

"An excellent blueprint to get your health back on track!"

Neal D. Barnard, MD, FACC

"...jumpstart the reversal process!"

Hans Diehl, DrHSC, MPH

"...let the healing begin!"

Brenda Davis, RD

it!

How To Reverse Type 2 Diabetes

Reverse



Helen J. Powell-Stoddart, MD, MS

If you have type 2 diabetes, you may be under the false impression that it is a life-long, irreversible disease. This is not the case. Many studies have proven that type 2 diabetes is reversible. Dr. Helen provides the tools to propel your health to optimal levels by jumpstarting your journey to reverse type 2 diabetes. She launches you to the fast track through detoxification and hyper-nutrition. Send that type 2 diabetes running in just 40 days!

By choosing Dr. Helen's **Reverse it!** Program, you can:

- Eliminate toxins that inhibit rapid healing and reverse type 2 diabetes
- Reduce your risk of collateral damage from type 2 diabetes such as heart diseases, amputations, erectile dysfunction, kidney failure, blindness and fatigue
- Reduce or eliminate diabetic medications
- Enjoy amazing meals that support detoxification to promote healing
- Have peace of mind

Dr Helen Powell-Stoddart is a board-certified physician of Physical Medicine and Rehabilitation. She received her MD and MS from Howard University in Washington, DC. She completed a combined residency in both Internal Medicine and Physical Medicine and Rehabilitation from the Johns Hopkins/ Sinai Hospital Program where she was one of only two doctors chosen each year. After losing her mother to diabetes, hypertension and heart disease, she was motivated to research the impact of nutrition on diet-exacerbated illnesses. She opened her practice, Pain 2 Wellness Healthcare in Madison, Alabama after practicing "sick care" for more than 20 years. She helps individuals obtain



optimal health and reverse type 2 diabetes through nutrition and hormone balancing. She seamlessly integrates traditional and alternative means into treatment protocols to offer her patients every opportunity to lead a healthy, balanced and pain-free life. How can she help you?