

Patient Woodrow Riley Objective:  
Return to Work after 20 years Disability  
Prevented by: Unable to Overcome Disability  
(from continued weakness in smashed ankle, 1989 accident)  
Returning to Work Efforts to Achieve: **Lose Weight**  
**thereby Relieving Extra Weight from Ankle**

**Weight Control by:**

1. Muscle Building
2. Weightloss Foods and
3. Supplements Currently Being
4. Consumed Daily to Lose Weight:

**Ankle-Strengthening:**

Bone Calcium  
Glucosamine MSM  
A THRU Z multivitamin~minerals

**Increased Fat-Burning:**

Iso-Stak (3 per day limit)  
Stacker II (very small amounts)  
Mega Hoodia (very small amounts)  
Cool Cayenne (very small amounts)  
Lipoxene Ephedra Free (small amounts)  
7-Keto DHEA Metabolite (raises body temperature, 1 a day)  
Guggelsterones (T-4 couch hormone conversion to T-3 activating hormone)

**Health ~ Strength:**

Aloe Vera powder  
Oxy-Nectar Antioxidant  
inc 10 berries, shitake mushrooms  
Cream of Wheat (iron)  
+  
BCAA (branched chain amino acid capsules)  
+  
Lysine -  
Arginine - 3 aminos that promote muscle growth  
Glutamine -  
+  
Creatine  
Barley Grass (green vegetable for the day)  
Hyaluronic Acid (also fights colon cancer)  
Desiccated Liver (known to raise stamina)  
Peanut Butter/Celery (calms the nerves)

Woodrow Riley **Attempt to overcome Ankle Problem** (cont next page)

## **Attempt to overcome Ankle Problem via Weight Loss:**

### **Joint Lubrication ~ Organ Repair:**

limited amounts of:

Pumpkin Seed Oil

Borage/Flax/Fish

Wheat Germ Oil

Coconut Oil => increases thyroid function (also excellent protein source)

Olive Oil (healthy, warms the blood quick)

### **Cholesterol Reduction:**

aspirin

acetyl-L-carnitine (relaxes cell membrane walls to accept nutrients better)

oatmeal flakes mixed with applesauce, a boxer's trick

oat & barley fiber

apple pectin powder

green beans lentils spinach

### **Heart ~ Systemic Strength:**

Co Q-10 and Resveratrol

Beer (makes Resveratrol work more fully)

### **Exercise Program:**

Weight Bench presses, Dumbbell Curls, Iron Gym (all upper body)

**Exercises currently unable to do much of** because of ankle weakness => treadmill, walking, squats & lunges

Best all-over body fluids pump => get a trampoline; but a cheaper choice that gives lots of up and down is an Iron Gym from K-Mart for \$29.xx. Use your biceps to take weight off your feet, do some bouncing that way: pretty close to trampolining. Side-to-side bouncing like ski slope workout.

Easy at first otherwise you will strain sacroiliac muscles very badly.

After 3-4 months following all the above the results have been mixed. **Excess bodyfat has been lost** but it was also replaced by extra muscle, so the situation with the ankle remains and returning to Work stays beyond my grasp 1/16/09.

There has been an increased level of strength & health from these many fine food supplements, lowered blood pressure, lowered cholesterol, systemic stability (for my age). Still subject to cold weather so stay indoors mostly and continue writing information to the Internet to help others. Younger people would respond extremely well to these products but [some are not recommend before adulthood](#).