

Case Study Ray

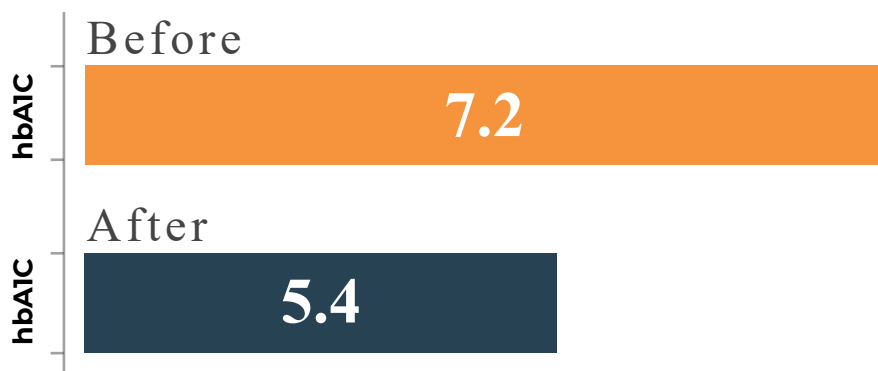


Ray, 57

Reversed Type 2 Diabetes



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



Impactful Outcomes

- ↓ 1.8 points
- ↓ 65 lbs
- Type 2 Reversed

1. Context

Before joining Dietitian Live, Ray had Type 2 diabetes with an A1C of 7.2. A believer in self-talk and visualization, he found DL's approach to reversing diabetes through linguistic neuroplasticity and committed fully.

2. The Turning Point

Through weekly coaching and the Quantum Mind Architecture method, Ray learned how his thoughts shaped his health. With his dietitian, he rewired limiting beliefs using power statements. "You have to talk to yourself internally to get external results," he said. Embracing his identity as an inspiration to others, he committed fully and transformed.

3. The Results

In six months, Ray reversed his type 2 diabetes, lowering his A1C from 7.2 to 5.4 and losing 65 pounds. Once he grasped the mind-body connection, the process felt simple. "I reversed my diabetes—it was easier than I expected," Now, he feels great and inspires others to do the same.

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It feels fantastic. Made a commitment and stuck to it. Great coaching kept me focused.

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