

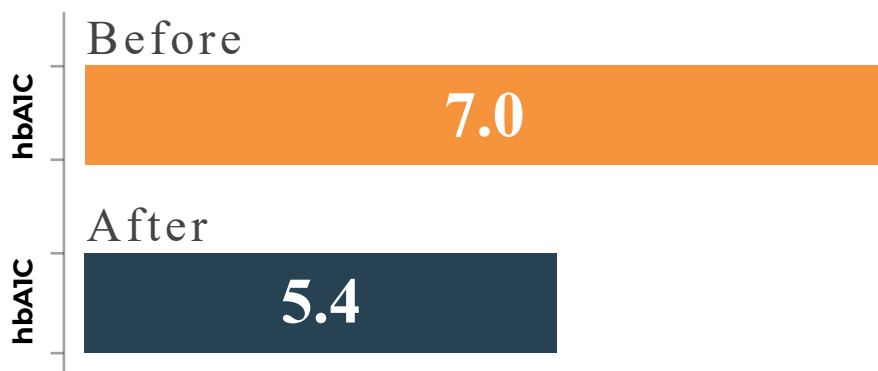
Case Study Esther



Esther, 31



**Number of Sessions
with Dietitian Live:**
68 sessions



Impactful Outcomes

- ↓ 1.6 points
- ↓ 35 lbs

1. Context

Before joining Dietitian Live, Esther was managing Type 2 diabetes & felt pessimistic and negative. She knew she needed change but didn't expect such deep transformation. After discovering DL's belief-based, holistic approach to reversing diabetes, she fully committed to the journey.

2. The Turning Point

Through weekly sessions and the Quantum Mind Architecture method, Esther explored how her thoughts shaped her life. She learned to use her words and feelings as tools for creation, shifting from pessimism to positivity. "You have to care for your emotional, mental, spiritual, and physical health," she said. As her mind and body aligned, her wellness transformed.

3. The Results

Esther reversed her type 2 diabetes, lowering her A1C from 7.0 to 5.4. Beyond the numbers, she describes the change as life changing. Now upbeat, smiling, and full of hope, she feels confident, peaceful, and grateful. She even inspired her brother to join the program, breaking generational patterns in her family.

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My wellness is evolving. I had to make a radical lifestyle change. The transformation feels amazing. Out of this world

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