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## Interview with Bruce and Lisa Rickard

Lurette Frost

Bruce Rickard

Lisa Rickard

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Researcher's name: Lurette Frost

Event: Interview with Bruce and Lisa Rickard

Place: Rickard's farm in Fredricktown

Co-workers present: none

LR = Lisa Rickard

LF = Lurette Frost

BR = Bruce Rickard

LR: What do you want to know about? How we change our diet?

LF: Yeah, and maybe a little bit about how you made it here, background of when you came here.

LR: We both had jobs in New Jersey in the corporate world, him long term and me not so long term. I must be smarter than he is because I figured out in only 5 years that that was not the life for me. There were other considerations. I knew I didn't want to be inside. After being a student, a college student and then a grad student, I didn't realize what change it would be to spend 8-5, 9-5, inside this air-conditioned box, not being outside at all, I found it a real strain. I suppose that if I'd just stayed there longer I would have gotten used to it. The work was not rewarding so he'd (Bruce) basically always wanted to be a farmer since he was 6. So we started making plans on how we could move to become farmers. So we were making lots of money but we didn't have any time. That's the way it is when you have a corporate job, so we bought an old house that was in really rough shape, a real handyman special, that the realtor didn't think we'd be interested, no kitchen,

BR: It had been used as a chemistry lab, so it had gas fire burners all along the counter, big stone walk-in fireplace.

LR: The good thing about the house was that it had (inaudible...) Nobody has started so it was an old stone house and we fixed it up over the course of 2 years. Every spare moment that we weren't at work.

BR: The house was also in Pennsylvania right across the border, right across the Delaware River. I couldn't tell from your plates if you were from New Jersey or Delaware.

LF: No, Michigan. But actually my parents are from DC. I grew up in DC but I don't really like it there.

BR: It's not unusual for people to live right along the eastern edge of PA and commute into New Jersey for work. New Jersey's a real small state, it's got a lot of expressway access and that part of Eastern PA, stone houses are kind of a mythical thing. Everybody wants to have an old stone house. That's the market, the housing market there and we found this one that, it was still reasonable because it was in sad shape.

LR: It was being sold of an estate and the executor lived in Texas and they just wanted to get rid of it. We made an offer that we thought was way too low, so it would give us time to think what our real offer should be and they took it. We were like, Oh, Great!! But we were just extremely lucky. We took 2 years to fix it up, didn't have time to muck it up before it sold, you know, had a brand new baby, no little kids, you know, which would make it more difficult to keep it. We hit the peak of the real estate market, it was just pure luck. We sold that house on a third of an acre and used it to buy 70 acres and a really big house out here, beautiful, Italianate, 3000-some square feet, you know, huge. The difference between values there and values here was hugely to our advantage. We later decided that that farm wasn't really right for us, you know how you learn as you go along, well it was too much house, it took a lot of money to maintain it, heat it and everything like that and we didn't really need it although the kids like it a lot. We needed a little more land so we would have more room for livestock, so we could increase our farming. So we kind of traded it for this which is more acreage and didn't have any buildings on it. It was about the same value, so.... We've lived here since '94, fall of '94.

LF: When did you move to Ohio?

LR: 1987----October.

LF: How come Ohio?

LR: Well, his parents lived in the Cincinnati area, and mine lived in the Pittsburgh area, so it's about 3 hours to either one, and there's a lot of good farmland out here so it was close enough to easily visit but not right in their backyard. To everybody's benefit.

BR: My father was sick at the time, and Lisa's father has had a series of health problems so we thought it would be convenient to be out here and be able to help out.

LR: As I mentioned before, we were extremely lucky on two counts: One of them is that we discovered we wanted to home school and this is a very good place, and the second of them was that we finally decided we were going to be sheep farmers, and the Mount Vernon Producers Livestock Auction is the best place to sell sheep in the state of Ohio. People come from Michigan, Pennsylvania; they have to haul those animals all that way. We were so close, you know. (Inaudible....) Is that the kind of thing you wanted to know?

LF: Yeah. So, how have you, since you moved from the East, how have you changed...inaudible...So maybe you could tell me a little bit about your eating habits and maybe how those have changed throughout....

