



6-12-2012

# A Dietary Approach for Treating Dyslipidemia and Hyperglycemia

Joseph Stefon Feuerstein  
*Stamford Hospital, Columbia University*

Leyna Bautista

Wendy Bjerke  
*Sacred Heart University, [bjerkew@sacredheart.edu](mailto:bjerkew@sacredheart.edu)*

Follow this and additional works at: [http://digitalcommons.sacredheart.edu/pthms\\_fac](http://digitalcommons.sacredheart.edu/pthms_fac)



Part of the [Dietetics and Clinical Nutrition Commons](#)

---

## Recommended Citation

Feuerstein et al.: P02.01. A dietary approach for treating dyslipidemia and hyperglycemia. *BMC Complementary and Alternative Medicine* 2012 12 (Suppl 1):P57.

This Conference Proceeding is brought to you for free and open access by the Physical Therapy & Human Movement Science at DigitalCommons@SHU. It has been accepted for inclusion in All PTHMS Faculty Publications by an authorized administrator of DigitalCommons@SHU. For more information, please contact [ferribyp@sacredheart.edu](mailto:ferribyp@sacredheart.edu).

POSTER PRESENTATION

Open Access

# P02.01. A dietary approach for treating dyslipidemia and hyperglycemia

J Feuerstein<sup>1\*</sup>, L Bautista<sup>2</sup>, W Bjerke<sup>3</sup>

From International Research Congress on Integrative Medicine and Health 2012  
Portland, Oregon, USA. 15-18 May 2012

## Purpose

Elevated LDL cholesterol and impaired fasting glucose are significant risk factors for cardiovascular disease; the most prevalent cause of mortality in the USA. Many dietary approaches have been examined to help combat these medical problems. Each type of diet typically places a particular emphasis on the relative proportions of the three macronutrients; fat, carbohydrate and protein.

## Methods

We report on a case series of 41 patients who were placed on an 1100-calorie diet reduced in starch and emphasizing lean proteins, mono and polyunsaturated fats and fiber with a unique composition of macronutrients for four months in an effort to improve cholesterol and fasting glucose indices.

## Results

28 of the 41 (68%) patients complied with the protocol over a four-month period. In the compliant group, statistically significant reduction ( $p < 0.05$ ) in the following mean variables were seen: Weight (2.3kg), Total Cholesterol 22% (53 mg/dL), LDL 23% (43 mg/dL), HDL (4 mg/dL), TAG (21 mg/dL) and fasting serum glucose (12 mg/dL), after 4 months on the dietary regimen. In the non-compliant/comparison group, statistically significant increases ( $p < 0.05$ ) in the following variables were seen at the end of 6 months: Total Cholesterol (24 mg/dL), LDL (14 mg/dL) and TAG (29 mg/dl).

## Conclusion

This magnitude of reduction in Total and LDL Cholesterol is significantly greater than that seen in the recent large dietary intervention trials and is comparable to that seen

in the 'eco-Atkins' trial, which was far more restrictive in nature and shorter in duration.

## Author details

<sup>1</sup>Stamford Hospital, Columbia University, Stamford, USA. <sup>2</sup>Optimus Healthcare, Stamford, USA. <sup>3</sup>Sacred Heart University, Fairfield, USA.

Published: 12 June 2012

doi:10.1186/1472-6882-12-S1-P57

Cite this article as: Feuerstein et al.: P02.01. A dietary approach for treating dyslipidemia and hyperglycemia. *BMC Complementary and Alternative Medicine* 2012 **12**(Suppl 1):P57.

Submit your next manuscript to BioMed Central and take full advantage of:

- Convenient online submission
- Thorough peer review
- No space constraints or color figure charges
- Immediate publication on acceptance
- Inclusion in PubMed, CAS, Scopus and Google Scholar
- Research which is freely available for redistribution

Submit your manuscript at  
[www.biomedcentral.com/submit](http://www.biomedcentral.com/submit)



<sup>1</sup>Stamford Hospital, Columbia University, Stamford, USA  
Full list of author information is available at the end of the article