

Ingo's Low Calorie Diet journey

Ingo, from Windsor, has been attending the NHS Low Calorie Diet Programme with Xyla Health & Wellbeing and has seen some amazing changes since starting his journey in January 2022. Now in the final maintenance phase, Ingo shares his experience and results so far.

Could you please tell me about your experience on the programme so far? How did you hear about the programme and who referred you?

I was diagnosed with Type 2 diabetes in May 2021 following a standard HbA1c blood test. My results were 62 mmol/mol. I weighed 140kg and my waist was 126cm. Type 2 diabetes runs in my family and I knew I wanted to defeat my diagnosis as soon as possible. I could either try and do something about it myself or join the Low Calorie Diet Programme, which my GP recommended.

I was determined to put my diabetes into remission, so I took the programme extremely seriously. I knew I had to change all my habits and my mindset, so I did from the start. During the total diet replacement phase, I followed all the advice given and was completely committed; I had one shake every four hours, which gave me the perfect structure to work with. I also began gently exercising to support the weight loss as I knew this was an important part in my transformation.

"As you begin to see the results it is very rewarding"

How has the programme improved your health and your life?

I have a very sedentary job, so it is hard to lead a healthy lifestyle. However, because of my diagnosis, I have taken up hiking and walking. Every lunch time I go for walks and last week I walked 264km! I am not keen on the gym and as I suffer from arthritis, I need to engage in low impact sports and have recently started cycling. Now, I try to travel on foot or by bike rather than use the car.



Did you achieve the goals you set for yourself at the beginning of the programme?

I recently went for my annual check and I was ecstatic with the results.

Since my initial diagnosis, I have lost 47kg and am now 92kg, I have lost 27cm from my waist and I have reduced my HbA1c by nearly 30mmol/mol to 36mmol/mol. I have lost one third of my body weight and I now have a good relationship with myself and food. It has been an enormous change for me, and I have bought a whole new wardrobe of clothes! I am no longer concerned about what I eat. I don't feel guilty if I have a treat, but I am always mindful about what I do eat.

"It gave me the perfect structure to work with"

What advice would you give someone thinking about joining the programme?

This programme is all about habits and you need to change yours to make this work. You are guided and motivated to change but you must do it yourself. Go into this with an open head and heart and find something that makes you happy and a goal you want to achieve. It is hard at the start but as you begin to see the results it is very rewarding. Making changes is difficult but the ongoing support makes it easier. You can achieve remission from this programme and have a much healthier lifestyle.