

PREVIEW_ Charlotte Summers - Presentation (Breckenridge 2017) 1

Charlotte Summers: The low-carb program is the world's first structured education program aimed primarily at people with type 2 diabetes. It follows a 10 week structure that basically encourages people to improve their blood glucose control and help them lose weight in a maintainable way if that's what they need to do.

Each week people are given a different element of their diet and over the course of 10 weeks they're given small, sustainable action steps that go along with that particular element of their diet.

So of the questions over, "Okay, I understand a low-carb approach is a good one for me, "but what does that actually mean in terms of what I should be eating or what shouldn't I be eating?"

So over the course of the 10 weeks we cover things like alcohol, takeaways, eating out on a low carb diet and then also the action points are kind of small things that they make each week, that then over the course of the 10 week and beyond are really great to acquire big significant improvement in their health.