

# taking CONTROL

*The average American consumes 156 pounds of sugar each year. This staggering statistic manifests itself in the form of heart disease, diabetes, and a myriad of illnesses that are quite literally killing us—not to mention adding to ever-expanding waistlines.*

**R**educing one's weight by as little as twenty percent can have profoundly positive health effects. Dr. Sean Bourke and the team at JumpstartMD have made it their goal to help patients lose that twenty percent and more.

A Palo Alto native, Dr. Sean Bourke attended Walter Hayes, Paly, and then Yale. He went on to medical school at USC on an Air Force Scholarship, and ultimately ended up performing his residency at Stanford. For over a decade he served as an ER doc at Sequoia Hospital in Redwood City where he watched patient after patient come in with illness and disease related to obesity. "I wanted to help them before that heart attack," he relates.

"Quite simply, the basic American diet is terrible today. We live in a toxic environment and our concentration on sugar in its many forms is especially harmful," states Bourke. Children born between the year 2000 and 2010 have a 1 in 2 chance of developing Type 2 Diabetes. "Eighty percent of our health-related problems stem from obesity, and almost all obesity is linked to sugar/carbs," adds Bourke. "The worst thing is that once you eat carbs, you crave more carbs." It is a vicious cycle, indeed.

To that end, Bourke and his partner, Dr. Conrad Lai, founded JumpstartMD—a weight loss program for men and women that helps kick-start healthy lifestyle choices. They focus on their patient's individual needs and tailor a custom program for them

that begins with a high protein, low carbohydrate diet and slowly incorporates exercise and lifestyle changes. "Our male clients embrace it pretty quickly," notes Bourke. "There is an element of the caveman diet to it—with an emphasis on lean protein and vegetables." Female clients have great success as well.

On average, JumpstartMD clients lose just over 29 pounds in three months. They typically lose 41 pounds by six months. But as anyone who has ever dieted knows, losing it is only half the battle. "We say that once you've reached your goal weight, you're halfway there," says Bourke. "The real challenge is to stay within 5–10 pounds of that goal weight for five years." The team of physicians and nutritionists at JumpstartMD understands that their patients don't just need a crash diet and quick fix, but long-term support to change their eating habits for good. They are there with recipes, menus, and shopping lists to help make good choices easy choices for their clients. "People are so busy today and the food industry knows that," says Bourke. "They make bad choices not only easy, but incredibly tempting. We're here to offer our clients alternatives." Over 7,500 people have lost weight with JumpstartMD since they opened their doors in 2007—many losing that critical 20 percent and much more. Bourke stresses, "Taking someone off of diabetes medication or cholesterol lowering drugs makes this all worthwhile." ■

For more information on JumpstartMD, visit [www.jumpstartmd.com](http://www.jumpstartmd.com)

# HIGENTRY Health