



## JO BLYTH

***From 58 units of insulin a day for Type 2 Diabetes to nil. It's possible.***

Jo Blyth, 59, cannot stop smiling about her results with the Diabetes Clinic. First diagnosed with type 2 diabetes 3 years ago, she followed the usual medical and nutritional advice but saw no change, only more medicines.

Fast forward and it took just 3 months for her doctor to unsubscribe her from all of her medicines. This is remarkable as her Hba1c got as high as 103.

In just 3 short months her recent results revealed an Hba1c of 41 and still going down. With several months still left on the programme, Jo is confident she has the support to achieve below 37 mmol/L to be officially reversed of diabetes.

Jo shares, *"What an amazing programme this is. So far one of my biggest excitements is that I am off insulin injections! No more insulin for me!!! I truly thought insulin injections were part of my lot for life. I have gone from 58 units a day to nil - with the support of my GP, who is very impressed, AND my blood glucose levels are great!!!"*

For Jo, like many with Type 2 diabetes, the medications list grew as the disease progressed and complications arose. However, Jo has quickly changed that, *"I am off other meds too - statins, and water retention tablets and meds for my blood pressure. I have truly been given a second chance in life and am seeing and feeling health benefits that I never expected again! I feel great and I am so excited about it. I FEEL SO WELL!"*

Where many people with Type 2 diabetes struggle is with their weight. Jo had made many past efforts to lose weight, without success. To date, Jo is now 30 kilograms lighter, with 13 kilograms to go to reach her ideal healthy weight. She now feels alive, sharing that, *'living well means so much to me, I feel so alive and I feel good from morning to night. I have realised that feeling healthy is my right.'*

The health benefits Jo is particularly appreciating is the increased energy and motivation. She previously felt so lethargic from morning to night and nana naps were part of each day. She felt so unmotivated each day, irritable, achy and her eyes were blurry.

Jo discovered the link between diet, pain and health, saying that, *'I never knew the effect processed carbs had on my pain levels. I also no longer have split fingernails and I notice I now recover more quickly from unwellness.'* Her joint pain, which was extreme at times and required pain relief often, has all now gone.

*Combined with much better sleep, Jo is relishing her new health and understanding of her body.*

She says, *'The programme hasn't been hard to follow at all. I listen to my body now, I know what works and I am confident about what to do. I am still learning and I now LOVE water and I can leave treats!'*

How can these changes work for others? As Jo notes, diabetes takes years to develop, but *'this success will happen for others too if the right choices are made, not overnight because diabetes takes years to develop but it will happen. I highly recommend the Diabetes Clinic and the knowledge and support that exists within this team.'*

Jo is an inspiration and says that, *'my journey is still continuing, the support is fantastic and I am filled with hope. It has been priceless and I am so 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.**

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