arthritis and Sleep Apnea. To cure his diseases he developed interest in nutrition and educated himself in the field. Pursuing a Plant Based Whole Food dietary discipline, and various fasting regimes he was able to lose 50 pounds of weight, get off all medications and reinvent himself. Few years ago he started a WhatsApp health group for his IITK batch-mates which achieved many successes. Since then he has started over 120 health groups with many Pan IIT alumni and others. His active members, numbering over 20,000 now, have been able to get off medications for many chronic conditions like Hypertension, Diabetes, Cholesterol, Heart Disease, Asthma, Arthritis and others.