



## Fixing Dad

### A new man in only 5 months

[Music]

Once, when I had the charcot foot, I was having a plaster put on my leg to keep it from getting worse and I was next to a guy who was also having a plaster removed and he had had his foot removed and I looked at it and I thought it can't be because of diabetes it can't be. That was my first realization that what can happen, what diabetes can do to you. They've told you from the start, eat properly, that's all you've got to do. Eat properly cut out the drink. The drink it's killing you.

All right, it's now two o'clock in the morning. I'm slightly out of breath now. On to the third floor and we'll get started.

You just make excuses. You make excuses for not doing it and that's when you decide. You start looking at alright, you've probably not got very much longer and let's get everything sorted out. Let's make sure everything is straight. You know that was it. Nobody would listen.

How far do you think diabetes is fixable?

I don't think anybody knows but there is evidence which offers a glimmer of hope.

Yeah.

Let's start with what we know. So, we know that he is stubborn.

Because I don't enjoy cooking, I don't enjoy it. I don't enjoy cooking. I will not eat oysters. I will not eat with whelks. There's certain things I won't eat. Snails, definitely not. Frog's legs, no. How do you fix what's perfect?

Dad, you're 62 years old and you're doing 12 and a half hour night shifts. I couldn't do them.

No, no. I've got to say that is purely my own choice. I don't have to do those. I could be doing 3 and 1/2 hour shifts.

I think this project is about giving him something else in his life. An enrichment. Fixing a stubborn overweight diabetic is about more than just diet. It's also about changing the life that made him that way. He's changing isn't he, yeah. We're seeing the old Geoff. It's not a question of if he's going to do this anymore. If he's gonna beat it. He is so stubborn that he's gonna do this.

[Music]



I'm going to go in with my pants underneath be shorts. I'm going in whatever happens.

Oh yeah. Oh yes, it's a little home from home.

