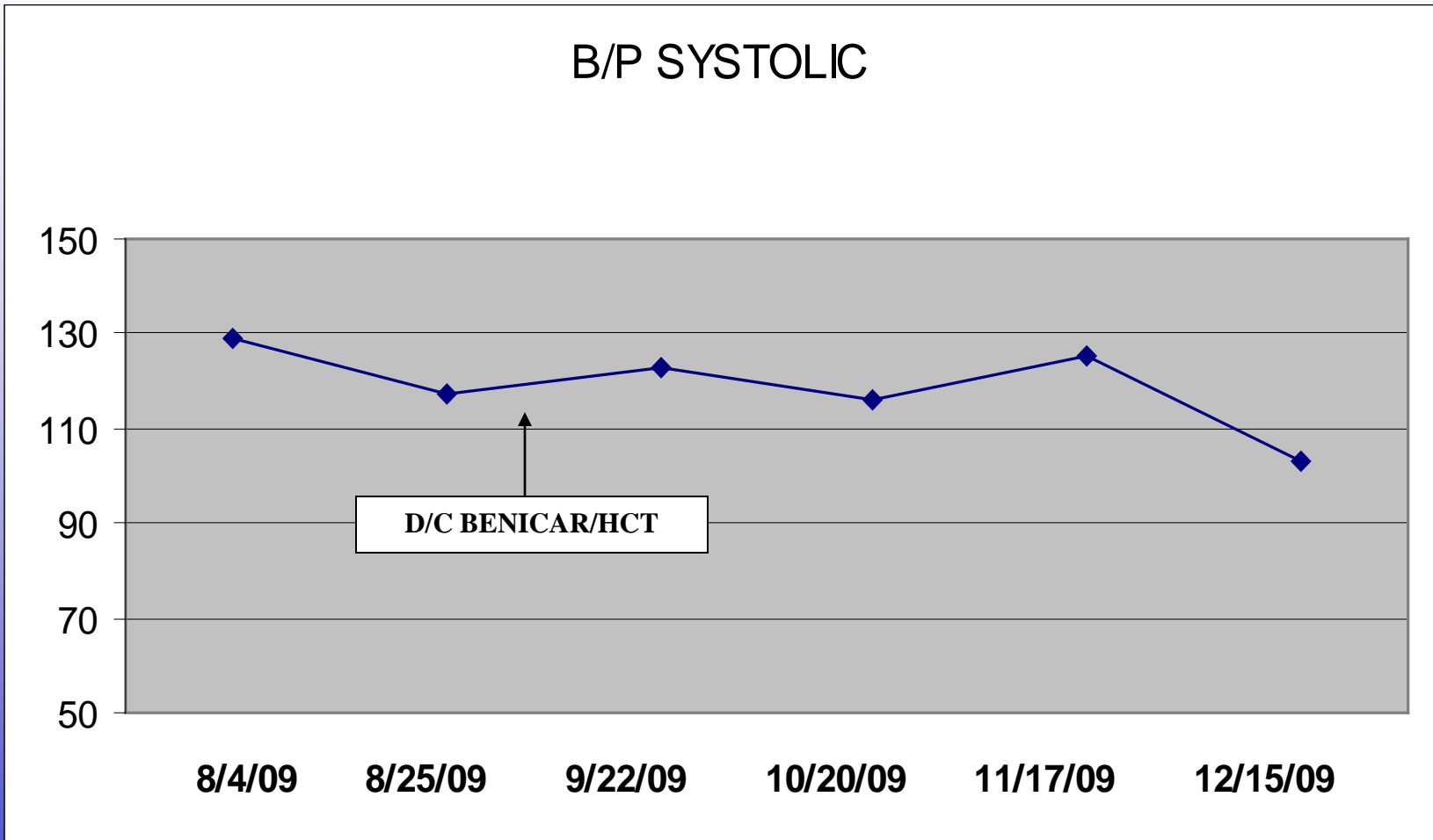


# The Rice Diet of Central Florida

# E. H.

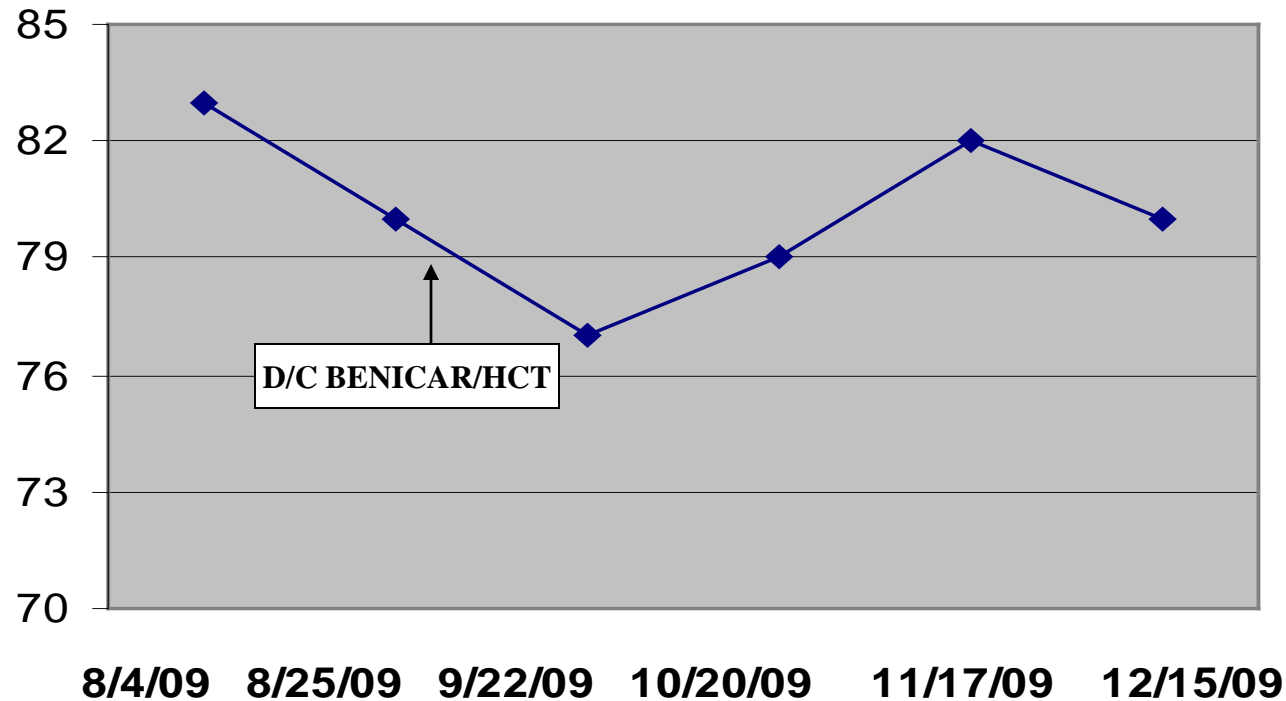
## B/P SYSTOLIC



BEGAN R/D ON 8/4/09

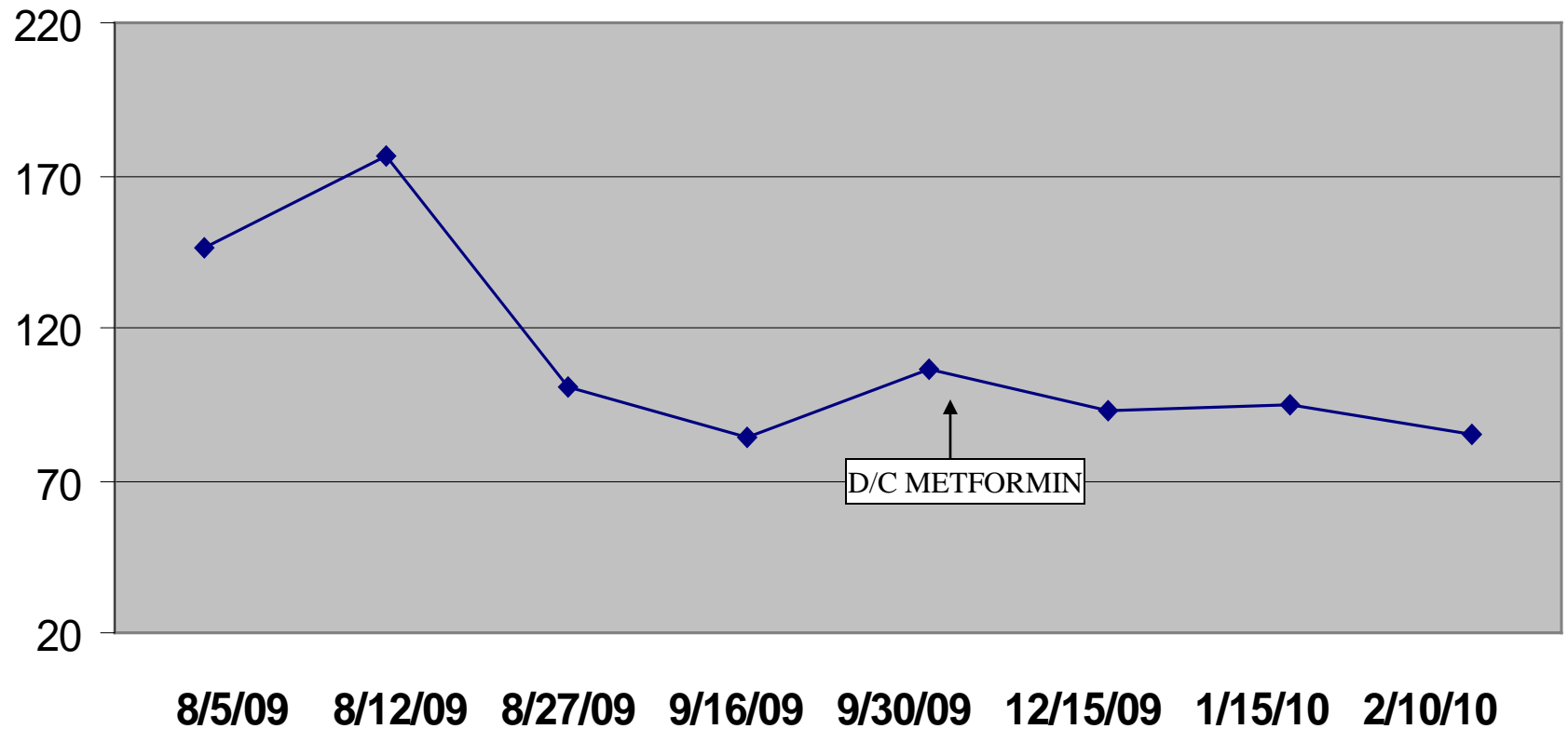
58 year old male with hypertension on Benicar/HCT began Rice Diet of Central Florida program on 8/4/09 and was able to discontinue his medication by 9/10/09. With continuation of the Rice Diet, his BP continued to fall, despite being off medications due to sodium restriction.

