



Meet Paul, a retired Royal Air Force Officer from Telford, who turned his type 2 diabetes diagnosis into a success story. With support from X-PERT Health, his family, and his determination, Paul has transformed his health and lifestyle.

**Q: Paul, could you start by telling us a little about yourself?**

I'm a retired RAF Catering Officer. I've always loved food and adventurous activities, but after retirement — and especially during the pandemic — I became less active, gained weight, and slipped into unhealthy habits.

**Q: When did you first realise there was a problem?**

At a check-up in 2021, I was told I had moved from pre-diabetic to type 2 diabetes. My blood sugar was just over the threshold. It was a shock because I didn't feel unwell, but it made me realise I needed to take action.

**Q: How did X-PERT Health come into your journey?**

My doctor explained the options — medication or lifestyle changes. I wanted to try the natural route. She recommended X-PERT Health's Diabetes Prevention & Management programme. Enrolling was easy, and from the start, the X-PERT team was supportive, knowledgeable, and practical.

**Q: What changes did you make with X-PERT's support?**

I worked with my consultant, followed the X-PERT handbook, and adopted a low-carbohydrate lifestyle. My wife was hugely supportive — she bought me diabetes-friendly recipe books and even a place on low-carb cooking courses. I also focused on being more active, reducing alcohol, and lowering stress.

**Q: What results have you seen?**

Between November 2021 and April 2022, I lost 2 stone 10 lbs and dropped my waist size from 36 to 30 inches. My blood pressure came down, I had more energy, and my HbA1c dropped to 38 mmol/mol — potentially putting my diabetes into remission.

**Q: How has life changed?**

I feel fitter, healthier, and more positive. It hasn't been easy, but it's been worth it. The support from X-PERT Health gave me the tools and motivation to succeed.

**Q: What would you say to others facing a diagnosis like yours?**

Don't ignore it. You *can* take control of your health. X-PERT Health will give you the knowledge and confidence to do it — and if I can, anyone can.