



CASE STUDY

Introduction

According to the National Diabetes Education Program, “Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.”

According to WebMD, a very knowledgeable website, “Type 2 diabetes is an increasingly common metabolic disorder in which the body does not use insulin, a hormone produced by the pancreas that enables glucose to enter cells and provide the body with its main source of energy.” Over time, if not properly watched and attended to, Type 2 diabetes can lead to serious problems with blood pressure, heart, nerves, eyes, and kidneys. All of these problems can be very scary and life altering, unless a patient learns to reverse this terrible disease. Contrary to popular belief, diabetes can be reversed through diet and life style changes. Help Your Diabetes, commonly known as HYD, bases all of its efforts and findings around helping Type 2 Diabetics reverse their disease, get off their diabetic medications and stabilize their metabolism.

Purpose

The purpose of the study is to show reversal of Type 2 Diabetes by going through the HYD Program. The scale of improvement will be determined by the patient’s ability to reduce or eliminate diabetic medications, and lose weight to show metabolic success. Success in the program is also based on the persons ability to reduce or eliminate blood pressure medications, as high blood pressure is closely tied to Type 2 Diabetes.

Background on company & CEO

Dr. J. Murray Hockings is the Founder and CEO of HYD. Dr. Hockings was affected by diabetes at a young age of 18, when he watched the disease take the life of his Aunt Lily. He saw his two small cousins have to be raised without their mom due to diabetes. Since her death, he has made it his life’s mission to helping Type 2 Diabetics reverse this condition and get off their medication. Dr. Hockings specializes in Functional Endocrinology, Clinical Nutrition, Anatomy, Physiology, and many more. Dr. Hockings has seen over 20,000 people over 25 years and is dedicated to helping Type 2 Diabetics lower their blood sugar naturally. People have a 100% success rate with lowering their blood sugar readings when they follow the HYD Program. Dr. Hockings designed the HYD Program with the intent of helping Type 2 Diabetics get off their medications, which damage their bodies more the longer they stay on them.

Patient Information

As stated before, Dr. Hockings has seen over 20,000 patients in his career but we have based this case study off of just 20 recent patients in the HYD program. All patients in the program have attended an educational seminar where they witnessed Dr. Hockings talk about the side effects of being on Type 2 Diabetic medications for long periods of time. It is important to note that no two bodies are the same, and every person’s mindset is different. Regardless of differences, patients learn that they must pass two qualifications in order to be in the HYD program. The two qualifications are:

1. **The patient is a Type 2 Diabetic as diagnosed by their primary doctor, and**
2. **The patient is currently taking diabetic medications.**

It is commonly found that many people who joint the HYD Program take other medication related to their diabetes. These include, but are not limited to, medications to control blood pressure and cholesterol. Before entering the HYD Program, it is very common for people to feel sick, lethargic, have weight and other diet-related health issues. Many people have neuropathy, trouble with their nerves, and walking. All of the people in this study have A1c’s ranging from 6.0 to 12.5. Based on the study of the 25 people, the average diabetic takes between 6-8 medications, sometimes more depending on the individual patient’s health situation. These medications include those for: diabetes, high blood pressure, other heart issues, and high cholesterol.

The primary goal of every person is the same when beginning the HYD Program: To reduce or eliminate their medication intake. Some people also have the goals of losing weight and regaining their energy levels. According to feedback, many people are “tired of being sick and tired.”

When entering the HYD Program, people can face challenges with the required lifestyle changes. Some people are unsure about whether they will be disciplined enough to stick with the program. One common challenge is giving up some of their favorite foods and caffeine. However, as they progress through the HYD Program, which includes one-on-one coaching, they overcome their challenges and self-doubt and see successful results.

HYD Program

The HYD Program is a nutritional wellness program that helps normalize metabolism and stabilize blood sugar levels. The program has several key parts. After

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Frank M.	pre	post
A1C	7.0	5.9
Weight (lbs)	272	207
Total Cholesterol	103	105
Blood Pressure		
Meds/Dosage	30 units Lantus	Lantus off
	Januvia 1/day	Off Januvia
	500mg Metformin 2x/day	Off Metformin

Allen W.		
A1C	7.3	5.9
Weight (lbs)	238	228
Total Cholesterol		
Blood Pressure	141/73	120/65
Meds/Dosage	Victoza 1.8	Off Victoza
	Metoprolol 1/day	Off Metoprolol

Phillip N.		
A1C	7.0	5.5
Weight (lbs)	170	148
Total Cholesterol	185	121
Blood Pressure	110/70	122/56
Meds/Dosage	500mg Metformin 3x/day	500mg metformin 1x/day
	Omeprazole 20mg/day	Omeprazole off
	Enalapril 10mg/day	Enalapril off
	Glyburide 2.5mg/day	Glyburide off
	Simvastatin 80mg	Simvastatin Off

