

## Report of Recent Lithuanian 10-day Immersion Program

At the invitation of and with the active support of the Chairman of the Health Committee of the Lithuanian Seimas (Parliament), Dr. and Mrs. John Kelly, assisted by Brenda Davis and Loreta Vainius, conducted a 10-day Immersion Program at the UPA Rehabilitation Center in Druskininkai, Lithuania, March 11-20 for 10 self-paying Lithuanian-speaking health guests. Their number included three physicians, one retired ambassador, an attorney, and two published authors. The 10 guests had a typical mix of comorbidities including obesity, insulin resistance, hypertension and inflammatory conditions. They included a diabetic taking insulin, two with hypertension taking medications, and one apparently healthy person with a BMI ~20. Average age was 59.5y, oldest was 72.5y and youngest 40y, and four were males (40%).

The program began on Sunday afternoon and ended on Tuesday afternoon. Though the program spanned 10 days, the active portion was only 9 days in length. The fasting blood tests were drawn on consecutive Monday mornings, so the biometric changes occurred in only 7 days. The changes included numerous improvements in chronic disease risk factors, and some reductions in medications. The average changes included the following:

<u>Item</u>	<u>Measure</u>	<u>Begin, mmol/L</u>	<u>Change, mmol/L</u>	<u>%</u>
1.	Total cholesterol	6.46 (250 mg/dL)	-0.91 (-36 mg/dL)	-14%
	Highest 3'tile	8.47 (327)	-1,6 (-62)	-19%
	Highest value	10.4 (402)	-2.8 (-108)	-27%
2.	LDL cholesterol	4.0 (155)	-0.67 (-28)	-18%
	Highest 3'tile	5.7 (220)	-1.1 (-43)	-19%
3.	Fasting glucose	5.45 (98)	-0.32 (-6)	-6%
	DM2	6.09 (110)	-0.70 (-13)	-11%
4.	Systolic BP	130 mmHg	-8 mmHg	-6%
	Highest 3'tile	155	-23	-15%
5.	SF-36	66	+17	+26%
	Lowest 3'tile	40	+28	+70%
6.	BMI	27.9 kg/m <sup>2</sup>	-0.40 kg/m <sup>2</sup>	-1.4%
	Highest 3'tile	34.0	-0.53	-1.6%

Two of the ten guests reduced their medications, including reducing insulin dosing and BP medication. One guest with admission SBP >200 mmHg started a new medication. There was a small net reduction in medication dosing.

As the biometric changes reveal, the immersion program was highly effective in improving risk factors for chronic disease, most notably for the leading killer in Lithuania, heart disease. But the greatest improvements were seen in the quality of life measures, the SF36 scores. In fact, almost all measures improved in just 7 days. And not surprisingly the attitudes of guests changed dramatically as well. Without exception each guest stated their satisfaction with their changes and surprise at how easy and yet powerful the lifestyle changes were.

The LM specialists were 100% satisfied with the training experience provided. The Lithuanian leaders were pleased with the outcomes, and invited us back to conduct a program especially for the Seimas members. All parties concerned considered the program a tremendous success.