## B/P Diastolic



58 year old male with hypertension on Benicar/HCT began Rice Diet of Central Florida program on 8/4/09 and was able to discontinue his medication by 9/10/09. With continuation of the Rice Diet, his BP continued to fall, despite being off medications due to sodium restriction.

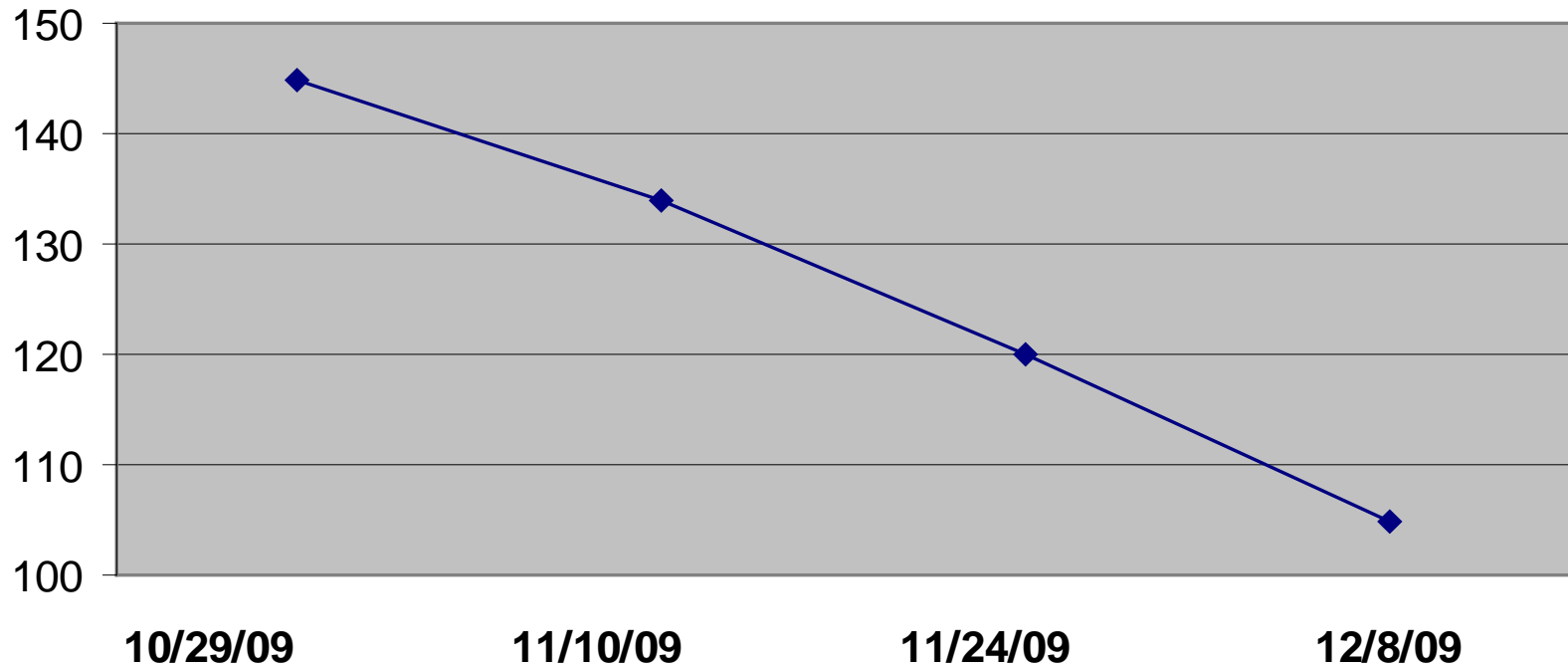
## Blood Sugar(Glucose)



58 year old male, diabetic, on oral hypoglycemic medication showed dramatic reduction in fasting blood sugars after beginning the Rice Diet of Central Florida program, and was able to discontinue his Metformin within 2 months and maintain normal fasting blood sugars.

