

Online Course

REVERSE DIABETES NATURALLY

I will guide you in 12 modules how you can reverse diabetes with mindset, simple nutrition, weight management and how you can overcome the self-sabotage, be more at ease during social events and overcome peer and family pressure.



www.reversedibetesnaturally.co.uk

Continuous Glucose Monitoring program – 2 weeks – starting 8th May 2023 in WhatsUP group with initial zoom call on 07th May and closing zoom call 21st May. Program is free of charge but you need to buy sensor – Libre 2 and have a compatible mobile phone and app installed.

In this document you will find the outline of the 2 weeks program for monitoring glucose levels 24/7 via sensor device.

Unregulated blood sugar levels can contribute to many symptoms even if the levels are in range. Symptoms may include – low energy levels especially after meals , thirst, poor skin condition, putting on weight and difficulty to loose it, waking up in the middle of the night or overall sleep issues;

The purpose of the program: to increase awareness around particular food you eat and how they impact your blood sugar levels; make modifications where necessary to avoid sugar spikes;

This is not a medical program and in case of any out of range sugars discovered you will be recommended to contact your doctor;

1. What you need

- a) Time
- b) Sensor – you can buy it here – or you may be able to get it for free if you a new customer : [Home - FreeStyle Libre | Abbott](#)
- c) Open mind

2. Program outline

- a) We start on 07th May in the evening with zoom call which will be recorded – you will be asked to put the sensor in on that day or latest on 08th
- b) For 7 days you will be eating normally monitoring your sugar levels at least 6 times a day – After waking up, before a meal, after meal, before bed;
You need to record all food and activities for 7 days in your diary
- c) For the next 7 days we will make modifications to food using simple rules to decrease any sugar spikes; some food may need to be eliminated but I will advise healthy ranges;
- d) We will close the program with conclusion and zoom call and I will ask you to leave me a review in Google

More info on the sensor: [Home - FreeStyle Libre | Abbott](#)

If you are ready to join the program let me know via email monikahealthcoaching@gmail.com or you can text me on 07872066176; I can add you to the program after you get your sensor via post but I can answer questions before the program starts.

Take care and let's do it

Monika Mateja

Certified Health Coach specialising in type2 Diabetes.

Naturopathic Chef