



The Secret of How One Man Reversed His Diabetes and Lost 18 Kg

Description

A Man Shares His Inspiring Journey of Reversing Diabetes and Losing Weight

Devlin Donaldson, a dedicated non-profit CEO, faced a life-changing moment in 2018 when he suffered a stroke and was diagnosed with Type 2 diabetes. Struggling to see improvements with medications alone and realizing he had neglected healthy eating habits for years, Devlin turned to a "digital twin" app for help. This innovative tool tracked his blood sugar, diet, exercise, sleep, and medications, giving him a comprehensive overview of his health.

Within just six months, Devlin's dedication paid off. He shed an impressive 18 kg, reached diabetes remission, and significantly improved his blood pressure and cholesterol levels. By making smart dietary choices - like opting for vegetables over processed snacks and creating diabetic-friendly pancakes using almond flour - Devlin transformed his health for the better.

Devlin credits his success to personalized insights from the app and his commitment to incorporating more movement into his daily routine, aiming for 10,000 steps each day. His message to others facing similar health challenges is clear: it's about embracing a healthy lifestyle, not just following restrictions.

With diabetes affecting millions worldwide, Devlin's story serves as a beacon of hope and inspiration for many. By taking control of his health and making positive changes, Devlin successfully put his diabetes into remission, proving that with dedication and the right approach, anything is possible.

Warning: Trying to access array offset on false in `/home/u750883576/domains/esl-news.com/public_html/wp-content/plugins/gpt-post-quiz/includes/admin/forms/gpoq-post-pdf-questions.php` on line 76

Warning: Trying to access array offset on false in `/home/u750883576/domains/esl-news.com/public_html/wp-content/plugins/gpt-post-quiz/includes/admin/forms/gpoq-post-pdf-questions.php` on line 76

Warning: Trying to access array offset on false in `/home/u750883576/domains/esl-news.com/public_html/wp-content/plugins/gpt-post-quiz/includes/admin/forms/gpoq-post-pdf-questions.php` on line 76

Warning: Trying to access array offset on false in `/home/u750883576/domains/esl-news.com/public_html/wp-content/plugins/gpt-post-quiz/includes/admin/forms/gpoq-post-pdf-questions.php` on line 76

Warning: Trying to access array offset on false in `/home/u750883576/domains/esl-news.com/public_html/wp-content/plugins/gpt-post-quiz/includes/admin/forms/gpoq-post-pdf-questions.php` on line



76

Warning: Trying to access array offset on false in `/home/u750883576/domains/esl-news.com/public_html/wp-content/plugins/gpt-post-quiz/includes/admin/forms/gpoq-post-pdf-questions.php` on line **76**

Vocabulary List:

1. **Remission** // (noun): A temporary or permanent decrease or subsidence of symptoms of a disease.
2. **Comprehensive** // (adjective): Covering or including everything; complete.
3. **Transcend** // (verb): To go beyond the usual limits of something.
4. **Transformation** // (noun): A marked change in form nature or appearance.
5. **Empowerment** // (noun): The process of becoming stronger and more confident especially in controlling one's life and claiming one's rights.
6. **Innovative** // (adjective): Introducing new ideas methods or products.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which term is used to signify the deep appreciation or love for something?
Option: Antiretroviral
Option: Cherishes
Option: Empower
Option: Mutation
2. The body's ability to resist infection and disease is known as:
Option: Variant
Option: Immunity
Option: Monitoring
Option: Nutrients
3. Which type of cancer affects the colon and rectum?
Option: Steadily
Option: Predisposition
Option: Anemia
Option: Colorectal
4. The process of giving power and authority to someone is known as:
Option: Empowerment



-
- Option: Innovative
Option: Strains
Option: Evolve
5. Which term relates to mental processes like thinking understanding and remembering?
Option: Longevity
Option: Biomarkers
Option: Neurodegenerative
Option: Cognitive
6. Which term describes the act of following guidelines or rules?
Option: Adherence
Option: Stigmatize
Option: Monitoring
Option: Nutrients
7. A change in the genetic material of an organism is referred to as a:
Option: Incidence
Option: Variant
Option: Mutation
Option: Predisposition
8. The action or state of keeping careful watch for potential dangers or difficulties is called:
Option: Anemia
Option: Vigilance
Option: Remission
Option: Anemia
9. To remove the association of shame and disgrace from a particular condition is to:
Option: Comprehensive
Option: Variant
Option: Destigmatize
Option: Transcend
10. Which term describes the introduction of new ideas or methods?
Option: Innovative
Option: Empower
Option: Steadily
Option: Evolve

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)



11. A balanced diet should provide essential _____ for overall health.
12. Advancements in medicine and healthcare have increased the average human _____.
13. The _____ of the disease has been steadily increasing over the past decade.
14. Genetic factors may create a _____ to certain medical conditions.
15. After undergoing treatment the cancer went into _____.
16. The healthcare plan included a _____ range of services to address various needs.
17. The virus showed multiple _____ which made treatment challenging.
18. Organisms constantly _____ to adapt to their environment.
19. Blood tests can detect specific _____ that indicate the presence of a disease.
20. Alzheimer's disease is a type of _____ disorder that affects the brain.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Regularly observing and checking a patient's condition and progress.
22. To give someone the authority or power to do something.
23. To go beyond the usual limits or boundaries.
24. To treat someone as unworthy or disgraceful because of a particular characteristic.
25. The process of enabling individuals to have control over their lives.
26. A form or version of something that differs from the standard.
27. Keeping track of a process or activity over time to ensure proper functioning.
28. A genetic alteration or change resulting in a different characteristic.
29. Introducing new methods or ideas to improve existing practices.



30. The act of following a set of guidelines or instructions consistently.

Answer

Multiple Choice: 1. Cherishes 2. Immunity 3. Colorectal 4. Empowerment 5. Cognitive 6. Adherence 7. Mutation 8. Vigilance 9. Destigmatize 10. Innovative

Gap-Fill: 11. Nutrients 12. Longevity 13. Incidence 14. Predisposition 15. Remission 16. Comprehensive 17. Strains 18. Evolve 19. Biomarkers 20. Neurodegenerative

Matching sentence: 1. Monitoring 2. Empower 3. Transcend 4. Stigmatize 5. Empowerment 6. Variant 7. Monitoring 8. Mutation 9. Innovative 10. Adherence

CATEGORY

1. Health - LEVEL4

Date Created

2024/05/28

Author

aimeeyoung99

ESL-NEWS.COM