LR: OK. Let's start in New Jersey before we had any of this health (inaudible...) and stuff. The thing that changed our diet.... We used to eat like everybody eats, right? Fast food when it was convenient, restaurants once in a while, spaghetti for dinner, you know, whatever.

BR: Lots of pasta.

LR: Right, lots of pasta. I have trouble remembering! Pasta and hamburger and....all that stuff. It was fairly typical. And then.

BR: Speed and convenience were important.

LR: That's right. When we were working in particular because like I said we had plenty of money, so no problem buying already made stuff and we had no time. Then Jesse was born. First child, I didn't resume work after that, you know. I changed jobs, to child raising. At about that same time we moved out here, he was still working, he got transferred to Columbus, so we still had that income while we were trying to get started. And at that time the biggest effect on our eating was that we planned on making a living from farming and we knew it was not going to be the living that we had been formerly making with two management interns (?) in New Jersey so we had to really cut back on our expenses and so that affected our menu. We ate out less, much less, but of course it was still spaghetti and salads and hamburger. We started growing our own stuff in the garden and butchered our animals for our meat to a certain extent, but we still bought things at the store. And then just recently last fall I got a lab test result from the doctor that my blood sugar was way too high, in other words type 2 Adult Onset diabetes and we won't go through all of that... Actually, maybe I will. I also have very high triglycerides which is a lipid related to fat storage and other things, heart disease, it's a good indicator for heart disease. These are all bad things. The doctor said, I said, what life style changes can I do because I've been trying to stay on a lower-fat diet. What lifestyle changes can I do to fix these? He said, and I quote, "None. You can't do it." And I'm going to treat this like they will be in the future. I'm going to be proactive; I'm not going to let this get to a worse level. Blood sugar was 250; it should be under 110. But there are lots of people out there who have 400, 500, 600, so he was saying this is like, borderline, but I'm not going to say, just watch what you eat, and when it gets really bad we'll do something. We're going to treat it right now with this drug. Take this drug and Bruce's mothers husband (stepfather I guess)

BR: And you asked him what are the side effects of the drug, consequences of the drug.

LR: Oh yeah, what are the side effects of the drug. He said, Your blood sugar will go down. Some miracle drug...no side effects! So the whole experience was appalling. He was just sitting there. Actually, I believed him. You know, you go to an expert on things, you know, no life style changes, but I didn't believe him enough to just go along with it. We went straight to the library. I mean, we went from the doctor's office to the library, Yes, right, we are believers in 2nd opinions on just about everything, you know, I mean,

nobody knows everything. So we checked out all the books we could and most of them said what the current philosophy is about diabetes is just eat a high carbohydrate diet, complex carbohydrates, not simple carbohydrates, and go to your doctor every three months for a checkup. One of them, by Dr. Bernstein, in New York said that's not what you need to do. He's a diabetic, Type 1; survived since he was 10 or 12 or something, and he went through horrible body changes on this high carbohydrate.... You know, it wasn't working and so he decided, let's see, he found out when he was married then that he found out there was a glucose meter, it weighed about 60 pounds, it was about this big, or something, that he could use it to test his blood sugar. He got his wife, a doctor, because he couldn't get one, you had to be a doctor to get one, really, she got one for him. And he used it to see what happened to his blood sugar after he ate something...(interruption)...So he used the glucose meter to find out what happened after he ate stuff and he found out that whenever he ate any carbohydrate, simple, complex, doesn't matter, it would shoot his blood sugar up. For one gram of carbohydrate his blood sugar would be up so many points. Since he was Type 1 and had basically no insulin at all, it was a pretty clear measurement of how much that food would put up his, anyway. And it didn't matter if it was potatoes or bread or candy, it turned out that when you eat a carbohydrate it turns into sugar in your blood whether it's complex or simple, so...and so he started limiting carbohydrates, got his blood sugar under control, no more symptoms, they reversed, almost all of them, except for a few that were permanent, but all the stuff like neuropathy, nerves dying, and nephropathy, which is kidney damage and retinal myopathy, whatever they call it, which is blood vessels in your eye that make diabetics go blind, all that stuff was reversed. What happens is that your blood just gets so thick and syrupy that the little capillaries at the end of the line get clogged up and the tissue dies and can't get fed. That's why it affects the kidneys and the eyes. If I start giving you too much information tell me to back up or do something.  
LF: No that's great.

