

LifestyleRx & BCDiabetes

[LifestyleRx](#) is a physician-led, 100% virtual, 12 week lifestyle management program that is fully funded by the BC Medical Services Plan. It is also covered in Alberta and Ontario.

[LifestyleRx](#) goes to the very heart of why diabetes develops and what can be done to potentially reverse it.

Dr. Elliott is the Endocrinology Medical Director of [LifestyleRx](#). He recommends that every BCDiabetes client consider [LifestyleRx](#) as it explores in a detailed but common-sense way how lifestyle therapy can be profoundly beneficial - below is a selection of visual learning tools available through the [LifestyleRx](#) program.

[Here's what 30 g of FIBRE looks like](#)

[Ditch From Your Kitch](#)

[Fermented Foods](#)

[Flipping the Metabolic Switch](#)

[Green Yellow Red Lights Carbs](#)

[Healthy Fats](#)

[Habit Builder](#)

[Healthy Protein Packages](#)

[High Fibre Foods](#)

[Nighttime Yoga](#)

[Sleep Sounder](#)

[Spoonfuls of Glucose in Common Foods](#)

[Diabetes Reversal Strategy Guide](#)

[Eat Better Strategy Guide](#)

[Level Up Your Fitness](#)

[Minimalist Workout 1](#)

[Minimalist Workout 2](#)

[Minimalist Workout 3](#)

[Sleep Sounder Guide to Better Sleep](#)

[Starter Workouts](#)

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