

PREVIEW_ Charlotte Summers –

Get on Board the 10-Week Low-Carb Journey - (SD 2016) 2

Charlotte Summers: So we've been conducting data analysis from the very beginning, from when people sign up throughout the 10-week journey and then beyond the six months as well. Because we have only just been on it for a couple of months.

At the end of six months, people have reduced their medication dependency, they've had huge amounts of weight loss and on average they're exercising more... And they're feeling... generally speaking, we're looking at the sentiment around it and they're feeling motivated, they have more energy, they sleep better and they've seen benefits throughout the whole family.

So everything gets better. Do you see any problems? At the moment we've only got the 10-week Education Programs and now we're looking to extend that beyond the 10 weeks to support people so that they don't fall back into the normal diet. There is a lifestyle change, not just a fad that they do for 10 weeks and then just go back to normal.