LR: Ok, because I get off on this thing. The kids say I think you are getting obsessed. Ok, let's see, So it seemed to me that he was right. Since he had basically proof that if you reduce carbohydrates, your blood sugar goes down. So I went on a low carbohydrate diet just like he recommended. The average American eats like 200 to 400 grams of carbohydrate a day. And the diet that he recommends is 30 grams or less. So it's a severe restriction. There are some things you just can't eat at all because there is so much sugar that it raises your blood sugar even if you only have like one apple a day, it would still make it spike up to much.

BR: And since carbohydrate rides along with all the other you know protein and fat on most foods its hard to get the food you need and still keep the carbohydrate, I mean 30 grams of carbohydrate is nothing. It is just incidental noise in the background if you eat an all protein diet, for the most part.

LR: Protein and fat, I mean there are only three main things, carbo, protein and fat. If you cut down one the other two will go up. Which is why some people call this low carbohydrate diet a high fat diet.

LF: right

BR: You have to get your calories from some place.

LR: Right, you got to get them from somewhere. Alcohol is not carbo, protein or fat but you don't want to get a lot of calories from that. Tempting sometimes... So my morning blood sugar has continued to go down. Oh as an aside here, lets see, he says that if you have high blood sugar and you go on this diet and it brings you blood sugar to a normal level other things like cholesterol and triglycerides and HBL, do you know what that is? That the good cholesterol and it is supposed to be high. It goes up if you exercise.

LF: Ok

LR: Any way, I didn't used to know any of this stuff either, crash course. It will go up like it is supposed too, because these things are all tied together like that. So my triglycerides also came down radically and my cholesterol is Ok, borderline ok and the main thing was the blood sugar because you know your going to have, if it gets out of control you know you are going to have a major problem. But for the triglycerides also apparently fish oil helps reduce that. There are studies of Finish fisherman, I can't remember now. They measured how much fish they eat in a day, on average, and they grouped them three ways, and the ones that normally eat fish every day, versus three times a week, versus almost never, and there was a huge difference in their triglycerides and that is tied to heart disease. So any way I have some fish about every other day. Salmon or it's got to be cold water oily fish, salmon or sardines.

BR: And it can't be farm-raised salmon. A lot of people have switched to buying salmon because this is a well known relationship and salmon, for a while there salmon prices just went through the roof and then the people who saw the marketing opportunity there moved into the salmon business and they started farm raising salmon. Farm raising salmon means creating pens along the shore and feeding salmon grain. When you feed them grain, now you've got a salmon feed lot and you just change the fatty acid profile of the salmon and it doesn't work any more. It doesn't do what it is supposed to do. Doesn't have the same health benefit.

LF: So how do you know where to buy your salmon?

BR: Well, if it says Alaskan salmon that is usually pretty good indicator because it is too expensive to ship corn to Alaska.

LR: And if it says Atlantic salmon it's probably fine.

BR: Probably fine, because Atlantic salmon is much heartier. They are much more disease resistant, They can be pinned in smaller, they are much more tolerant to crowding. They don't get the diseases the pacific salmon do and they don't die annually or every four years or what ever it is.

LR: I just bought some salmon and I think that the only they have available in this area right now is farm raised. It is always marked Atlantic, no longer coho or any thing like that and it looks different. It has got a thick layer of kind of greyish fat around the outside edge. It looks, if you picked a wild cow and a feed lot cow you know, I mean it is the same kind of difference. I could be wrong, but we think it is farmed so I am just not going to buy it any more. But the sardines, nobody farms those so I eat sardines. Usually when I tell people that I eat a can of sardines a day or so they go ewww. Any ways so my triglycerides went from like 500 down to about 100 and they are supposed to be below 200. So that's ok and then my blood sugar went from passing blood sugar from 250 down to around a 100. Some times it is in the nineties, sometimes around 110 but below a 110 is normal. And I am not taking any drugs.

