

Robert Morales

Text: I hadn't acknowledged family history. I woke up one morning with my chest burning. I looked at my wife and 9 year old triplets. I wanted to see them grow up. I ran downstairs to call 911

Image: A man sits up in bed, holding his hear

Text: In 2004 I had a quadruple bypass

Image: A man undergoes surgery.

Text: Panic attack! What will my legacy be if I did?

Image: The man holds his palm to forehead, while gasping.

Text: I had 5-6 people mention a doctor study. I adapted a low oil plant based diet.

Image: a pile of healthy foods, including carrots, broccoli, kale, and bell peppers.

Text: My cholesterol and triglyceride numbers were stellar! I was sure that I had a plan to carry me another 50 years!

Image: a scale with a positive (good) reading

Text: Reality part 2. June 2019. Triple bypass. I felt so tired and out of breath and nauseous!

Image: The man holds his palm to forehead in an exhausted manner

Text: Dealing with diabetes, another enemy that I hadn't paid enough attention to. It was much more insidious.

Image: A sugar packer with a cross through it.

Text: Wearing Dexicom monitor. Using it to stay with my target range. The weight was dropping off. Getting a lot of positive feedback.

Image: The man is using a diabetes monitor, while playing "interactive educational classes" on a computer or television in the background

Text: As a torah observant jew, I believe that at the end of the day, it's all in god's hands, but I know that he expects us to take the first step and do what we need to take responsibility for ourselves. A new lease on life!

Image: The man serves a tennis ball, and the words "feedback", "knowledge", and "empowerment" are floating next to him.