

Supporting Evidence for Low Carb Programme

Patient case studies

- Peter who placed type 2 diabetes into remission
Link: <https://www.lowcarbprogram.com/case/peter-thompson/>
- Graham who is in prediabetes remission
Video: <https://www.youtube.com/watch?v=jaC8JmZDCIc>
- Bob who improved his glycaemic control
Video: <https://www.youtube.com/watch?v=IEG7TGnzc8w>
- Mark who is in type 2 remission
Video: <https://www.youtube.com/watch?v=ibAJwtzQQKM>
- Sarah who reduced her insulin regime by 75%
Link: <https://www.lowcarbprogram.com/case/sarah-b/>