



Low Carb Life

Starting Saturday 25th January 2020 (09.00 -10.30) every 3 weeks

At Clift Surgery

This 8-session support group helps Type 2 Diabetics and anyone looking to explore the benefits of low carb living for health and well-being.

How I put my Type 2 Diabetes in remission with a Low Carb lifestyle - Liz LePla

Liz is the Basingstoke Ambassador for the Public Health Collaboration.

She is passionate about empowering fellow diabetics to take preventative care of their health and explore the positive potential of a low carb diet.



Follow Liz on Twitter
@ElizabethLePla

Quotes and statistics from previous participants:

"I have lost 2st 9lb, thank you so much, I wish we had known what we know now years ago."

"Great initiative and glad to have participated."

"So glad I joined, my whole life has changed with regards to food. Liz is an inspiration."

"Liz inspired me to think I can reverse my diabetes by cutting carbs and I am well on the way now."

Average weight loss **7.5kg**
Average drop in HbA1c **8.3**

Open to all patients who are registered at The Chineham Medical Practice, Clift Surgery or Whitewater Health.

Please book your place at Reception.