



Living in Reverse: Prevention and Reversal of Type 2 Diabetes.

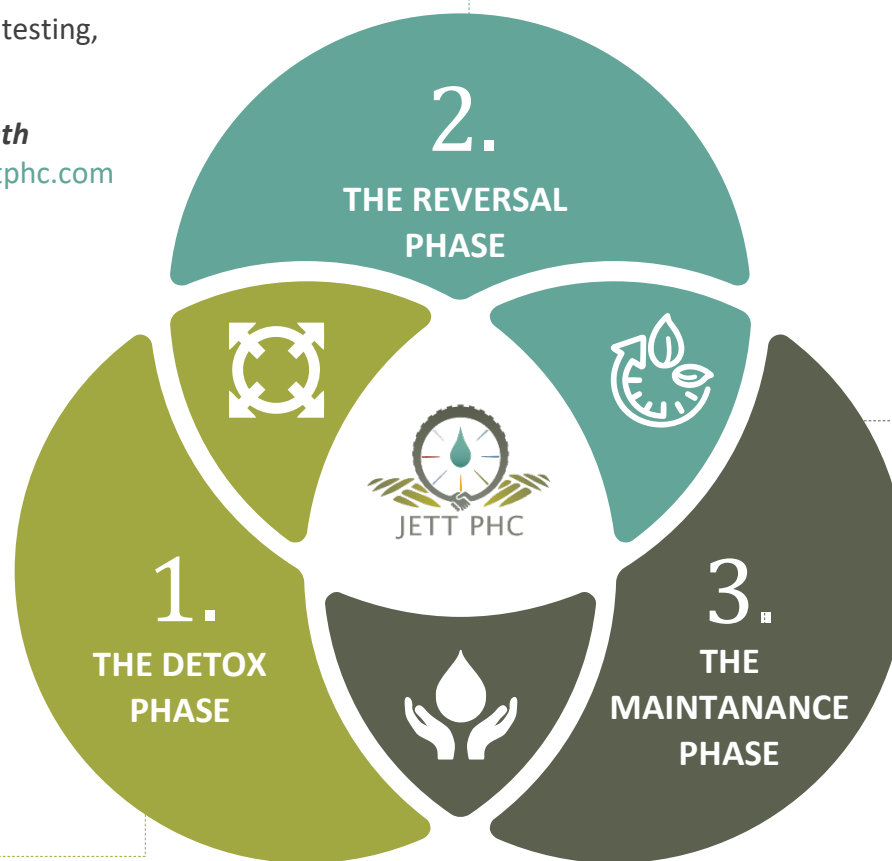


Living in Reverse is JETT PHC's coaching program for prevention and reversal of type 2 diabetes (T2D). It consists of online chapters and live, group coaching sessions to help you develop the healthy lifestyle needed to reverse prediabetes or early stage type 2 diabetes. The Living in Reverse program process utilizes functional medicine based lifestyle coaching (FMCA/IFM), the most effective approach for diabetes reversal.

LIVING IN REVERSE CONSISTS OF THREE MAIN PHASES

Reversal Phase: Nutrition is capable of reversing prediabetes or type 2 diabetes. This section includes guidance for testing, diet, and exercise.

- ▶ **4 week, 10 week, & 6 month** programs. <http://www.jettphc.com>

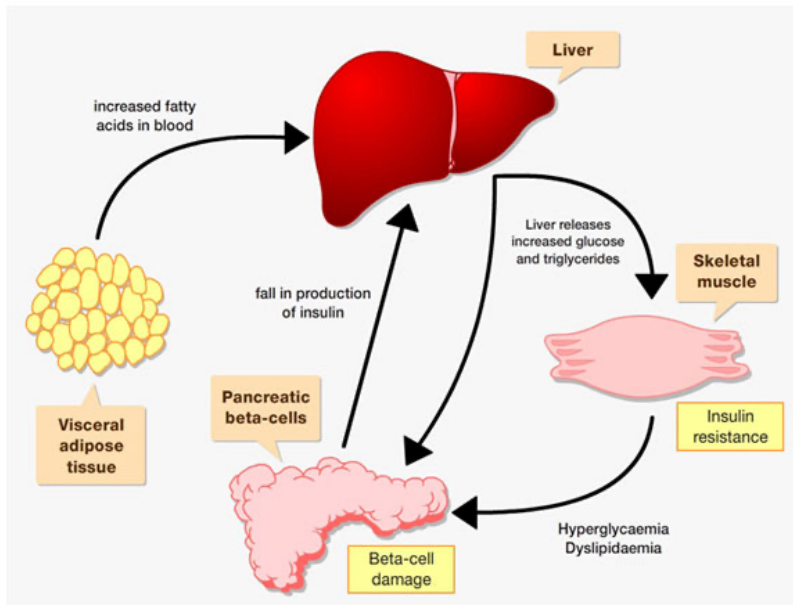


The maintenance phase is based on the functional medicine programs used by the Cleveland Clinic (2). It is designed to help participants **maintain** reversal and understand what to do when they get off track. The maintenance phase helps participants establish a lifelong pattern of healthy eating, exercise and lifestyle. It also includes wellness outreach. Helping someone else to recovery is the best way to maintain your own recovery. When we pass on the recovery steps to someone else, we reinforce our own recovery.

