

NHS Type 2 Diabetes Path to Remission success story: Navin

37 from
Bournemouth

Lost over 25kg
from starting
weight

HbA1c
reduced
from 45 to
35



Navin's Story

Navin was diagnosed with Type 2 Diabetes in 2020 at the age of 32. With Covid and a new job to navigate, focusing on a diabetes remission programme wasn't front of mind, and he began treatment with Metformin. But in 2024, Navin reached a turning point. He felt ready to take control of his health and committed to the programme, beginning his journey that November.

Before his diagnosis, Navin didn't feel particularly unwell, but he noticed small signs like getting out of breath on the stairs. When he started the diet replacement phase, it was undeniably challenging. But he wishes he'd known sooner just how transformative it could be. Once he discovered the products he enjoyed, the process became more manageable. Even with the festive season bringing plenty of temptations, Navin stayed focused. As he puts it, "*success breeds success*", and watching the number on the scales shift gave him the encouragement he needed to keep going.

One of the most powerful changes for Navin was in his mindset, food had long been an emotional coping tool. The programme helped him learn healthier ways to manage stress and navigate difficult moments, freeing him from the "all or nothing" approach to eating that had held him back in the past.

Losing weight wasn't easy, but Navin says it is the most important thing he has ever done for himself. Today, he feels physically and mentally stronger and carries a deep sense of pride in what he has achieved. By the end of the programme, he had lost an incredible 25kg, 19% of his total body weight. His HbA1c dropped from 45 to 35 mmol/mol, and he no longer needs diabetes medication. He is officially in remission.

Now 37, Navin is experiencing firsthand the long-term benefits of the programme. His message for anyone thinking about starting the programme is simple: **"Go ahead and do it"**.

For more information about the programme
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