

Dr. Arjun's Story

THE PHONE CALL THAT CHANGED EVERYTHING

Sometimes the biggest breakthroughs begin with a difficult conversation. ♥

Hi, I'm Dr. Arjun Rayapudi. I am a general surgeon and a lifestyle medicine doctor.

Like many physicians, my wife and I were trained to diagnose disease and prescribe treatments. During our training, clinical practice, and research work, we discovered that most of the diseases that many patients suffer from are due to their diet and lifestyle choices.

In our medical school education and residency training, there was an enormous emphasis on taking care of sick patients with pills and procedures. We observed that there was greater emphasis on managing the symptoms rather than focusing on the cause of the problem.

Medications and surgeries work well for most of the acute diseases and some chronic diseases. However, they are not the best options for management of several chronic medical problems when compared to the power of food and lifestyle choices.

There is evidence in the medical literature that almost 80% of chronic diseases are potentially avoidable if one follows optimal nutrition, stays active, manages stress healthfully, and doesn't smoke.



But there was one question we were never taught to ask:
"What caused the disease in the first place?" 

My awakening came because of a phone call from my Dad. My Dad was the person who inspired me to become a doctor.



“Dad, instead of cutting your chest open, why don't you open your mouth and put foods into it that love you back?”



My Dad's Struggle

For more than 25 years, my Dad struggled with:



Diabetes



**High
Blood Pressure**



**High
Cholesterol**

Like millions of people, he faithfully took his medications and followed the advice he had been given. Yet year after year, his health continued to decline.



Then, in 2013, everything changed.

His cardiologist discovered severe blockages in the arteries supplying blood to his heart.



*Food
can heal.
I've seen it.* ♥



HE AVOIDED BYPASS SURGERY

From 25 years of chronic disease to a completely different future.



At first, my Dad was hesitant.

Like most people, he had never heard that food could reverse disease.



But he was willing to try.



Over the coming months, he transformed the way he ate and lived.

And slowly, everything began to change.

- His blood sugar improved.
- His blood pressure improved.
- His cholesterol improved.
- He lost weight.
- His energy returned.



**Most importantly...
He Avoided Bypass Surgery.**



His transformation brought tremendous joy to our family and inspired the creation of Gift of Health.



Facing 90% blockages
Stents or bypass surgery
recommended



Health restored.
Living a full and
active life.



WHAT HAPPENED NEXT?

Over time, my father:



- ✓ Reversed his diabetes
- ✓ Normalized his blood pressure
- ✓ Improved his cholesterol
- ✓ Lost weight
- ✓ Avoided bypass surgery
- ✓ Avoided stents
- ✓ Reduced medications

Simply by changing what he put on his plate.



Watching my father reclaim his health opened our eyes to something extraordinary.

I realized that many of the chronic diseases I treated every day were not simply medication deficiencies.

Many were lifestyle-related diseases requiring lifestyle solutions.

And when we change our daily habits, the body often has an incredible ability to heal.

My father's transformation became the spark that eventually ignited Gift of Health.

His transformation brought tremendous joy to our family.

That is why we have dedicated our lives to helping others experience the same freedom, hope, and healing.



A QUESTION THAT CHANGED OUR LIVES

If food had the power to contribute to disease...

Could food also become one of the most powerful forms of medicine?

The answer would eventually lead us to create Gift of Health.