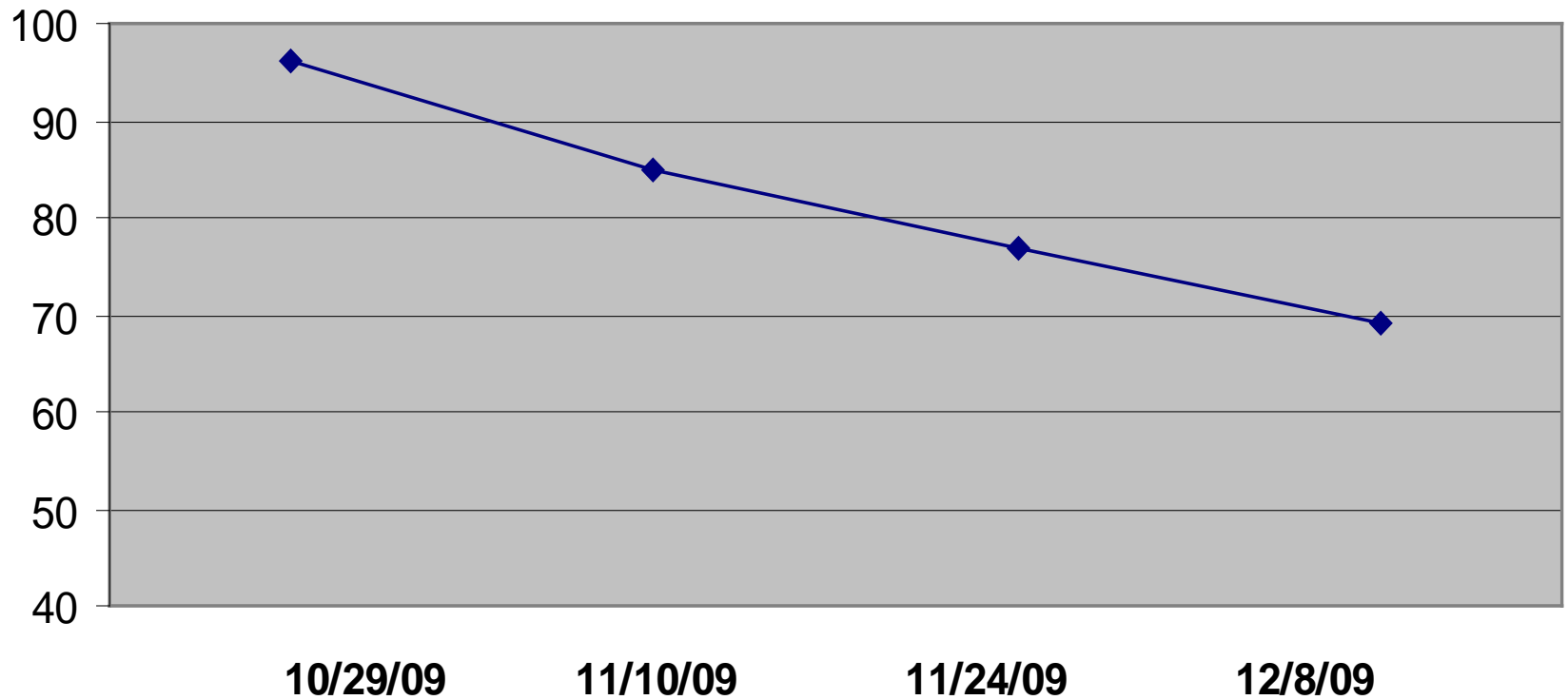
# W. W.

## B/P SYSTOLIC



66 year old male with newly-detected hypertension, was treated only with Rice Diet of Central Florida program and showed dramatic reduction of BP to low normal limits within 6 weeks.

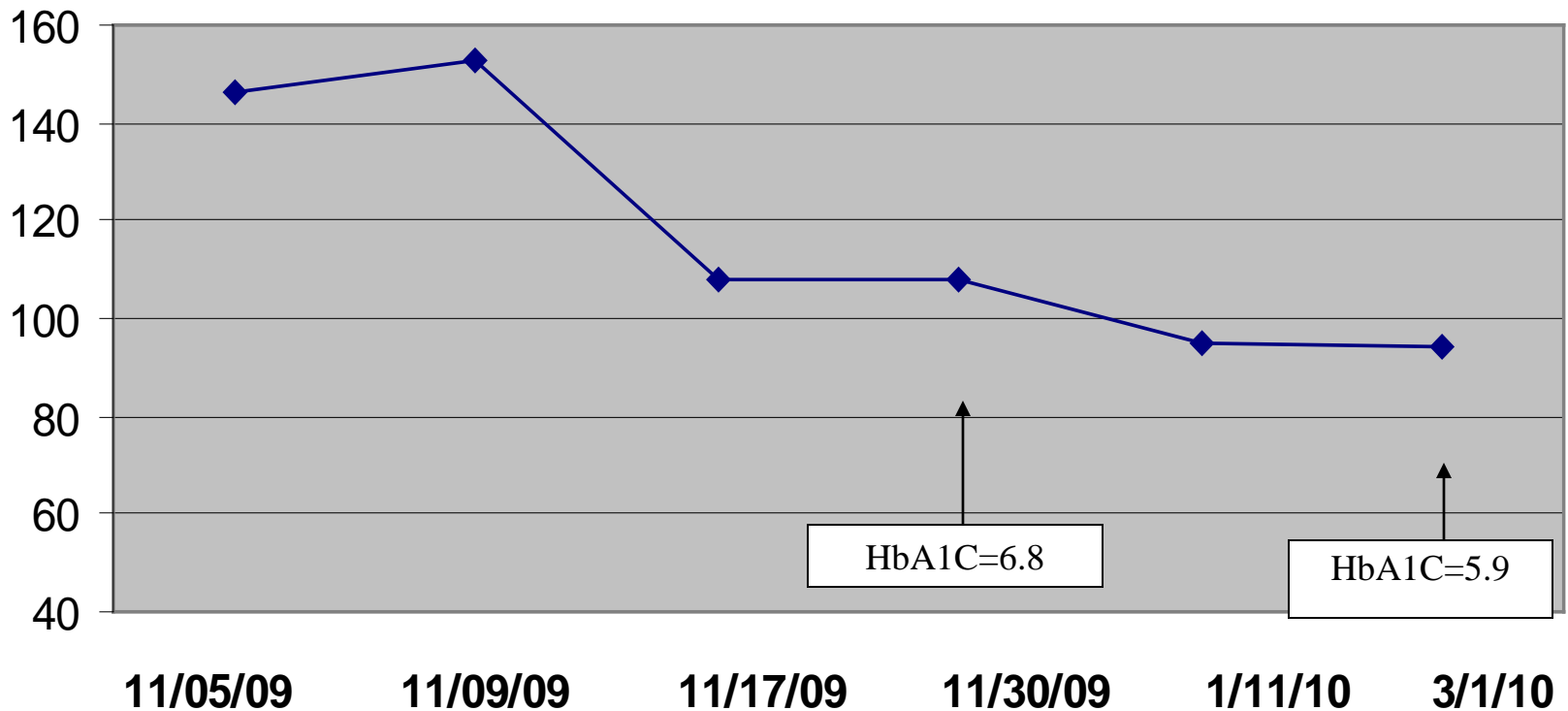
## B/P DIASTOLIC



66 year old male with newly-detected hypertension, was treated only with Rice Diet of Central Florida program and showed dramatic reduction of BP to low normal limits within 6 weeks.