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Duana S.		
A1C	10.0	5.9
Weight (lbs)	285.4	251.6
Total Cholesterol	151	157
Blood Pressure	122/73	116/79
Meds/Dosage	Losartan 100mg/day	Losartan off
	Amlodipine 5mg/day	Amlodipine off
	Metformin 500mg	Metformin off
	L-Thyroxine 75mcg	L-Thyroxine off

Paul H.		
A1C	6.8	4.8
Weight (lbs)	320	273
Total Cholesterol	143	129
Blood Pressure	140/62	110/53
Meds/Dosage	Lantus 160 units/day	Lantus off
	Lisinopril 10mg/day	Lisinopril 5mg/day
	Metoprolol 25mg 2x/day	Metoprolol off
	glimepiride 2mg/day	glimepiride 1mg/day

Theresa M.		
A1C	11.0	5.3
Weight (lbs)	197	147
Total Cholesterol	208	152
Blood Pressure	114/72	118/70
Meds/Dosage	Januvia 100mg 2/day	Januvia off

CASE STUDY



Theresa M. continued		
Meds/Dosage	Lisinopril 40mg/day	Lisinopril off
	Bisoprolol 5-6.25/day	Bisoprolol off

Gary M.		
A1C	8.0	5.3
Weight (lbs)	307	277
Total Cholesterol	181	131
Blood Pressure	124/84	126/79
Meds/Dosage	Metoprolol 200mg/day	Metoprolol off
	Diovan 320mg/day	Diona off
	Eplerenone 50mg/day	Eplerenone off
	Torse mide 20mg/day	Torse mide off
	Glimepiride 2mg 2xday	Glimepiride cut in 1/2 1xday
	Trilipix 20mg/day	Trilipix 10mg/day
	Bayer Aspirin 81mg/day	Bayer Aspirin off
	Niaspan 1000mg/day	Niaspan reduced to 1/2

Janis G.		
A1C	7.4	6.7
Weight (lbs)	163	155
Total Cholesterol	115	163
Blood Pressure	122/68	116/70
Meds/Dosage	Metformin 1000mg 2xday	Metformin 1000mg am/ 500mg pm
	Glimepiride 4mg 2xday	Glimepiride off
	Invokana 100mg/day	Invokana off
	Levemir 24 units	Levemir off

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Janis G. continued		
Meds/Dosage	Metoprolol 100 mg 2x day	Metoprolol 100mg/day
	Losartan 100mg 2xday	Losartan off
	Ranitidine 150mg 2xday	Ranitidine
	Simvastatin 40mg/day	Simvastatin 40mg/day
	Asprin 81mg	Asprin81mg/day

Jerome L.		
A1C	6.0	5.9
Weight (lbs)	173	155
Total Cholesterol	Not provided	104
Blood Pressure	172/60	114/60
Meds/Dosage	Januvia 100mg/day	Januvia- OFF
	Vytorin 10/40mg	Vytorin-10/40mg
	Norvasc 10mg/day	Norvasc- off
	Tekturna 150mg	Tekturna off

Leila A.		
A1C	6.2	6
Weight (lbs)	122.8	112
Total Cholesterol	114	180
Blood Pressure	126/86	112/69
Meds/Dosage	Losortan 100mg/day	Losortan 100mg/day
	Metformin 500mh/day	Metformin off
	Simvastatin 40mg/day	Simvastatin off
	Bayer Asprin 81mg/day	Bayer Asprin off

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Michael H.		
A1C	7.1	6.1
Weight (lbs)	177	169
Total Cholesterol	154	188
Blood Pressure	146/86	123/64
Meds/Dosage	Lipitor 40mg/day	Lipitor off
	Glipizide 10mg/day	Glipizide 5mg/day
	Lisinopril 40mg	Lisinopril off

John V.		
A1C	6.3	5.9
Weight (lbs)	250	215
Total Cholesterol	138	98
Blood Pressure	127/70	131/70
Meds/Dosage	Metoprolol 50mg 2xday	Metoprolol 25mg 2xday
	Glipizide 10mg 2x\day	Glipizide off
	Valsartan 80mg/day	Valsartan 80mg/day (for kidneys)
	Simovastatin 20mg 2xday	Simovastatin 10mg/day

Charles W.		
A1C	6.3	5.6
Weight (lbs)	185	185
Total Cholesterol	193	176
Blood Pressure	N/A	N/A
Meds/Dosage	Glucophage 100mg 2x day	Glucophage off
	Januvia 100mg/day	Januvia off
	Lipitor 40mg/day	Lipitor off

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John T.		
A1C	6.8	6.3
Weight (lbs)	217	189
Total Cholesterol	137	172
Blood Pressure	107/75	115/73
Meds/Dosage	Novolog 24units 3xday	Novolog 12units/day
	Lantus 52 units/day	Lantus 8units/day
	Lisinopril 200mg/day	Lisinopril 10mg/day

