



COLIN HYDE

Information is key for Type 2 Diabetes . . . if you can arm yourself with the right knowledge, you can be in charge of your own health.

JCramps were the symptom that saw Colin Hyde, 58, diagnosed with type 2 diabetes 5 years ago. Now he is happy to share his story with others, who may also not have the knowledge to manage their own health, despite trying to make changes.

Now free from the cramps and facial neuralgia that gave his initial warning signs of disease, Colin has created a lifestyle that is working and that feels manageable long term. This came from the knowledge and support gained from the specialised online programme from the Diabetes Clinic. This filled the gap in the information and application of strategies that work, that he was unable to find from the usual channels.

As is often the case with type 2 diabetes, weight gain was a challenge Colin faced. After learning the mechanisms of this weight gain through the Diabetes Clinic programme and implementing the easy to follow strategies, Colin is enjoying being 25 kilograms lighter. He has 20 kilograms more to go to reach his ideal goal weight. He is confident with combining the food and exercise changes, as well as regular fasting, that he can keep feeling good and on track to achieve this goal.

Importantly his HbA1c and blood glucose levels are both moving down in the right direction and to date his diabetes medicines have been halved. Colin is under specialist care for other serious health issues related to his liver and kidneys, which motivates him to stay focused and self-directed about his own health, with the daily support of the programme team.

Colin knows that you live with diabetes every day, *'Your doctor can see you for 5 minutes at a time, but you are living with diabetes and its complications every day. Information is key, if you can arm yourself with the right knowledge, you can be in charge of your own health.'*

Too often it's assumed that type 2 diabetes cannot be reversed and must be managed by medication for life. Whilst Colin is still on his journey he says, *'I can recommend the Diabetes Clinic to others for their expertise and support. I am looking forward to being a non-diabetic and continuing to improve my more complex health issues over time. I know I am on the right path with the right knowledge.'*

**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.

Book your free 15 minute consultation here