The detox phase is a 10 day, nutrition program based on research from the Cleveland Clinic (1). This phase resets your metabolism and brings cravings under control providing momentum for the reversal phase. All simple carbohydrates, gluten and dairy are prohibited during detox.

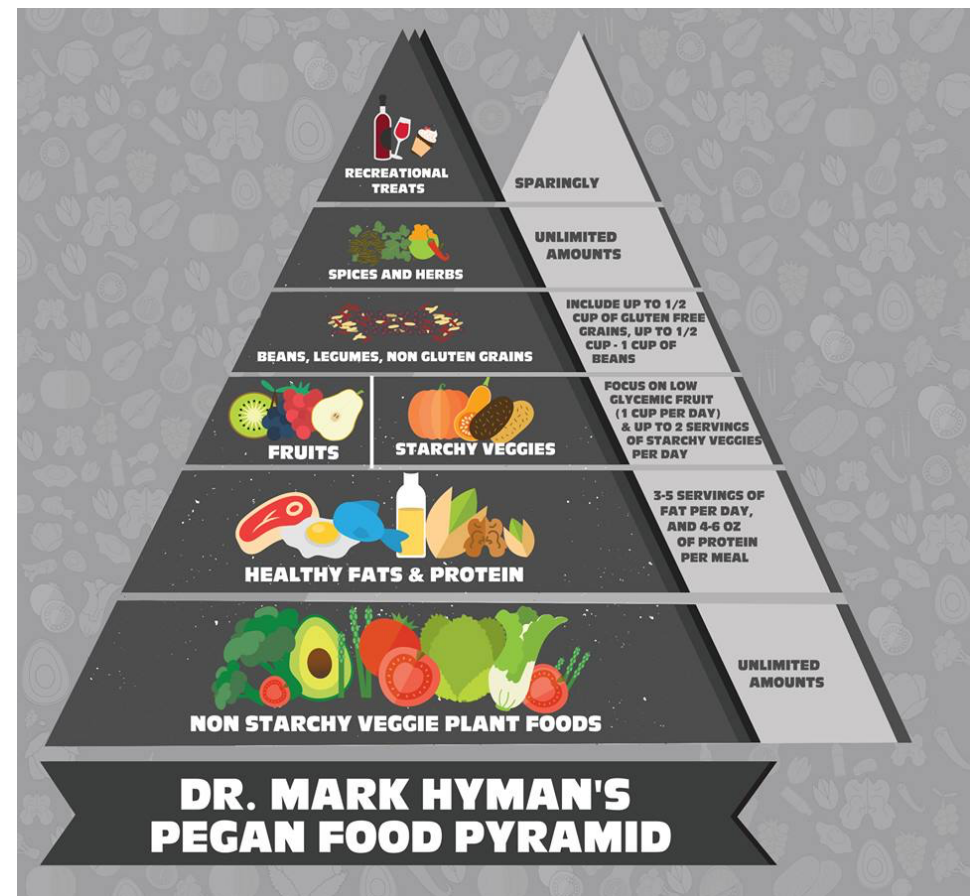
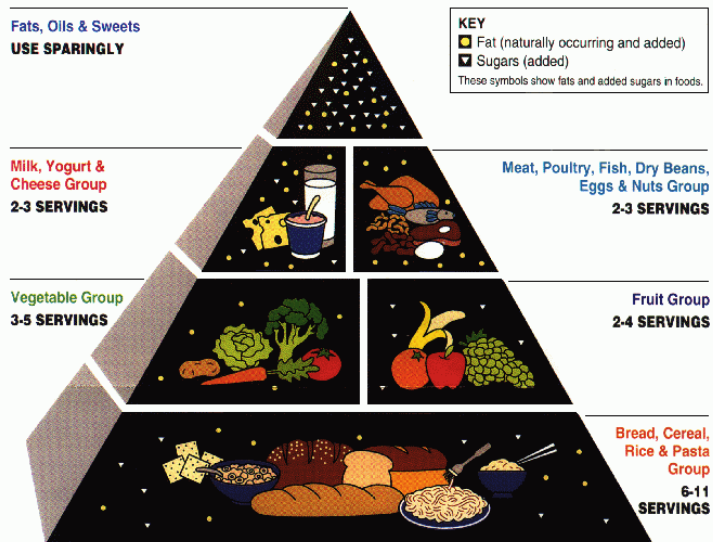
1. Hyman, M. (2014) The 10 Day Detox Diet
2. Hyman, M. (2012) The Blood Sugar Solution

40 YEARS OF LOW FAT/ HIGH CARB



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40 years of the low fat/ high carb craze gave us epidemics of diet-driven chronic diseases. **Overconsumption of simple carbohydrates and sweeteners** leads to obesity, type 2 diabetes and other chronic diseases such as heart disease, cancer and Alzheimers.

