

## PREVIEW 1 - Sarah Hallberg (Denver 2019)

**Dr. Sarah Hallberg:** So our primary outcomes were body weight metabolic syndrome criteria which again is what we're going to be reporting on in our pre-diabetes paper and type 2 diabetes status. So here it is, two years.

What happened? We sustained the results. We sustained the results. I mean this is very exciting. So we reversed type 2 diabetes and we were able to keep people in reversal. We went from 60% at two years to 54%. Over half of the people in the trial maintaining diabetes reversal.

That's huge. Just for one moment imagine that was a drug. Right? Do we need another drug? Come on, we need food, we need proper food. It works. And the medication reductions... They are staying incredibly robust. So these are people who are maintaining a lower A1c and still staying off drugs.

And I've got to tell you something so exciting, and that is in the last six months... so this is three years after these people started, I have taken three people who have a diabetes duration of 15 to 20 years off insulin. Three years.