

MARIA

I have had Type 2 Diabetes for 17 years. What I wished I knew sooner.

I was introduced to diabetes whilst pregnant, as I developed gestational diabetes. Later I developed Type 2 diabetes (gestational diabetes is a risk factor for Type 2 diabetes) which has now been with me for 17 years, dominating my health and life as my disease worsened.

I really had no hope of ever being free of this disease. And that's despite being very informed about health and being motivated to have the best health possible. When I heard about the Diabetes Clinic, my question was (like always) *'What else can I do'*.

Thankfully my feelings about this were validated by Kimba Lawrence, the founder of Diabetes Clinic and we really looked at whether their programme would work for me.

For many years, I have been on diabetes medications including insulin, which actually did not stabilise or lower my blood sugar levels. In the past, I have experienced very unstable blood glucose levels that have been perplexing. For example, experiencing blood glucose levels of 20 after just having vegetable soup.

I have now figured out that hormones are playing a big part in these unstable glucose levels and also insulin resistance. Adding complexity, I was also diagnosed with PCOS many years ago and I have had some harsh medications related to treating this condition. PCOS is referred to as insulin resistance of the uterus.

Since being with the Diabetes Clinic, I have come off many diabetes medications including, statins, glipizide and insulin injection of 75 units per day. I do still take metformin and some other drugs for other metabolic syndrome conditions, but the long list of medications and their load on my body is greatly reduced.

Diabetes is a lot about numbers. We measure our progress by them and for me, learning to understand them, what impacts them and how I can change them, has been life changing.

Here's my numbers so far that show just what's possible with the right programme: My **HbA1c** has been as high as 77 as I entered peri-menopause and they are currently 69, heading down in the right direction.

My **Blood glucose levels** have been 20ish and now my average level is around 10, but can go as low as 6.

**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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