

# Reversing Type 2 diabetes starts with ignoring the guidelines



Can a person be “cured” of Type 2 Diabetes?

Dr. Sarah Hallberg provides compelling evidence that it can, and the solution is simpler than you might think.

She provides evidence that ignoring medical guidelines and adopting a low-carb, high-fat diet is the way to do it.

Hallberg is the Medical Director of the Medically Supervised Weight Loss Program at IU Health Arnett. Watch her TEDx presentation at Purdue University, Indiana and her evidence that type 2 diabetes can reversed.

The results from Hallberg’s clinic raise interesting questions about what our carbohydrate consumption should be and how we could be helping type 2 diabetics all over the world.