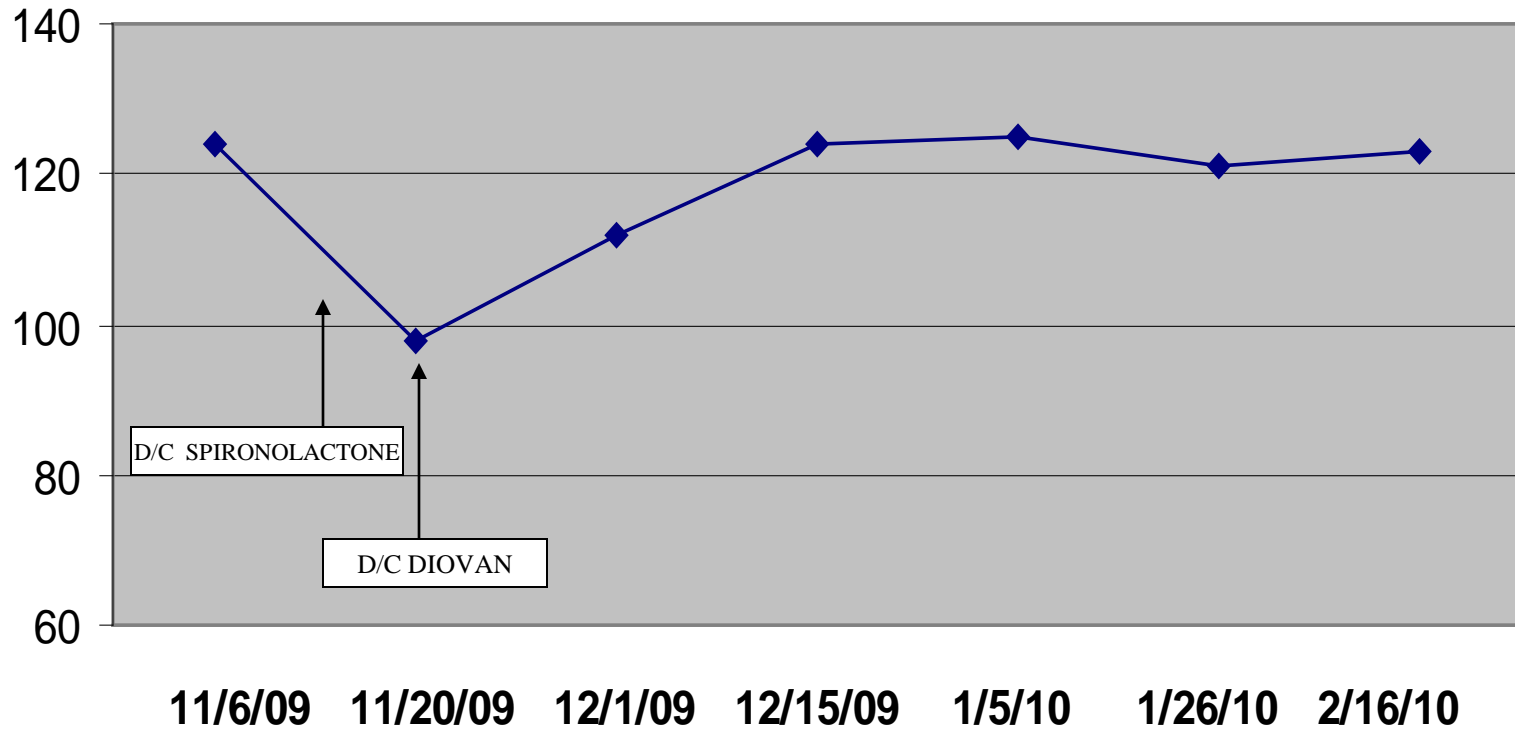
# R. F.

## BLOOD SUGAR ( GLUCOSE)



61 year old white male with previously-undetected Diabetes was treated only with the Rice Diet of Central Florida program and showed dramatic reduction of fasting blood sugar to the normal range within 1 month and reduction of HbA1C to upper normal limits.

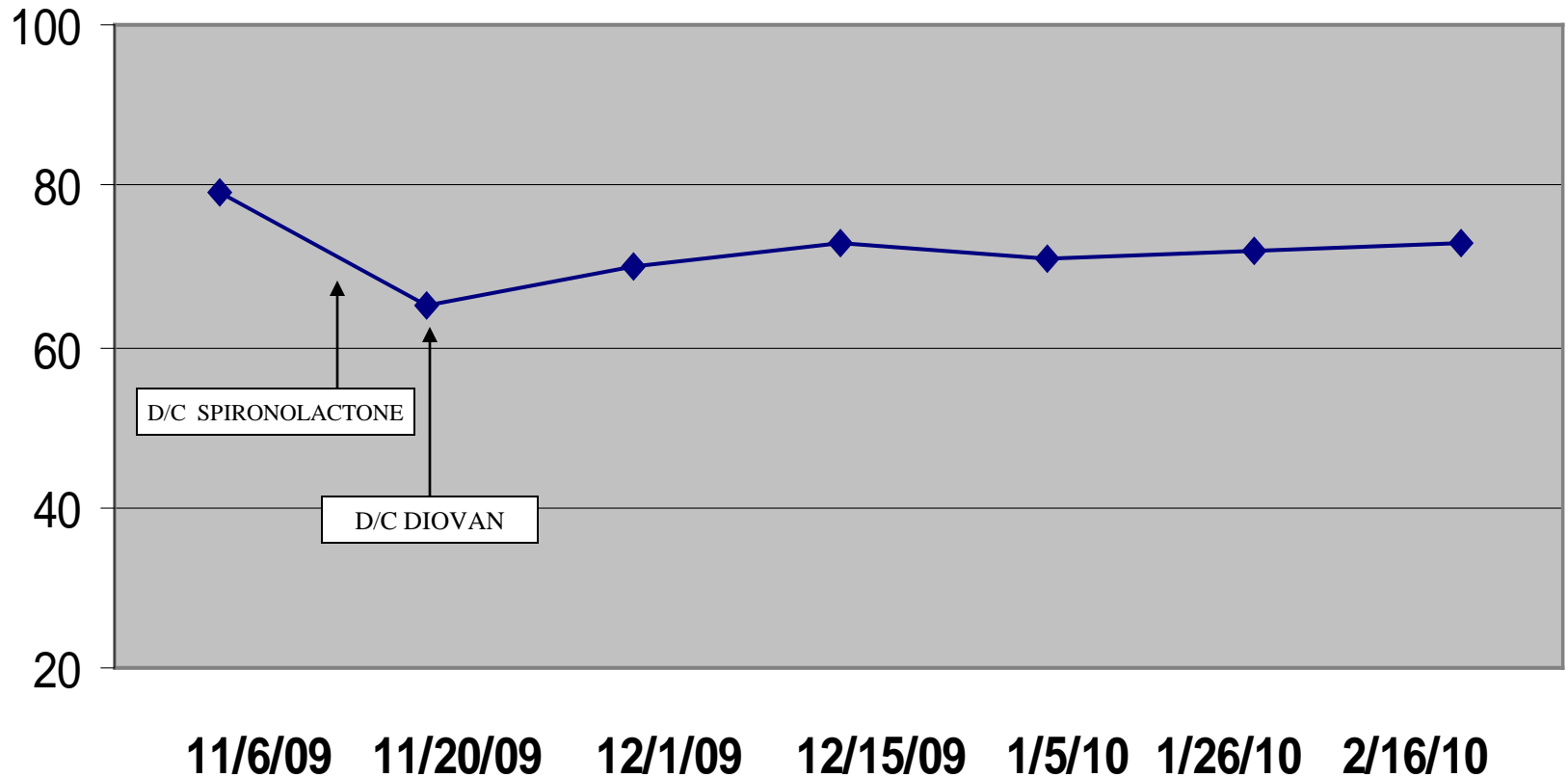
## B/P SYSTOLIC



61 year old male with coronary artery disease and hypertension began treatment with the Rice Diet of Central Florida program and was able to discontinue the 2 anti-hypertensives noted above and continue to maintain normal BP on diet alone over the next 3 months.

