



CAROL HUDSON

Free of medication, blood sugars lowered and on her way to diabetes reversal

As many doctors before have said to their patients – your diabetes is not reversible. However, if this is to be believed and indeed if Type 2 diabetic Carol Hudson, 67, had believed it, where would her health be today? Would Carol be sharing the joy of a healthy life? The answer is in the statistics for Type 2 diabetes and the strain on our health systems from its progression and complications Carol, however, is an example of how diabetes and health can be turned around.

Carol came to the Diabetes Clinic programme as a type 2 diabetic of 14 years, with a doctor that told her that her diabetes was not reversible. Years of weight issues and dieting had dominated her adult life. Now five months into a new way of living, Carol has shared what her health now looks like.

“It’s been five months with the Diabetes Clinic programme and I feel more energetic now than ever before. I am amazed at how great I feel! My HbA1c has been as high as 83 however my very latest HbA1c lab result was 48. This officially now makes me pre-diabetic and marks the first time in 14 years that I can say that.

Before the programme my blood glucose levels on my home testing kit have been as high as 17mmol/L and now they average 6 – 7 and I have seen even lower numbers. I am aiming for under 5.5 to officially reverse my disease. With more time where I keep doing what I am doing, I’m confident of this.

I have now lost over 15kg, from a start weight of 95k. I have finally found people who believe in me, and a regime that works, and it is so easy. My weight loss is incredible to me, especially without the sense of being on a ‘diet’. It is just a friendly side result as I have been addressing my main goal of reversing my diabetes. I do not weigh myself anymore after years of dieting. I listen to my body and manage my blood glucose levels.

My doctor is happy and I have now come off all my medicines and my blood glucose levels remain the lowest they have been (without taking the medication). I was starting to get quite a few uncomfortable symptoms, many indicating neuropathy settling in (nerve damage). My numbness, cramps and leg pain has gone, I urinate much less, perhaps ‘normal now’. My itchy skin has stopped and I was getting a lot of skin tags and that seems to have stopped. I feel I have prevented big health complications

I feel so empowered about my own health for the first time in my life. Through the Diabetes Clinic Programme, I finally know what to do and know that it is working. This is after years of unhelpful advice – which I did try to follow – the usual – eat less – exercise more, eat certain carbs (sigh)! I have stopped asking for that standard help, in fact, I gained weight and higher blood sugar levels. What I am doing now with the programme is not hard for me, it feels like a normal part of my life. It instinctively feels natural and right and therefore quite easy. I have even set a goal to walk a half marathon.

The support and knowledge from the programme has been so helpful. For the first time, all the information I needed was in one place. I don’t think I could have achieved my results on my own, I would have fallen off the wagon if I hadn’t had the programme and the other people doing it together. The facebook group is right there every day as such a supportive community.

I still have 7 months left of support and guidance because it is a 12-month programme. When I achieve my weight and health goals I will have time to work with the long term maintenance section of the programme. Because the programme is online, I have made my way through the modules at my own pace and timing which has worked so well for me. Being accountable and part of a group has made a big difference to my experience and results.

I can recommend the Diabetes Clinic to anyone who wants to turn their diabetes around. It is a doctor-led programme and the team really know what they are doing.

Thank you to all the amazing staff at the Diabetes Clinic and all the wonderful people on Facebook, who are always encouraging, have answered questions I didn’t know to ask and who have enthused me with your wonderful posts. Thank you all, I am eternally grateful.”

Are you ready to reverse your diabetes and regain your health?

Join the Diabetes Clinic online programme – a doctor-led, specialised education & support programme and a community of people changing together.

Visit www.diabetesclinic.co.nz for more information.