

Case Histories

Case History – Control-IT™ Programme Works

Gender, Age, Occupation, Nationality, height and weight.	Miss H.B. is a single, 31 year old teacher. She is 5ft 7 ins and weighs 13 stone 2 lbs (170 cm, 184 lbs / 82 kg).
Presenting complaint – list and duration	<p>H.B. presented with excess weight & cravings, poor focus and concentration, painful periods, and anxiety, and a history of digestive problems.</p> <p>Miss H.B. is very much into nutrition and also takes about 4 hours of exercise a week, mixing the gym with swimming, yoga and cycling.</p>
Any Investigations	<p>H.B. has been struggling with weight for many years, but very few tests had ever been done, or requested. Two years ago, a candida test had been positive and the diet to address this had been followed quite closely, which resulted in some weight loss, but this had been regained. The ‘anti-candida’ diet had made some improvements to H.B.’s digestive symptoms which she described as “manageable” now.</p> <p>The questionnaires revealed numerous symptoms suggesting functional imbalances in various organ systems: liver, digestive system, adrenals, thyroid and female hormones, as well as a lack of fatty acids.</p> <p>Her prime goal, however, was to lose body fat, so the CONTROL-IT™ Programme was recommended. CONTROL-IT™ is a healthy eating programme that has been found to be very effective for weight loss and was designed by a Naturopathic Physician in the USA. It was been presented at a Nutri-Link Seminar in February 2010.</p> <p>H.B.’s goals were to lose 3 stone of body fat, to be free of cravings, to improve stress tolerance and to be less anxious in certain situations. She told me that she had been enjoying wholesome cooking and too much eating over the past year, which had led to further weight gain.</p>
Strategy	<p>H.B. had already followed a number of different diets but her cravings often meant that it was difficult to stick to something for more than a month. Additionally, funds did not permit lab testing, so a laboratory analysis of her adrenals and thyroid was not possible at this time.</p> <p>The CONTROL-IT™ Programme was discussed and explained in detail to H.B. and moulded around her specific lifestyle. She had three different types of work schedules and this meant catering the Programme accordingly.</p> <p>The Programme essentially entails avoiding wheat and dairy products and eating specific portions of a variety of foods, as detailed on an Approved Food List. These wholesome, ordinary foods are to be consumed at certain times of the day, and there is a specific supplement protocol to accompany the change in food. These are Biotics Research A.D.H.S. (adrenal support formula), NutriClear Powder (multi nutrient liver detox formula) and Biomega-3 (fish oil). From the evidence to date, the</p>

	<p>Programme is most effective when the complete Programme is implemented.</p> <p>Three years of studying the range of supplements in the US market, with over a decade of familiarity in the use of nutritional supplements, led Dr Robert Maki to conclude that this specific combination from Biotics was the most effective to include into the Programme.</p> <p>The CONTROL-IT™ Programme successfully addresses three key aspects of health intrinsically linked to body fat; being insulin and cortisol balance, dopamine balance and addiction, and food intolerance. Over 900 patients in the US have enjoyed success on the Programme (i.e. they lost weight and experienced improvements in other aspects of their health), and as this case history is being written, there are over 40 cases in the UK enjoying the same benefits.</p> <p>CONTROL-IT™ aims to educate the individual about key factors relevant to metabolism and body fat that makes it suitable for both one to one consultations, as in this case, as well as group presentations.</p>
<p>Diet & Supplements: name and dose</p>	<p>H.B. was already eating a relatively sound diet, taking great care in the quality and preparation of all meals. She did have a tendency to eat too large a portion at both lunch and dinner, and the CONTROL-IT™ Programme addresses this directly by limiting portion size, yet at the same time, providing a relatively varied list of permitted foods.</p> <p>H.B. did not drink any caffeine or wine, and did not smoke.</p> <p>The supplements recommended were as “prescribed” by the CONTROL-IT™ Programme, but were also very familiar to me:</p> <p>Biotics Research – A.D.H.S. – 2 tabs at breakfast & 2 at lunch</p> <p>A.D.H.S. is a vegetarian adrenal support formula containing vitamins, minerals and specific plant extracts designed to support a healthy adrenal hormone balance. It is believed that this formula, in particular, addresses the dopamine imbalances that often exist in those trying to lose weight.</p> <p>Biotics Research – NutriClear Powder – half a scoop in a glass of water mid morning & mid afternoon</p> <p>Pleasant tasting multi nutrient powder containing vitamins, minerals, limited carbs and high quality rice protein. It has been designed as a metabolic clearing formula.</p> <p>Biotics Research – Biomega-3 – five softgels at breakfast</p> <p>High quality fish oil supplement supplying 180 mg EPA and 120 mg DHA per softgel.</p>
<p>Duration</p>	<p>H.B. was to follow the CONTROL-IT™ Programme for 3 months, with specific check-in times and dates for face to face follow ups. We would then review whether she would be best to continue with the Programme thereafter. This review is written after ONE month on the Programme.</p>
<p>Outcome</p>	<p>After 2 weeks on CONTROL-IT™, H.B. reported back to me and described what had happened. She had lost 6 lbs, which was a very positive result. She had weighed her food for these first few weeks so she could get a real handle on portion size, and the</p>

anxiety associated with that process had dissipated. She told me that she had not been hungry except when she exercised a lot.

As suggested, she took photos of the meals she had been consuming as a record to show me and for review herself. H.B. told me what she missed too, since the list of Approved Foods is limited to some extent, but she had successfully avoided 100% all dairy and gluten and in her case, soya.

In addition to the weight loss, she told me that a small patch of eczema had disappeared, and that her digestive system had been very much quieter than usual. She found that having hot vegetables rather than salads suited her metabolism better. Her energy was more stable and she was sleeping better, so she remained very positive.

One month into the Programme, H.B. reported back and told me she had lost ONE STONE in that time, so she was very pleased and would continue with the supplements and the dietary approach. Energy was still improved and her cravings were much reduced.

Comments

H.B. has benefited from the CONTROL-IT™ Programme because it provides very clear cut directions as to what can be eaten, with appropriate portion sizes. It comes with the success of hundreds of people who have already implemented it, and it does require some education as to why the recommendations as are they are.

H.B. reported that once she was used to the new way of eating, that the variety was plenty to choose from.

The benefits to overall health are a key feature of the Programme and they almost certainly contribute significantly to the ease of following it. It is also suitable for the whole family. The three specific supplements certainly appear to be effective in providing the support required for hormonal balance and neurotransmitter balance which are intrinsic to a healthy metabolism.

After just one month, H.B. has lost more weight than with any other diet and felt better in the process than with any other diet too. Her experience is not unique and there most definitely is something to be said for a controlled healthy eating plan with key supplements to improve metabolism and lose weight.

Practitioner

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