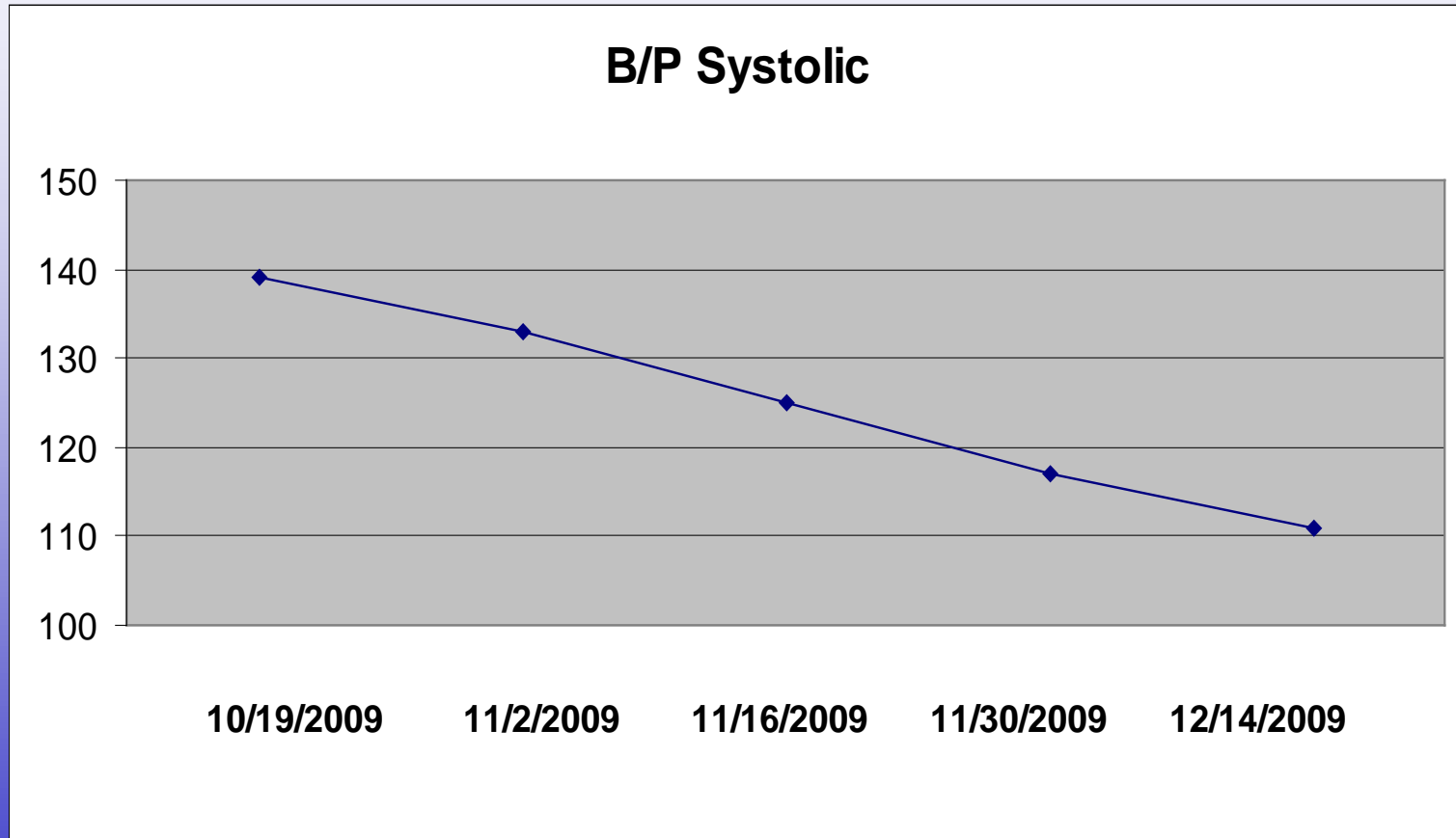


## B/P DIASTOLIC



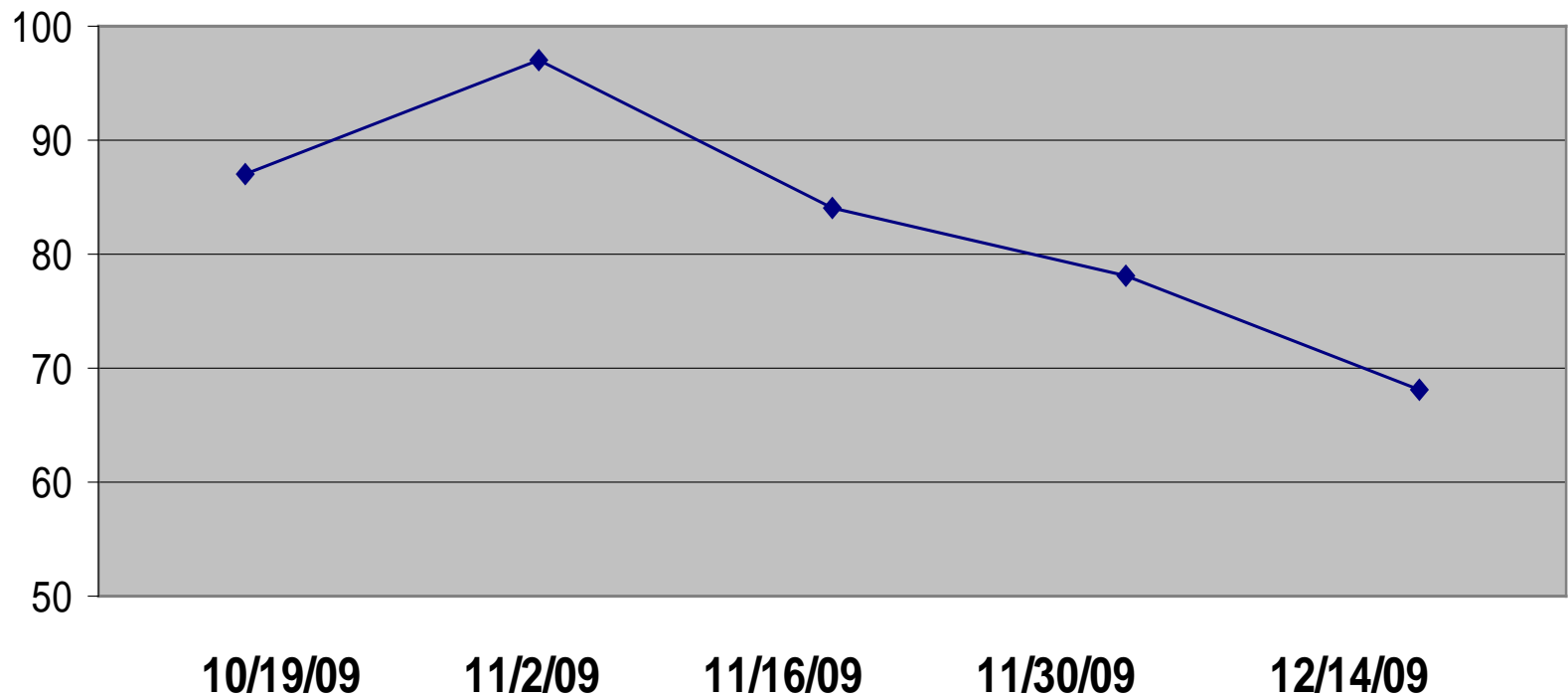
61 year old male with coronary artery disease and hypertension began treatment with the Rice Diet of Central Florida program and was able to discontinue the 2 anti-hypertensives noted above and continue to maintain normal BP on diet alone over the next 3 months.

