

Case Study Rachel

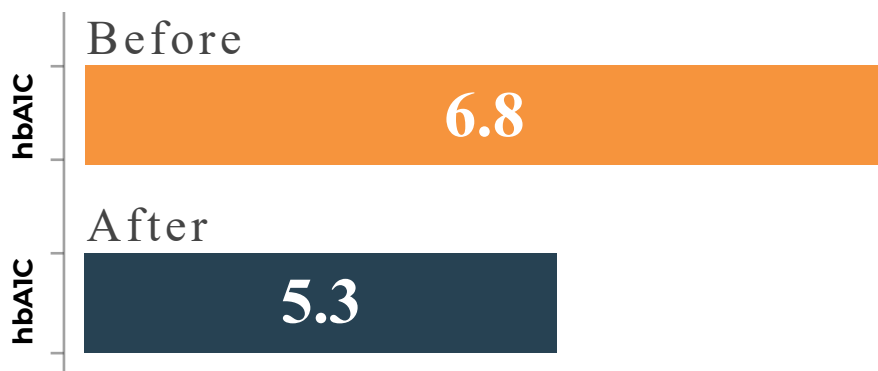


Rachel, 47

Reversed Type 2 Diabetes



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



Impactful Outcomes

- ↓ 1.5 points
- ↓ 35 lbs
- Type 2 Reversed

1. Context

Before Dietitian Live, Rachel felt stuck with Type 2 diabetes. Fearing a shorter life, she tried DL's approach blending mindset and nutrition.

2. The Turning Point

Through weekly sessions and the Quantum Mind Architecture method, Rachel rewired her mindset shifting from "I'm a diabetic" to "I'm a healthy person." She focused on what she could control, stopped researching scary statistics, and began cooking more at home.

3. The Results

Rachel's A1C dropped from 6.8 to 5.3, and she lost 35 pounds officially reversed her type 2 diabetes. She now feels more energetic, positive, and confident about her future. she says.

“

The transformation feels great.
I have more energy, feel happier,
and my old clothes are starting to
fit again

”