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[October 26 at 12:57 AM](https://www.facebook.com/photo.php?fbid=10213011234816689&set=a.1019489208616&type=3" \t ") ·

A year and a half ago now I had lost hope. Six months went by with heart problems, stress and depression. On my 52nd birthday I was miserable inside. I didn't show it much, other than being really huge. But I hid what I felt like inside. Amy knew and she loved me even more. I know she prayed for me a lot. I was pushing 355 pounds and felt horrible. My blood sugars were in the 300's and I just couldn't get it together. I tried but didn't have the tools I needed to succeed. Then I gave up. I gave up trying to fix myself. I'm just not able. I remember the day I said to myself, I am unable on my own to change my out of control life. SO

I humbled myself and got help. Yep. Spiritually, Physically and Mentally I got help. I couldn't do it on my own. When the Dr.'s and friends told me I could get healthy I didn't believe them. I thought I had screwed things up permanently. Then one of my helpers mentioned that perhaps the best place to be is at the bottom looking up. That maybe that's what I needed all along. I needed to fail in order to get help. I needed to face my fears, not by myself but with the people God had in my life. My biggest fear? That I would fail again... I've tried everything.

Then my Diabetes dr.-Dr. Purcell, grabbed my hands and looked me in the eye and told me we were going to beat this. That it WAS possible to lose weight and get my blood sugar levels down and get OFF most of my medicines. I reluctantly listened to the nutritionist she assigned to me and I jumped in. In a year and a half I have lost 86 pounds now- a majority of that since I got help starting in May. I am still obese and I still have to take some medicine for the diabetes & other health concerns, but I'm gaining ground now. I believe that as I get more healthy I won't need a bunch of it anymore. I'm half way to my goal weight and my A1C is down almost 3 points!!! I take only 20 units of insulin per day, instead of the 260 units per day that I was taking before.

Now, before I get congratulated on the effort, let me say this. I don't deserve any of it. It's not me. Seriously, the biggest lesson that I have learned over the past year and half is that I am not made to succeed on my own. I need others in my life. I am not an island. I need God, I need my wife and there are people out there that have expertise that I don't have, and they will help. I owe any success that I have to God, for helping me find the right people, and to the folks that are helping me. They are the ones that have stuck with me and encouraged me.

All of that to say this. Don't believe the lie that you can't get healthy. You can change and for the better. Seriously, if I can do this and have mild success, you certainly can. It starts with coming to an end of yourself, and for me I prayed to Jesus for help. And he gave it to me through people that knew what they were doing. I am thankful, grateful and blown away by the grace of God and people like I have encountered.

So today on my 53rd birthday I am glad to be alive. I honestly thought it might be over by now. BUT I plan on being around for another 53 years. https://static.xx.fbcdn.net/images/emoji.php/v9/feb/2/16/1f642.png?_nc_eui2=AeHJGKVCxpk2Y-mNUb02pRoZtgAbf28CtizdB9ZXgeYmyYAuDNRylZHLR7ZiqbJr3C4K4-JcRMliThx0k-MbYtg8XLRlVVzFesfnT5HR5akzow:) I am so in love with my best friend, Amy. I couldn't do life without her. Many thanks to the folks that are helping me get better, I love you and am thankful for you.