# W. D.



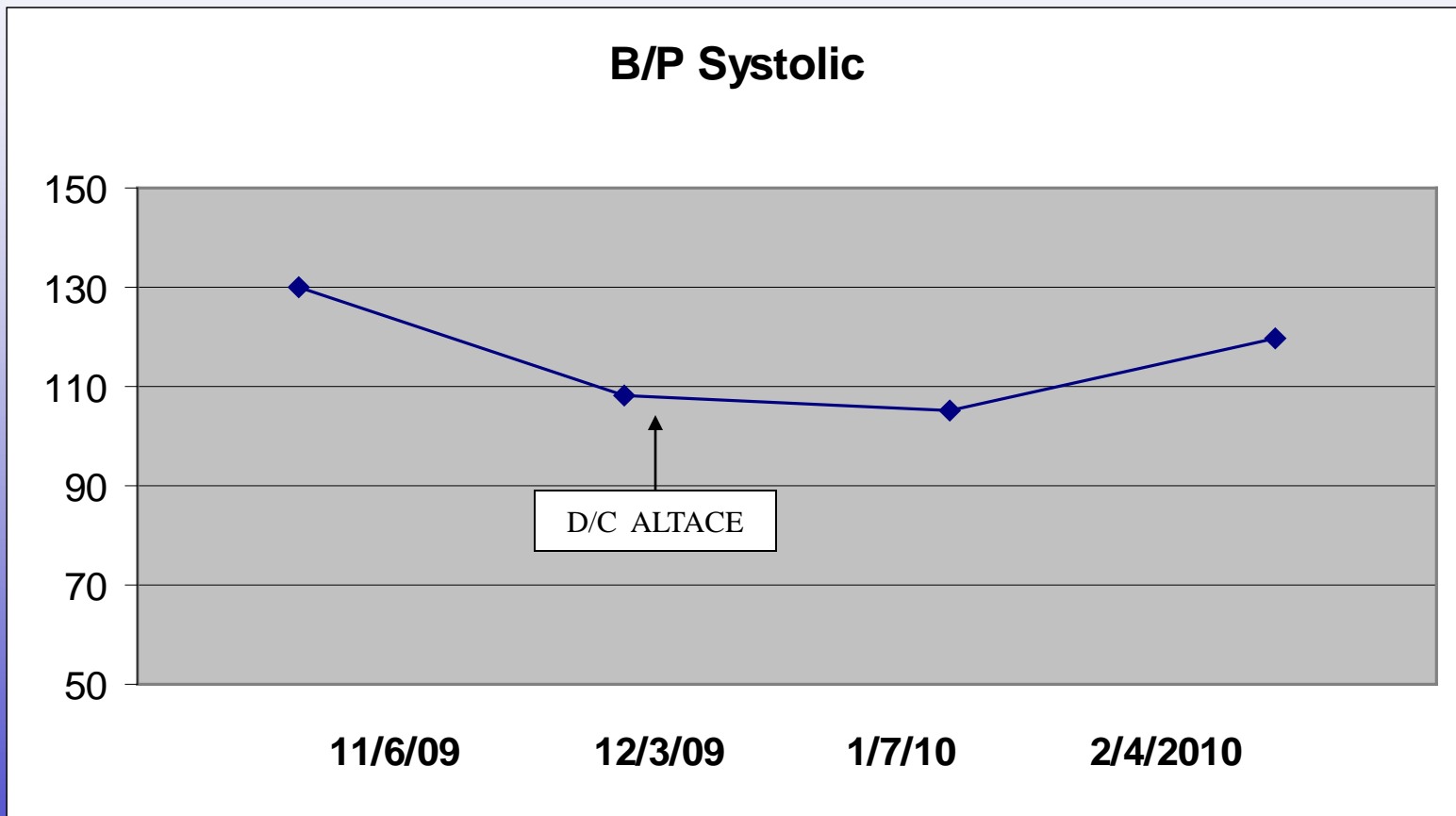
59 year old female with newly-discovered hypertension was treated with the Rice Diet of Central Florida and was able to attain normal BP within 2 months as demonstrated above.

## B/P Diastolic



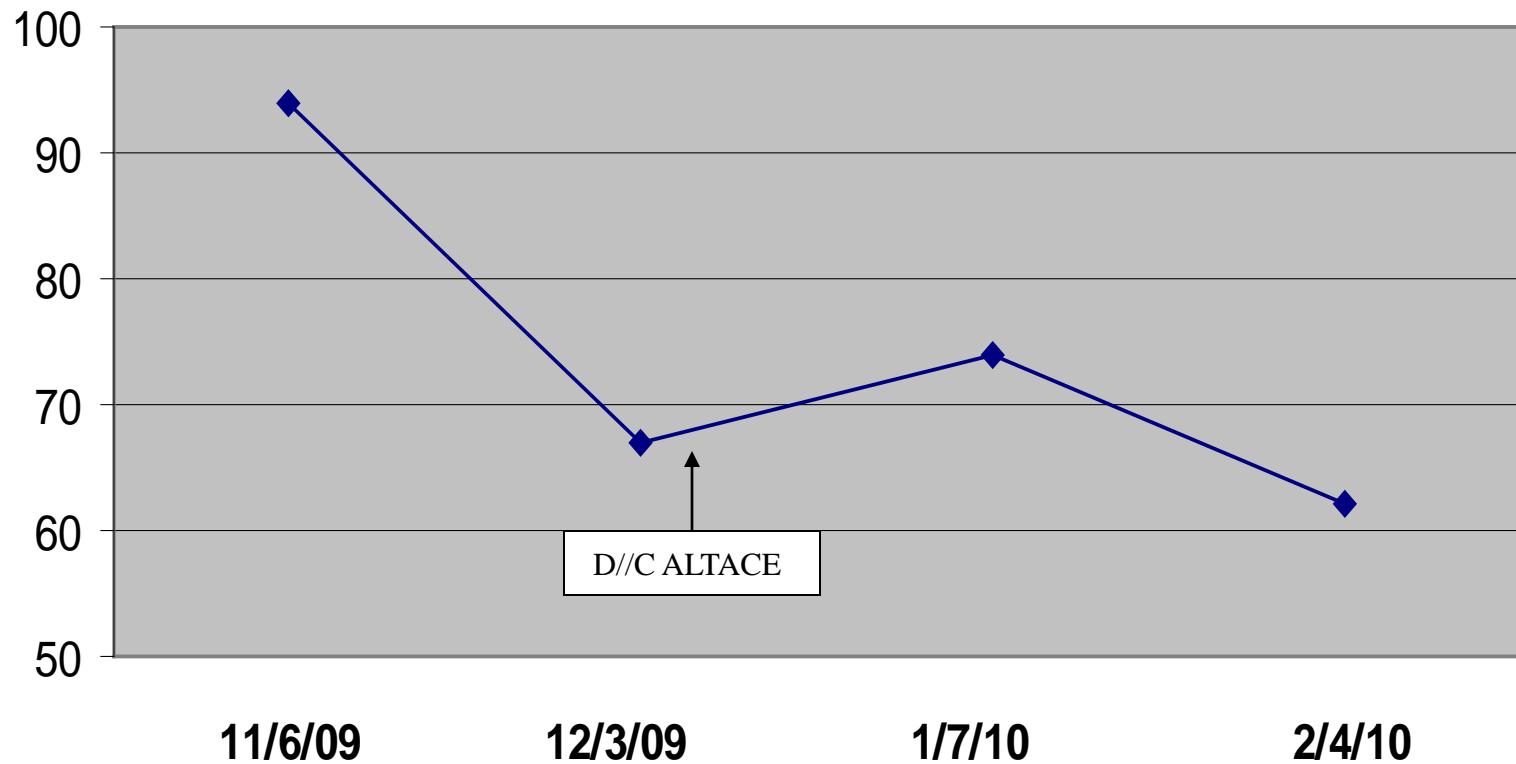
59 year old female with newly-discovered hypertension was treated with the Rice Diet of Central Florida and was able to attain normal BP within 2 months as demonstrated above.

