



AVRIL BOWNESS

Avril consumed soft drink and ice cream daily, fuelling her Type 2 Diabetes. Changing these habits has saved her from the extremes of disease.

Avril Bowness, 53, was given an ultimatum by her doctor - improve her blood glucose levels in 3 months or face daily insulin injections. With a HbA1c at an extreme of 87mmol/mol, Avril knew change was essential or she faced the last stop before her pancreas would wear out completely.

It wasn't going to be easy though, as Avril consumed soft drinks and ice cream daily. Having had a diabetes diagnosis for years and not knowing what to do about it, Avril seemed stuck in the medical management of Type 2 diabetes that only leads to devastating complications. The answers and support were not there for her.

Finding that support in the Diabetes Clinic 12 month programme was just the answer Avril was in search of. A proven programme in changing the direction of diabetes, with a focus on lifestyle changes to reduce medications, and the education with daily support for sustainable change.

With her doctor's ultimatum motivating her, Avril has done it! Her HbA1c has come down from a high 87mmol/mol to 55mmol/mol. Her blood glucose levels from her home testing have gone from as high as 16mmol/L to an average of between 6-8mmol/L. She has been able to cut back on her metformin medication and continues to be guided by her doctor on further reductions, but more importantly, she is not heading toward insulin injections.

Avril has moved out of the extreme danger zone and is well on her way to reversing her diabetes, something that did not seem possible just a few months ago. Importantly, Avril is confident in her future that she knows exactly how to keep going with her new lifestyle and how to get to the goal results she has set.

Remarkably, Avril says that, *'I now actually feel sick or am sick, if I have the soft drinks and ice cream I used to. It's like my body has had a wonderful reset and now craves healthy food choices most of the time. A treat these days is naturally flavoured fizzy water. I can't actually believe this!'*

What surprises a lot of programme participants are the daily benefits that come from lowered blood sugars. For Avril, her sleep has never been better and she is learning about food and her relationship to it. Another key benefit has been weight loss, even though it has not been a main focus. Her energy is better and she is enjoying the lifestyle. She didn't think she could achieve these results, however

with the support of the team and the other members along with her new knowledge, she now knows the strategies that work for her.

It is only a matter of time now for her full health recovery and with seven months of her programme remaining, Avril has the further support, learning and actions for long lasting success. Her daughters and grandchildren are proud of her and know that she is in much better shape for being present, happy and healthy to share in their future together.

Avril is so thankful for finding the Diabetes Clinic programme, *'I am enjoying learning so much about this disease and it is all making sense to me, finally. I am dedicated to this programme and I can't wait to get my HbA1c to 37 and say that I no longer have diabetes. This programme is great and I thank the other members very much. I am a happier, healthier me.'*

That ultimatum? Avril's doctor wrote EXCELLENT on her recent 'my health' results and Avril couldn't be prouder of herself for not only heeding the ultimatum but gaining the healthy life she has always wanted.

**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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for more information.**

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