


Take Control of Your Health

4+2 Diabetes Reversal Strategy

Learn & Apply the 4+2 Strategy

Lifestyle Medical Assessment

Your Diabetes Reversal Journey starts with a Comprehensive Lifestyle Medicine Assessment that allows us to make the connections between your current behaviours, symptoms and key biomarkers. With this data, your Wellness Garage physician will develop your personalized lifestyle behaviour plan.




Diabetes Reversal Strategy

4

- Eat to Lower Insulin
- Use Your Muscles
- Be kind to your liver
- Restore Fat Burning

+2

- De-stress
- Improve Sleep



4+2 Diabetes Reversal Strategy Group

Join our six-week, physician-led, education and support program to gain a deeper understanding of the insulin resistance process and receive guidance to make changes necessary to reverse your diabetes. Program delivered virtually.

FREE with MSP Coverage and referral or medical indication

Take Action & Implement the 4+2 Strategy

TARGET Nutrition Plan

Implement the 4+2 Strategy into your nutrition with the help of a registered dietician.

3 appointments includes:

- Thorough review of your nutrition history, dietary preferences and food sensitivities.
- Education about optimal food choices for the 4+2 Diabetes Reversal Strategy.
- Sample 4+2 meal plans
- Follow up to ensure you are on target.

\$299



Intensive 1:1 Support

Get the personalized support and 1:1 guidance you need to apply the 4+2 Diabetes Reversal Strategy and reverse insulin resistance, the process underlying Type II Diabetes.

Based on your Lifestyle Medicine Assessment and led by your Wellness Garage physician, you will work closely with a registered dietician to change your nutrition, lose weight and make the necessary changes to reverse diabetes.

6-month program includes:

- TARGET Nutrition Plan
- Regular appointments with your dietician and Wellness Garage physician.
- Sample meal plans
- 4+2 App–Digital monitoring of blood sugars and behaviours (provides alerts to your health team).
- Lifestyle Foundations digital course delivered through myHealthJourney.ca.

\$999

ADDITIONAL SERVICES OFFERED: TARGET Fitness Plan, DXA Scan or Metabolic Testing