# M.B.



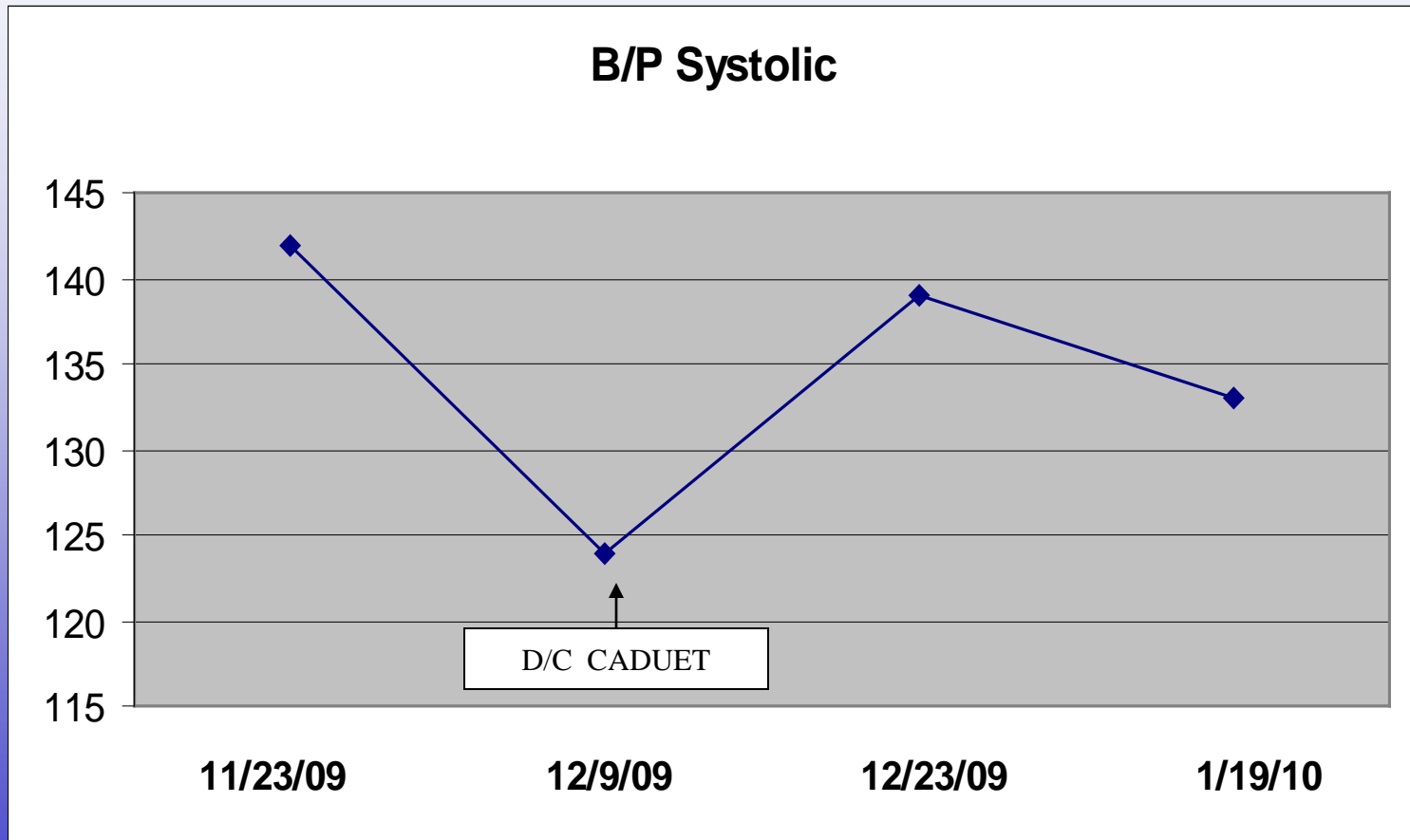
65 year old female with hypertension was able to discontinue her medication within 1 month of starting the Rice Diet of Central Florida program and maintain normal BP.

## B/P Diastolic



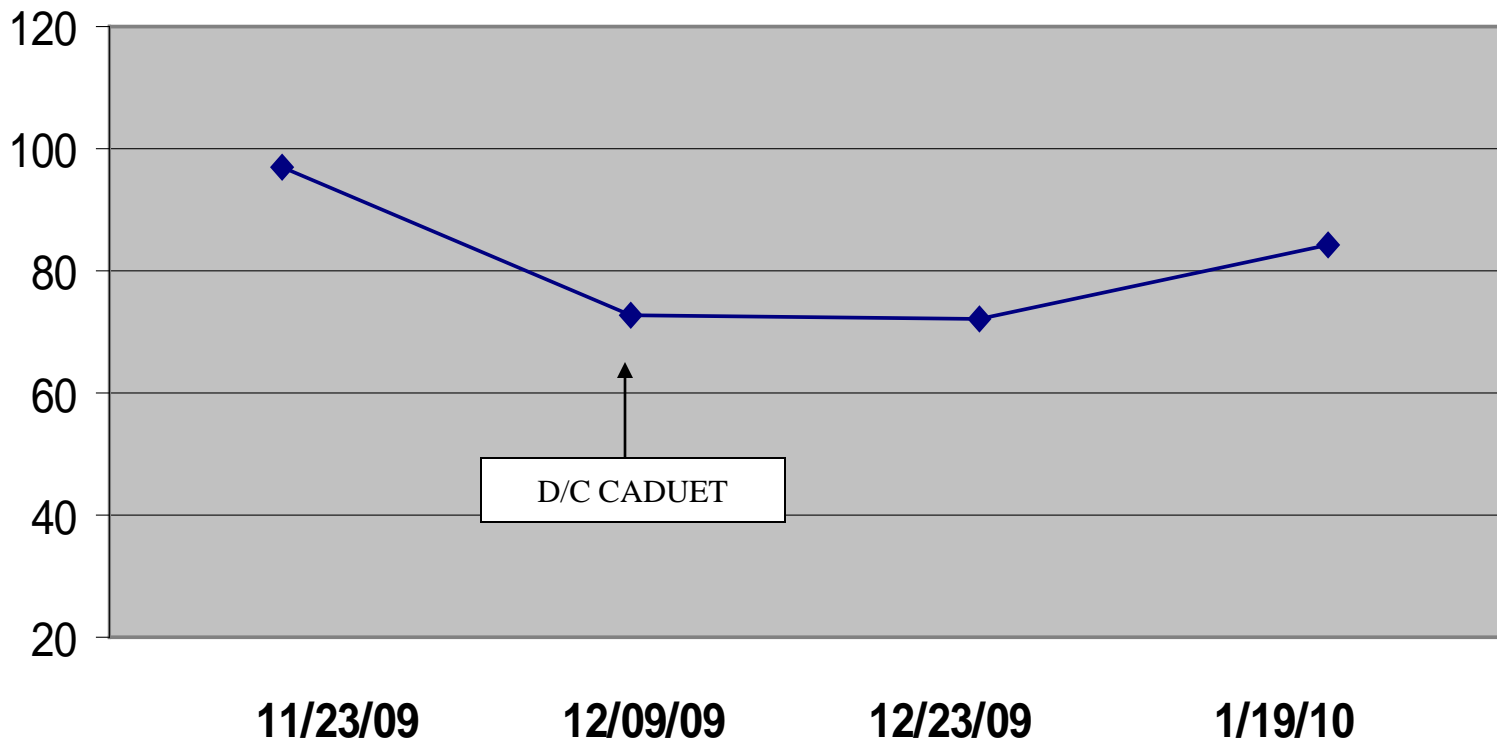
65 year old female with hypertension was able to discontinue her medication within 1 month of starting the Rice Diet of Central Florida program and maintain normal BP.