LF: Did you ever start taking that drug?

LR: I took it for three days before I got the reading down. Because he said, the doctor, take it now, take it today, take it before you leave. You know he was really like, this is really important. And so I did but I stopped soon when I figured out that there was something else worth trying. But I don't eat any grains, I don't eat any, I eat very little fruit and I didn't eat any fruit for a long time. But since I got I down now to the right level I have started experimenting with fruits and berries are good. I love raspberries and we have a big raspberry patch and strawberries. And you know, one strawberry never tasted so good as it does now. Because there so, I mean you appreciate it more. Lets see, I still don't eat any bread though because, but I have come up with some recipes that work out really well. For example for waffles and pancakes which normally would be off the list, have adopted some other recipes that I saw in like Dr. Atkins diet, which has been around for a long time, which is a low carb diet. He's got products out there that you can buy, but I don't like to do that because they are really expensive and they have lots of soy products in them. I am learning that soy products may not be a good thing to eat.

LF: Really, How come? I eat a lot of soy.

LR: I will show you the Wise Traditions magazine and the Sally Fallon's book it's in there.

BR: Mostly because of fidoestrogen.

LR: Fidoestrogen and the fact that there is effect on the hormones of the body and they. In fact Japanese women supposedly fed their husbands lots of Tofu when they wanted to be left alone. It's the fidoestrogens. It is kind of a well-known Japanese woman thing apparently. The protein bars that have 2 grams of carbo and instead a candy bar would have 35 or 40. They are similar to candy bar but its like instead of a meal. They are full of processed things; it is not just soy. It is soy protein isolate and this isolate and that. They make it under high heat and high pressure and I think, I mean I am coming to the idea that the best thing is the least processed and if you grow it your self and you have not sprayed it with anything. Or the meat goes to the butcher and all that happens to it is it gets frozen, that you are probably a lot better off then. Things have been, well you

know the hydrogenate oils, where they add a hydrogen atom to make it solid room temperature in margarine. They now have evidence that that causes lots of problems. In fact it can get in your body and your body thinks it is one thing but it's not so it doesn't work quite right and it can lead to cancer and things like that. There is probably lots of other processing. God, I sound like such a radical, don't I?

LF: So how has your family's diet changed at all, as well?

BR: We decided for a couple of reasons, number one, in order for her to eat correctly she needed to change her diet and she is also the major food preparer out here. It would be much easier for her to stay on the diet if we all eat the same thing. Secondly, most of the research we have been able to come up with basically says that this is a good diet for everybody, not just diabetics. It is the kind of diet that ah, especially if you start eating it while you are young that it is the kind of diet that is going to be healthy in the long term.

LR: And for example, kids eating 200- 400 grams of carbohydrate a day will have normal blood sugar, but their pancreas is pumping the insulin like nobody's business. It would be better if it did not have to do that so it didn't end up like me when they are forty.

BR: Well there are all kinds of calcium metabolism ramifications, it's a fairly intricate web here but the bottom line is that we all eat the same thing. It's healthier for all of us. This diet has no deficiencies in it because we can get everything we need and as the added plus for us because of where we live and the way we live that we grow all of what we need or almost all of it and we have the time to do the home processing that it takes to make this diet work. When the doctor told her to take this pill, this will solve it, or 90 percent of the suburban 2-income families that you would deal with, that might not be an off-the-wall conclusion because they don't have time to prepare the food that needs to be prepared, they don't have access to the ingredients, and they don't have the time---we have spent collectively, the 4 of us, several thousand hours re-educating ourselves about this diet. I mean, it's not been a small process, you have to change your whole way of thinking. I'm saying this from a different perspective. My sister is a type 2 diabetic and she's much worse from the very beginning than Lisa was. She doesn't have the time or the interest or she just isn't driven to avoid... Her answer would be give me the pill, I'll worry about that later. Her idea of fixing a meal is going to a drive-up window and the list... They have a different life than we do, and different values and for people like that the bill might be...