Joyce H.		
A1C	6.1	5.9
Weight (lbs)	144	132
Total Cholesterol	158	222
Blood Pressure	N/A	N/A
Meds/Dosage	Levothroxine 88mcg/day	Levothroxine off
	Metformin 100mg 2xday	Metformin off
	Lisinopril/day	Lisinopril off
	Lovastatin 40mg/day	Lovastatin off
	Lovaza 1GM/day	Lovaza off

David J.		
A1C	12.5	5.5
Weight (lbs)	172	142
Total Cholesterol	167	197
Blood Pressure	132/94	118/70

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David J. continued		
Meds/Dosage	Metformin 1000mg/day	Metformin off
	Metoprolol 25 mg	Metoprolol off
	Allopurinol 100mg	Allopurinol off
	Lisinopril	Lisinopril off

Milagros R.		
A1C	7.2	7.0
Weight (lbs)	119	111
Total Cholesterol	180	154
Blood Pressure	n/a	n/a
Meds/Dosage	Levimer 10 units	Levimer off
	Humalog 24 unit 3xday	Humalog off
	Metformin 1000mg/day	Metformin 1000mg 2xday
	Lovastatin 20mg/day	Lovastatin off

James C.		
A1C	7.4	5.4
Weight (lbs)	282	249
Total Cholesterol	157	131
Blood Pressure	120/87	130/70
Meds/Dosage	Enalapril 20mg/day	Enalapril 10mg/day
	Glimepiride 20mg/day	Glimepiride off
	Losartan 100mg/day	Losartan 50mg/day

CASE STUDY



Melvin H.		
A1C	7.6	6.7
Weight (lbs)	168	152
Total Cholesterol	171	170
Blood Pressure	120/80	147/68
Meds/Dosage	Januvia 100mg/day	Januvia off
	Enalapril 10mg/day	Enalapril off
	Metformin 1000mg 2xday	Metformin 500mg 2xday
	Metoprolol 150mg 2xday	Metoprolol off
	Primidone 150mg 2xday	Primidone off
	Glimepiride 150mg 2xday	Glimepiride 50mg 2xday
	Niacin 500mg 2xday	Niacin off

Frederick W.		
A1C	6.6	5.7
Weight (lbs)	174	160
Total Cholesterol	198	219
Blood Pressure	126/73	125/74
Meds/Dosage	Metformin 1000mg 2xday	Metformin 500mg/day
	Lisinopril 5mg/day	Lisinopril 2.5mg/day

committing to the program, people sign on for a 2-6 month case, depending on the severity of their condition. Other medications and symptoms also play a factor in the length of their case. For example, people on insulin may take more time, as injections have become a regular habit in their daily routine. Other factors that play a role in program length are: age, how many medications people are taking as well how long they've been taking them, and presenting symptoms. The HYD Program is designed around a meal plan designed for reversal of diabetes, a cleanse, a personalized report (based on individual lab results) from one the HYD team's doctors explaining customized supplement support for bodily deficiencies, and unlimited phone support and coaching with one of the HYD team's doctors.

Results

All patients who follow the HYD Program reduce or eliminate their diabetic medications, lose weight, or have personally expressed having more energy. Results are based off the diligence and compliance of each patient. If the patient was not strict and did not adhere to the new lifestyle change, they did not see the same results of those who did. The average weight loss for the 20 patients researched was 20 pounds. Again, many of the patients lost more than 20 pounds, even as much as 50 pounds. for one patient. Seeing how high blood pressure is related to Type 2 Diabetes, most people were able to the reduce or eliminate their blood pressure medication as well. This case study also found that many people eliminated their cholesterol medication, as it was no longer necessary after going through the HYD Program.

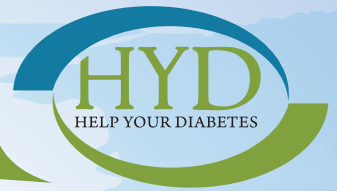
In addition to Pre-Program and Post-Program A1c, Weight, Cholesterol and Blood Pressure readings, the chart includes a list of medications that each person reduced or eliminated after completing the HYD Program.

For specific results, please see attached chart on each individual patient's success in the program. The chart exemplifies the list of medications for each patient, and what they were able to reduce or eliminate.

Conclusion

In conclusion, it is apparent from the case study results that the HYD Program reduces and eliminates the need for Type 2 Diabetic medications. It is also clear that the HYD Program offers overall health and wellness benefits, as many people lost weight and reduced other medications for health conditions related to Type 2 Diabetes. The HYD Program shows definitive, successful results bettering the overall wellness of each patient who completes their case.

People initially enter the HYD Program with one goal in mind: To Reduce or Eliminate all Type 2 Diabetic medications. And they walk away with a better experience and results than they ever imagined. The HYD Program emphasizes "lifestyle changes." People who embrace these modifications experience life-altering changes ~ physically, emotionally, relationally, and financially.



For More Information About



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