# M.H.



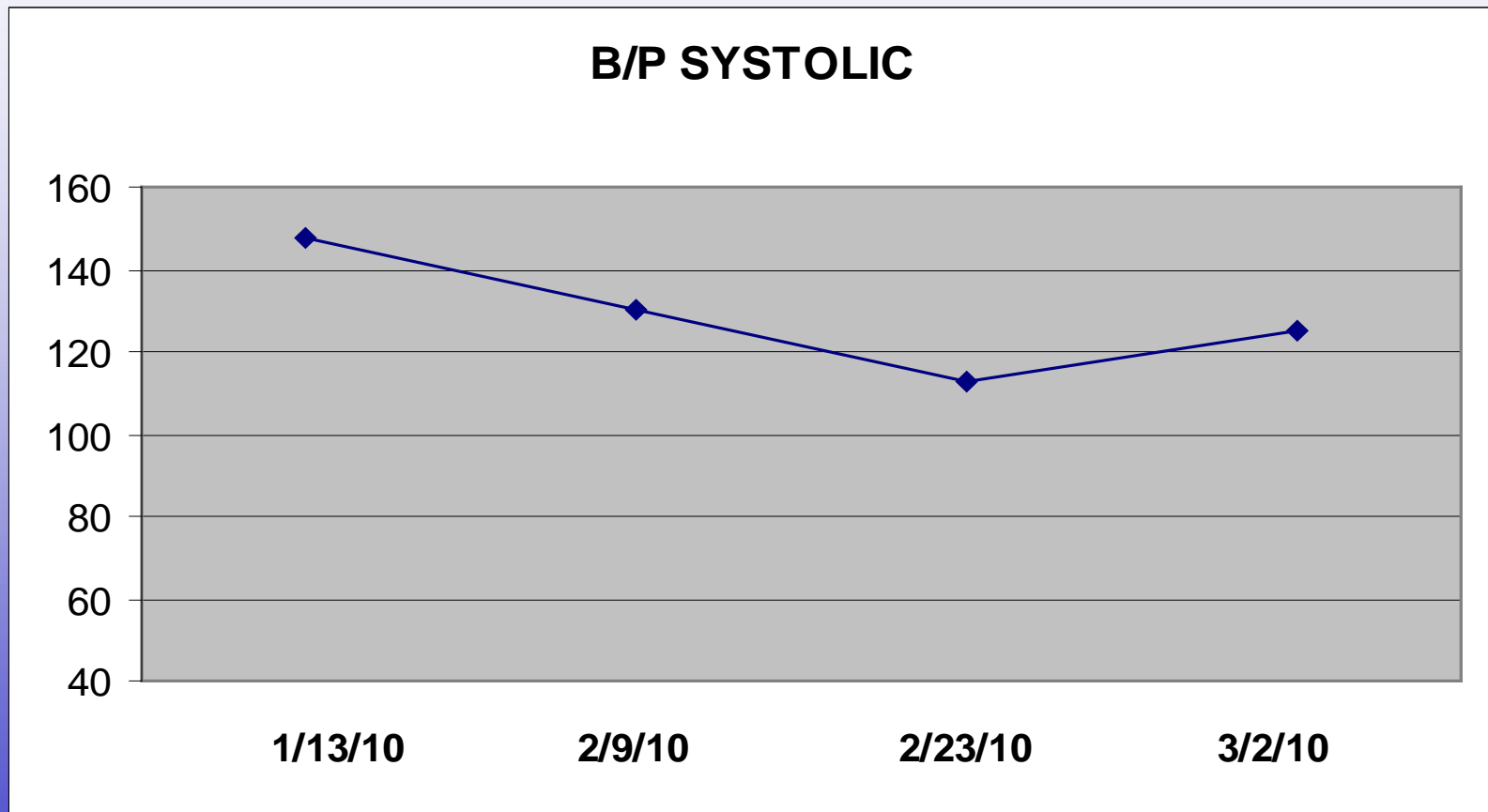
67 year old female with hypertension was able to discontinue her anti-hypertensive medication above and continue to maintain BP levels below her levels while on medication by maintaining the Rice Diet of Central Florida program.

## B/P Diastolic



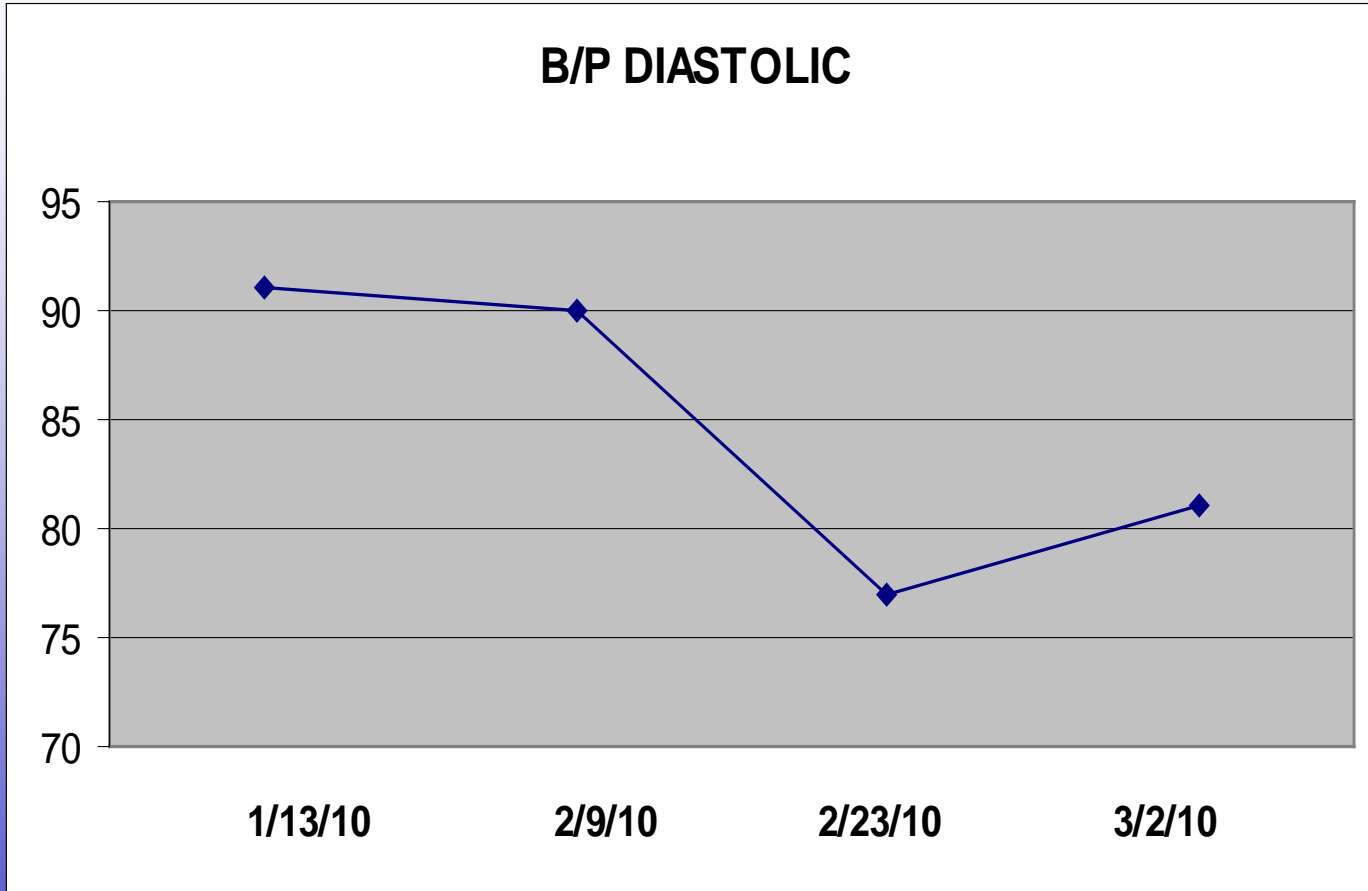
67 year old female with hypertension was able to discontinue her anti-hypertensive medication above and continue to maintain BP levels below her levels while on medication by maintaining the Rice Diet of Central Florida program.

# S.W.



50 year old female with newly-discovered hypertension treated with Rice Diet of Central Florida program. She was able to drop her BP to normal limits within 6 weeks.





50 year old female with newly-discovered hypertension treated with Rice Diet of Central Florida program. She was able to drop her BP to normal limits within 6 weeks.