LR: I'm sure that they are in the majority of people. That's why the doctor probably said that you can't because 99 percent of the people that he would explain it to said, I can't waste all that time. Actually, we've been thinking about the evolution of the human body, the evolution of what we eat, since World War II we have all these refined carbohydrates and the amount of sugar that the average American eats in a year went from about 12 pounds to 120 pounds or something. It's just incredible. Before that people were eating carbs and stuff but they were home grown and now it's all convenience foods and the bodies I don't think have had time to adjust. Even before that



BR: Early in the 20<sup>th</sup> century even the American diet had a lot more fat in it and a lot more protein in it than it does now. Because a large part of the population still had access to high quality meat and it wasn't such a big deal. Today it would be real hard to. All of your meat comes off the grass, which is real important as it turns out. All our butter that we use comes from our cow who's been eating spring grass, which is real important. So its not just that is has to be protein, it has to be the right kind of protein. It has to be derived from the right sources and those sources don't exist for most people. You have to really work...and if you lived in a city like New York or Los Angeles I don't know how you would make the connections.

LR: Actually it is probably easier. Because if you know were to find the shops that have you know organic what ever and grass raised meat as people learn that that is important. All you need is the money, you know, to buy those more expensive things.

BR: Right, well that's the other thing, that a high protein diet is a really expensive diet.

LF: Do you think that, you know in the city you can goes to these stores and buy it but, you really have no sense or connection to where it is coming from. Do you feel that, you know, doing it your self and having that is again another healing process?

BR: Well, if you grow at least part of your own food then you feel like you are taking some responsibility for your own health. I think that is important. That's almost as important as all the rest. Take some responsibility and feel like you have some control over it. Other wise it is just like going to the doctor, you feel like things are being done to you. It is hard not to get past that.

LR: Well, I'll tell you when we go out in the garden and harvest the produce and I know that there has been nothing sprayed on it. You know the kids used to...it makes me feel really good. I bring it in and I prepare it and we all eat it. I think that that feeling good about it aside from what ever is in the food or not in the food, is a healthy thing. You know, I mean it is the opposite of stress it makes you feel relaxed and good about the way things are going. My kids used to pretend they were dinosaurs and they would go stalking through the garden, lucking off broccoli and tomatoes and things which was fines, peas you know, and they would just snarf them. And I thought, this is so great I mean talk about fresh, you know, they got it just like that and that they, instead of getting stuff that is picked green in California and shipped all the way out and then how many days in the fridge before you go to eat it. That all makes me feel really good. I would be really encouraged if more people had little gardens in their back yards. I mean the farm next to us just sold for development and it sold into 27 lots, it ended up being 25 because it is 150 acres of land. They are flag lots; you know one up front that is more expensive and then a long skinny driveway to a parking lot in the back. The smallest lot is like three acres and the biggest one is like 18. I am hoping that everybody puts gardens in, because they sure have the room for it. You now to grow their own, but it is more likely to see a riding lawn mower put in then a garden.

LF: So do you guys go to traditional doctors any more?

LR: Yeh, but not very often. We dropped that guy. We went to a different one. I will try to keep this short. We went to this other guy who was supposed to be pretty good and smart. I went to him and I said, I have been diagnosed with this and I got a glucose meter, I can check my blood after I eat stuff and see I what happens. I am on a low carbohydrate diet. Have you heard of Dr. Bernstiens book? Here it is. (Switching sides of tape.)

Because it is more accurate then your average glucose meter for what ever reason. I want to do it and the test that tells the blood sugar average over a long period of time. That one did not work out for some reason. It screwed up for some reasons so I didn't get the result, but triglicerides and you know all that other stuff and we got the test and I said fine, I can understand someone wanting to run the test themselves. The results came back good, not as good as I hoped but I mean the blood sugar was 130, it was supposed to be less then 110. So, we called up to give the results and he said, " what ever you are doing, keep doing it. This is great this is like the gold standard." And he meant that for diabetics apparently because 130 is not good, it is not average peoples blood sugar. What ever you are doing, keep doing it. He did not say, " tell me again what you are doing so I can tell all my other patients who are diabetics." Which is what I really wanted to hear, but at least he didn't say, " I don't believe you or" Well he didn't say anything like there are bad things about this diet, you know. In the books they say you should get a check up every six months and let the doctor tickle the bottom of your foot to make sure you are not loosing feeling. That is the first sign of neuropathy, you know, nerve damage. I am not going to do all that because I know that my blood sugar is at the right level, so I don't need to spend the money and all that. We don't have medical insurance that covers that stuff so why spend all that money, if I keep the blood sugar right every thing else should be fine. But yeah, he is still the doctor we go to if somebody gets an infection that doesn't go away or something. Let's see, how many times have we gone to the doctor. A urinary tract infection for Hannah, a broken leg for Hannah, conjunctive it is for Jesse and me. I think that is about it.

