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The practical guide to reversal of prediabetes and type 2 diabetes

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Let's explore what can lead to the reversal of prediabetes and type 2 diabetes, who might be a candidate for reversal and remission, and who is probably not going to achieve reversal of their diabetes. We will look at case studies and research around this topic, exploring methods to achieve reversal and remain in remission. These will include lifestyle

methods and the various types of bariatric surgery available. We will discuss that a low A1C doesn't mean reversal if there is hypoglycemia. We will also discuss my upcoming book by the same title, which I will provide a brief synopsis and links to the resource.

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