

The HPI Diabetes Academy

Welcome!

This website is focused on diabetes, specifically type 2 diabetes.

We are not:

- Doctors
- Nurses
- Physician's Assistants

Or any other medical professional.

This means we cannot and do not diagnose you or anyone else. It also means we cannot and do not make changes to your diagnosis or diagnoses. Finally, it also means we cannot and do not make any change or changes to your medication or medications. This is between you and your medical doctor.

But we can do the following:

- Provide you with education, information and recommendations on food, sleep, stress and exercise. We refer to these as the four pillars of health.

We do all of this with the cause of type 2 diabetes in mind.

So why do we do it?

In a nutshell:

The current approach to treating type 2 diabetes targets elevated blood sugar, which does nothing to improve the condition.

For the average, run-of-the-mill type 2 diabetic, the inability to manage blood sugar is a symptom of type 2 diabetes (or insulin resistance). Targeting blood sugar does nothing to change this fact, which is why your blood sugar elevates if you forget to take your medication (or if you run out).

Our recommendations are intended to help people with type 2 diabetes make lifestyle changes so their insulin resistance improves.

We make no specific claims or guarantees but we have been pretty successful at helping people lose weight (specifically body fat), restore insulin sensitivity and regain their health.

If you'd like to read more about the development of the HPI Diabetes Academy, [read this article](#).

[Click here if you'd like to learn how to register.](#)