BR: I had pneumonia about four or five years ago.

LF: Do you take a lot of herbs when you get kind of sick?

LR: Well, no. We take vitamins and minerals daily.

LF: From the health food store, Down to Earth?

LR: Yep, the ones from the grocery store have too many dies in them.

LF: There is a doctor that Elaine was telling me about in Columbus

LR: Stuart Pickard????

LF: Yeah

LR: We went there once. Actually we all went to her, but the appointment was for me. I said why don't you guys come in to because may we can learn some stuff. She took a lot of notes about what I had been eating and what my blood sugar was. At the time it was like 99, which is really good. And she said, well you have taken care of the blood sugar problem. Like now I could relax but, she wanted me to be eating more carbos like lentils and beans and things that weren't the longer acting, But I was not comfortable doing that at that point. Now I am just starting to do it. I am making some soup with some lentils and things because I don't want it to go up again. Other then that, all the supplements that she recommended she looked up in nutritional encyclopedias that they have at the library. And I can do that. It was kind of conformation that we are on the right track. But not I think that we would need on going consultation.

BR: She looked at the kid's blood under the slide.

LR: that's right she typed them

BR: She typed their blood and showed them how to make slides out of it and they look under the microscopes so they could see what it looked like.

LF: O h cool, I need to do that. It is just fascinating just because I have never heard of a doctor that really tries to cure you through diet. I cant really go talk to her because she is not in Knox County. But it is interesting. So how often, do you get anything else at the health food store other then vitamins?

LR: Well, yeah the protein bars. I have decided we are going to ween our selves off of them. We have a stock of them now and when it is gone we are not going to get any more of. And there is maple syrup substitute. I used to make our own maple syrup from our maple trees, but it is you know pretty sugary. That is just not a good idea any more. We usually put foodstuff like fresh raspberries on the waffles and stuff.

BR: The kids and I eat some of that maple syrup. But we use it at a teaspoon at a time instead of just

LR: When I say we are all on the same diet, that is not strictly true their carbo allowance is much higher then mine but it is still limited to, you know, the average American.

BR: We are eating 70 to 80 grams of carbohydrate a day and almost 2/3 of that is in fruit.

LR: And if we eat out at a restaurant the rules are relaxed for them. They can order what ever they like but they don't get rolls with it, you know. It is preventative instead of curative so it is not such a big deal.

BR: We won't get the mashed potatoes or the roles but we don't worry about the sauce that is on the roast beef or breading on fish or something like that.

LR: The first few times we said no roles the waitresses were like huh. But a lot of people must be now asking about that because of the carbohydrate addicts diet, which is used for weight loss and stuff. And I guess they are getting enough people into that now so that they are used to that.

LF: And there are a lot of people on that diet that don't really know what they are doing, I feel like that could be really unhealthy, they don't

LR: Why?

LF: They don't really pay attention and they just kind of, they do it just for weight loss.

LR: I think anything that you know swing on and off of is not a good idea.

LF: You just started this a year ago?

LR: NO, less then a year ago. I think it was April that we started it. Because actually, yeah I got the test results in February or March rather, and they we did your mad reading to figure out what we were supposed do. And I got on the web and looked for stuff there. And thought, what is it going to hurt to hurt to try this? If it fixes it I don't have to take drug and if it doesn't I am just were I started and after being probably high blood sugar for years and years and years another month probably wont make a big difference.

