



The NHS Type 2 Diabetes Path to Remission Programme

Would you like to reduce your medication, safeguard yourself against complications of type 2 diabetes, and even put your diabetes into remission?

Join like-minded people in your community who are achieving this and much more. Your food and drink will be paid for during the first 12 weeks of this life changing free programme.

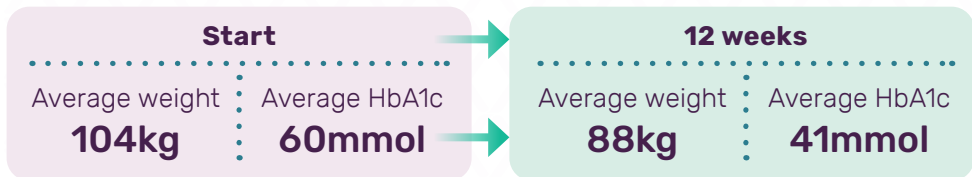
The results from the programme have been groundbreaking:

"I am completely off my diabetes medication, my HbA1c reading is healthy" - **Adrian**

"I have lost three stone, lost ten inches off my waist, reduced my blood pressure, my HbA1c is 39, and my BMI is now 21" - **Christine**

"I'm proud of my progress so far, I have lost 15kg in four months! My medication has been reduced, I am now in a pre-diabetic range" - **Shawna**

"I am not taking any medications for diabetes now, which I never thought would happen" - **Imtiaz**



Speak to your GP to discuss your eligibility for the programme and how to get started.

For more information visit our website

xylahealthandwellbeing.com/diabetes-remission