

Do you want the option to live free from the burden of diabetes medications?

Would you like to lose weight while supporting your healthy aging journey and longevity goals?

The Diabetes Remission and Regression Program is a cutting-edge solution that addresses diabetes at its root cause.

Your journey to freedom and a new, healthier you starts here, today!

Introducing L-Nutra Health's Diabetes Remission & Regression Program (DRRP) - a program designed to help you reverse your diabetes through innovative nutrition. This university-researched program is tailored to your lifestyle and can help you see your diabetes go into remission. Your healthcare provider has recommended this one-year program that works through a combination of science-backed fasting nutrition called fasting mimicking diet (FMD Nutrition) and the everyday Longevity Nutrition program.

WHAT IS THE PROGRAM?

The program is designed to reset your metabolic markers, enhance your energy level, mental clarity, and performance, and reduce your reliance on diabetes medication. You also have the option of a meal delivery service to make it more convenient for you. To help support your journey, you will work closely with an L-Nutra Health Dietitian Coach who will tailor the program to your needs. You will also have access to resources, including the L-Nutra Health App, which contains videos, readings, and recipes to help you through your journey.

WHY THIS PROGRAM?

The DRRP is a true solution to Type 2 Diabetes inspired by nature and tailored by science to address the fundamental problems in diabetes. With 20 years of Research and Development led by 18 universities around the globe, the technology behind the DRRP is a tested intervention that easily fits into your lifestyle and helps you succeed with improving and possibly reversing your Type 2 Diabetes while enhancing your healthy aging journey.

THE PROGRAM

MONTH	ACTIVE PHASE						MAINTENANCE PHASE					
	1	2	3	4	5	6	7	8	9	10	11	12
FMD Nutrition (5 days/month)	●	●	●	●	●	●			●			●
Longevity Nutrition (25 days/month)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dietitian Coach	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
App and Curated Content	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Health care provider (HCP) Visit			✓			✓			✓			✓
Lab monitoring by HCP			✓			✓			✓			✓
Medication Mgmt by your HCP			✓			✓			✓			✓

The membership fee for the 12-month Diabetes Remission & Regression Program is \$350 per month

OUR STUDY RESULTS

A peer reviewed clinical study with 6 consecutive monthly cycles of FMD resulted in:



1.4%

IMPROVEMENT IN A1C



2/3 STUDY PARTICIPANTS

REDUCE/ELIMINATE THE NEED FOR DIABETES MEDICINES



59%

DECREASE INSULIN RESISTANCE

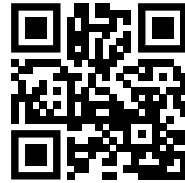


22lbs

REDUCE WEIGHT

Citation: J Clin Endocrinol Metab. 2022 Jul 14;107(8):2167-2181

Our mission is to add more life to life, giving everyone the ability to thrive without limits beyond the boundaries of aging.



HOW TO ENROLL?

- ① Scan the QR code to begin registration.
- ② After registration information is received a representative from the program will reach out to you to get you started.
- ③ Learn more about the program by visiting www.l-nutrahealth.com.

ABOUT L-NUTRA HEALTH

At L-Nutra Health, we believe healthcare should be more than just a daily regimen of medications. This is the passion behind our commitment to develop fully integrated Food as Medicine programs. These programs, powered by a digital platform and registered dietitians, are designed to enhance the care for people with diabetes, cancer, auto-immune and neuro-degenerative diseases.

Our philosophy is that healthcare should encompass all aspects of longevity, not just addressing short-term disease goals, to add meaningful years to your life. We believe that by taking a holistic approach to healthcare, we can empower you to take control of your health and achieve the best possible outcomes.



PERSONALIZED RD COACHING // CUSTOMIZED CONTENT

For more information please contact: info@L-nutrahealth.com

L-NutraHealth.com