BR: How much weight did you loose? Do you remember? OK well I weighed 143 or 144 and

LR: Yeah all three of them lost weight, well all four of us did.

BR: and Hannah dropped down to 125 from there right?

LR: She lost 15 pounds

BR: The timing was perfect for her because she hit her growth spurt at the same time so she gained about 4 inches and lost about 15 pounds. It dramatically changed her shape.

LR: And Jesse and Bruce are both slim. I mean no one would call them over weight, but they both had a little pungisness right around the middle. Not that I am throwing stones or anything. But that went away, so I think it is healthier the way they are now. It was interesting to see that.

BR: And all of our weights dropped and then stabilized. They hit this. You know the diet did not change. Mine dropped 8 or 9 pounds, Hannah dropped 15, Jesse lost 5 or 6, I guess. All the weights just stabilized at that point and it made a big difference and they stabilized at I mean, Hannah and I probably. I think the last time Lisa counted my calories I was eating 2700 calories a day.

LR: Yeah Jesse and Bruce really eat 2700 or 3000 calories a day. I've got 15 or 20 pounds to loose to get to be the right weight. I f you drop weight down your blood sugar also drops, even if you are eating the same stuff. So I am going to do that to see if that helps some too and may be I could then increase the lentils and still keep my blood sugar down. But I lost 15 pounds too when we started this. I am keeping track of my calories and I am eating 1500 and I look like this and they are eating 3000 and they look like that. So, some places aren't fair.

LF: So do you think overall you guys are a lot more healthy because of this diet, Like you don't gets colds or flu?

LR: Well you know we never got sick very often any way. Bruce says he feels ten years younger as far as creaking and stiffness. He was starting to worry about that, you know feel old that way. The other day when he jumped up onto the tractor, or off of it or something, and realized how much easier it was then it was before. May be it is the ten pounds, may be it is the family diet. Speaking of feeling healthy, the one things that I really really really miss right now is that at the same time that we started this went back to my on again off again exercise. I don't know how I fit into the active/inactive normally. But I know that when I do aerobics that's with a video, so unnatural but you can control the environment and do it each morning before you do any thing else, so it is easier to get done. When I do that 6 days a week I feel much better, more flexible and less creaky and more energetic and all that other goods stuff. But since we had all the stuff going on in the house

Lisa talks about the workers being around her house and how that disrupted he schedule.

LF: Do you have any recipes? We are actually collecting recipes to put in one of the sidebars.

LR: Well, yeah sure, if it is for people who are interested in limiting their carbs, yeah the waffles and the pancakes. And filling to go in it, canolony filling. It is ricotta cheese and I add sweetener to it. Stevia or diabeta sweet, which is, sugar alcohol. I am not exactly sure what that is but I know it does not bring up my blood sugar and vanilla (inaudible) One of the big objections to the low carb diet is that you have to have a hamburger for breakfast and you don't. Cheese omelet, fried eggs, bacon, sausage, these waffles or pancakes, so there is still traditional breakfast stuff out there.

LF: Has the health food store helped you learn about this? Do they have books and stuff to read there or do they know any things about it?

LR: Uh lets see, I think they have Dr. Atkins new diet book but ah not really. The library was the big help because they had the Biernstien book, but you know, with the Biernstien book they had six or seven older books that still recommended high carbohydrate intake. An aside here the ADA, the American Diabetes Association recommends this high carb diet. They used to say avoid sugar, eat complex carbohydrates. Then there was a study finding that a complex and a simple carbohydrate had exactly the same affect on you blood, blood sugar, in terms of the rise in it. There response to this was not to say, oops

you should not be eating complex carbohydrates either, but to say, Oh it is ok to eat the simple ones because they do the same thing. It like sugar does the same thing as potatoes, so go ahead eat the sugar, no don't eat the potatoes either because they both raise your blood sugar. It didn't make any sense to me. But now they are saying, work with your own doctor and do what your own doctor recommends. You know they are still not saying oops we were wrong. But anyway the glucose meter is wonderful because with the triglycerides I can't test myself and so you can eat sardines every day and hope they are doing what needs to be done, until you pay for a \$30 test at the doctors and find out. With the glucose meter, I test it every morning so I can keep track of if it is going down or going up. And if it is real high I can say, oops what did I do yesterday that I shouldn't have done. That daily checking helps reinforce that you are in control and that what you do matters. Which make you much more likely to stick to it.

