



Gordon C. Gunn, M.D.	Nancy A. Towbin, M.D.	Ricarda D. Benz, M.D.	P.K. Kaliban, PA-C
----------------------	-----------------------	-----------------------	--------------------

*Finding the **motivation** to change your life*

A testimonial by Carol Amiri

My Tipping Point

People often ask me how I did it. How did I change my life? Well, one day, I'd just had enough. March 5, 2007, was the turning point. That was the day I decided to put myself first – to take my health into my own hands. For more than 30 years I'd struggled with my weight. Most of the time I was too tired and too busy helping every one else to care about me. I weighed 271 pounds and felt exhausted and overwhelmed all the time. Also, I was struggling with the side effects of type 2 (adult onset) diabetes. But, I made a decision that day: I decided I was ready to put myself first for a change. It was like Malcolm Gladwell talks about in his book of the same title. I had reached my own “tipping point” and was ready for real change.

The Right Kind of Support

With support and encouragement from my loved ones-family, friends, and coworkers-I took the next step: I saw my doctor and got started on the right medication for my diabetes. Next, I started following the guidelines of the American Diabetic Association with respect to my diet. Things just took off from there! As I began to feel better, I started incorporating exercise, which was a big deal for me. I also found it beneficial to see a dietitian, who helped me incorporate the foods I like into my diet, and in the right portions. I didn't have to starve myself or eat bland diet food like I'd always thought.

Today, more than a year later, I am 98 pounds lighter ... and counting! Honestly, I haven't felt this good in a very long time. Based on my experiences, I'd encourage all people with weight problems to seek out the motivation from within and to take charge of their health to get their life back on track. With the right diet and some exercise – and, if needed, help from the right medical professional – it really is possible to reclaim your life and take charge of your health!

The Time is Now!

But, don't put it off. I only wish I could have done this much sooner. My family is happy for me because I'm now the person I was meant to be. My four children can't believe the changes I've made, and it's all because I took that first step and started losing the weight and controlling my diet, rather than letting my diet control me. Caregivers at the Gunn Towbin Center can guide you in these changes. You don't have to do it alone. As I discovered, it's possible to make dramatic changes in your life. Take that first little step today by making the decision to do it for you. You'll be glad you did.