bcdiabetes.ca
Patient Care + Research + Clinical Trials

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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

Short URL = https://bit.ly/LSRxBCD