

A new understanding of Type II diabetes:

<https://www.youtube.com/watch?v=eUiSCEBGxXk&feature=youtu.be>

The proper treatment based on the new understanding:

<https://www.youtube.com/watch?v=mAwgdX5VxGc&feature=youtu.be>

Further information and personalized coaching:

<https://idmprogram.com/>