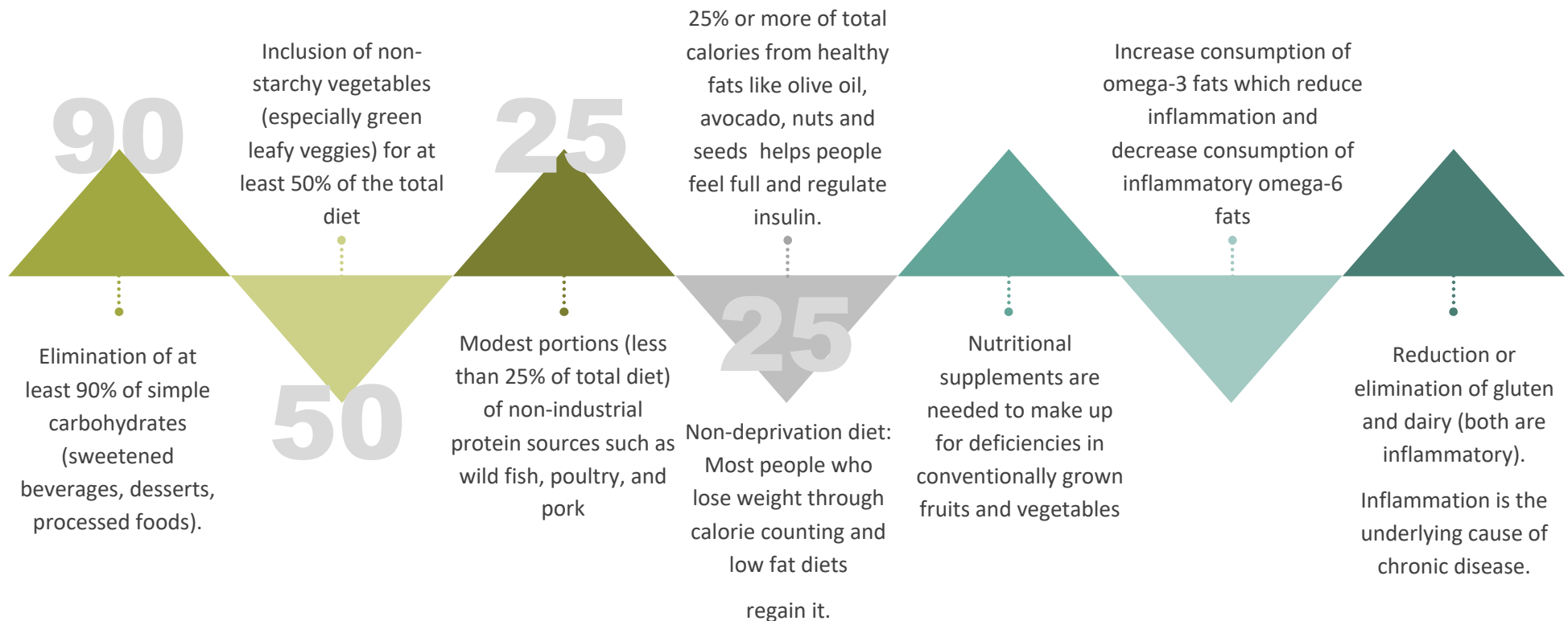


REVERSAL OF DIET-DRIVEN DISEASE

It is not uncommon for functional medicine doctors to see patients with multiple chronic diseases progress to the point where they get off all of their meds. Chronic diseases such as diabetes, heart disease, cancer, and Alzheimer's tend to promote each other. They also tend to reverse together to varying degrees. Because of diabetes' strong link to other chronic diseases, type 2 diabetes can be viewed as the center of diet driven disease. According to Dr. Mark Hyman of the Cleveland Clinic, "Diabesity (a broader term that includes diabetes associated conditions) is the underlying cause of most heart disease, cancer, and premature death in the world (1)."

1. <http://drhyman.com/blog/2014/12/18/7-ways-reverse-obesity-diabetes/>

The following dietary components facilitate diabetes reversal:



CONTACT INFO



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Wellness as a means of sustainability

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