



FIONA CLARK

Before Type 2 Diabetes comes Prediabetes, which is the warning sign of a complicated and far reaching disease ahead. In this instance, immediate proactive prevention strategies was the way to change course.

Fiona Clark, 63, lives in the South Island of New Zealand and recently discovered she had prediabetes. Many years ago, serious gum disease was the first diabetes symptom to reveal itself before better screening for diabetes was implemented. Fiona has benefited from improved screening, with the opportunity to halt a disease that takes on average 10 to 13 years to develop.

With her diagnosis of prediabetes and a HbA1c reading of 44, Fiona kicked into action immediately with the Diabetes Clinic Programme and within a short six weeks her doctor cleared her of the diagnosis. With her HbA1c now at 37, she has successfully avoided diabetes and any need for diabetes medicines.

The biggest delight of all for Fiona has been significant weight loss after years of trying without success, *"I have lost 30kg now and am well under that horrid 100 kg barrier, which I have sought to crack for 18 years. I am amazed! I have finally found people who believe in me, and an eating regime that works, and it is so easy."*

Fiona has rewired her brain to say *"I don't need to eat"* and after years of dieting that didn't work, she now understands that *"it is ok to eat good fat"*. This broke down a long held belief around fats, however with significant weight loss AND no hunger, Fiona has all the proof she needs that it works. With many of Fiona's other health issues also resolving, along with saying goodbye to sugar cravings, the programme's benefits have changed her full health picture.

Without doubt, education and knowledge is essential to long term change in that members can own their health and the daily decisions that make a difference. The support however, is what helps members to stay on track, something that Fiona values greatly, *"Thank you to all the amazing team at the Diabetes Clinic and all you wonderful people on our Facebook page, who are always encouraging, prompted questions I didn't know to ask and enthused me with their wonderful posts. I have learnt a huge amount that many diabetics do not know, but need to."*

Prevention is better than cure and taking proactive steps against prediabetes can stop the disease in its early stages. It's simply never too soon to make these lifestyle changes. Fiona agrees, *"I can recommend anyone wanting to be free of diabetes or to ditch those dreaded kilos that contribute to the disease, to join the Diabetes Clinic without hesitation."*

**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