

-the great aussie bloke project-

Starting status date: 6th April 2022.

Last recorded status date: 18th April 2022.

Subjects: 10 (men).

Recorded by: Brad Pamp & full blood screen results.

Testing.

Test	Measurement	Description
Bodyweight	Kilograms (Kgs)	Bodyweight included all weight with no defined breakdown (e.g. muscle, bone, blood etc). No reference was listed for the risk factor, e.g. BMI or the HAMWI risk calculation.
Blood Pressure	mmHg	Blood pressure is the force of blood against the artery walls. Additional pressure increases the risk to both the arteries and the heart.
HbA1c (Blood glucose)	%	The HbA1c test, typically used in measuring diabetic status, measures the 'glycated' (sugar-coated) saturation of RBC's over 12 weeks. Excessive dietary carbohydrates, including simple sugars, a sedentary lifestyle and metabolic glucose intolerance will typically result in higher HbA1c readings.
Triglycerides	mmol/L	Blood tested triglycerides represent a type of fat (lipid). Triglycerides result from food or any calorie not used for energy, and while some blood triglycerides are healthy, excessive readings can increase risk, including CV risk.
CRP	mmol/L	C- reactive protein is made in your liver and is released in response to inflammation. While this test mainly assesses infection, it can also offer information about collective and risky inflammation caused by lifestyle choices.

Results.

Subject	Weight - kgs		Blood Pressure - mmHg		HbA1c % - Blood Glucose		Triglycerides - mmol/L		CRP (inflam)- mmol/L	
	Start	Finish	Start	Finish	Start	Finish	Start	Finish	Start	Finish
Subject 1 (38 yrs)	146	123	141/97	132/86	6.2	5.7	5.6	3.9	0.21	0.12
Subject 2 (29 yrs)	98	83	134/85	132/83	5.5	4.9	2.2	1.8	0.13	0.05
Subject 3 (48 yrs)	111	96	128/86	128/84	6.1	5.6	4.2	2.7	0.17	0.06
Subject 4 (34 yrs)	121	111	144/96	134/89	5.6	5.1	4.2	2.2	0.14	0.09
Subject 5 (42 yrs)	94	86	123/83	124/82	5.8	5.6	3.3	1.9	0.11	0.04
Subject 6 (52 yrs)	97	92	126/78	127/82	6.7	6.4	5.1	3.9	0.19	0.07
Subject 7 (42 yrs)	116	101	151/98	138/89	5.9	5.0	2.4	2.2	0.15	0.06
Subject 8 (26 yrs)	104	89	134/87	128/86	5.4	4.9	1.7	1.7	0.09	0.03
Subject 9 (36 yrs)	134	112	147/96	141/86	5.3	4.9	1.6	1.7	0.08	0.04
Subject 10 (43 yrs)	106	99	121/82	120/84	6.6	5.9	5.8	2.8	0.16	0.09

Notable results.

- Results vary, but all subjects lowered their risk factor for the most part.
- Lowering bodyweight typically results in the lowering of blood pressure.
- The higher the starting CRP inflammation, the more dramatic the lowering over the ten weeks.
- The higher starting (HbA1c) glucose, the higher the collector risk factor.
- The more significant weight loss resulted when lowering the starting relative (HbA1c).
- Most subjects reported improved sleep quality and daily energy.
- 8/10 subjects comfortably bridged towards the 7-hour eating window within two weeks.