LR: As far as exercise goes, we have been having the kids to exercise too. We were appalled at how the weren't really in shape. You know cardiovascularly, we thought they were kids, they run around a lot, they will be ok. When we did it together, I was in better shape then they were and ah you go to keep this.

LF: Has it changes your daily routine, this eating?

LR: Well we've gotten used to it. I could do it in my sleep. I hear the music in me. There is one routine that just feels just right to me. I know it so well and I can gage what kind of shape I am in if (talking about the exercise leader on the video)

LF: Also with the cooking stuff, has that changed the way you have to structure your day? You know because you have to think a lot more about what you eat.

LR: Right, that has actually been a good change, but it has been kinda of a gradual change and I just realized a few days ago I guess how much more time I spend preparing the meals now. That ties into what Bruce was saying before; if you don't have any time you know it would be difficult. For example, breakfast, no cereal. I used to like having cereal or oatmeal with yogurt and fruit on it, none of that stuff now. Oatmeal would be ok in a tiny quantity, but you want a lot. The waffles and the bacon or the pancakes and the bacon, takes an hour and a half to two hours. So that would be a big problem for somebody rushing off to work at eight o'clock.

BR: And then they would run into the same problem during lunch.

LR: Lunch, cheese is ok and

BR: You have to take your lunch. You can't eat in the company cafeteria and it is real hard to go out for lunch with the guys you work with.

LR: Well, actually, yes and no. It certainly provides more opportunities for temptation or bad judgment. When we go to a restaurant, the one thing about this diet is that you loose a lot of that appetite, ooh I really wish I could have a piece of this, the cookie or

something. It just goes away. I have no will power at all and on this diet those cravings, not even craving but that really looks good I would really like to have it, it just becomes a non-issue. When I look at a menu I think what on here can I eat. It not I want to have that and I am not allowed to, its more well there are two things out of 25 on here that I could have, oh well. But any way your selections are limited. We got really excited; we went to a steak house last month and they had six things on there that I could choose.

BR: Probably like 2/3 of the menu was all right.

LR: You have to look for a place that grills stuff instead of breading it and flouring it.

LF: Are there a lot of places around here that you can go to eat?

LR: Well, Bob Evans has a couple of things and Ryan's if you're selective. They have the meats and the salads and so on. The alcove and you just tell them not to bring any bread. And probably the Kenyon Inn, although we have not been there for a while. The really top of the line places, the expensive places and the home-style places sometimes, like Bob Evans. And actually it is like yuppie home-style. The real old diner kind of places they all have gravy on every thing, mash potatoes, rolls. So it is restrictive but it is not awful. And if you are with people you can usually eat something. It is just a mater of whether you can order something and eat what you can eat with out making a spectacle of yourself. I you go to like Taco Bell you can eat the filling, but not the tortilla.

Everybody looks at you funny. Or a burger joint, no fries, no bun, burgers I guess. Although then there is what they add into it. I heard that McDonalds doesn't only put salt on their fries but they put sugar as well. So may be they add sugar to the burgers. I know it is in the mayonnaise. Before all this stated and we were cutting way back expenses, we made a rule that we were not going to eat at any more places with a drive through, because it was costing too much and probably wasn't a good idea anyway. Then for some reason we were travelling or something, months after we had not eaten at any take out place, and we got sandwiches at Wendy. I got the chicken sandwich and I took a bite out of it and they put the sauce on it and it was so sweet. I had always thought it was just mayonnaise but it was something else that had lots of sugar in it.

LF: Is there any thing else you would like to say? Any one else you know that has changed their lifestyle and eating habits and has really effected them?

LR: No I don't think so, no one you could talk to except for my sister.

BR: Everybody else thinks we are nuts.

LR: I had my family here for Christmas and they were afraid I was going to feed them like we eat. I said don't worry we will have stuffing with the turkey. It's ok dad.