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EMPOWERMENT



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**March 14th 2017: Chef shares the recipe that cured his type 2 diabetes in 105 days**

When Professional Chef Lyndon Wissart was diagnosed with type 2 diabetes, he was determined that this would not be a life sentence. The thought of spending the rest of his life on medication with a long list of foods he couldn't eat, made him think that there must be an alternative. If it was food that caused the problem in the first place, then surely changing his diet could undo the damage. With his 30 years professional knowledge of food, he set about researching what could make a difference. By putting into practice what he learnt, he successfully managed to completely cure himself in

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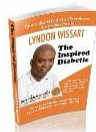
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### Featured Guest



#### Lyndon Wissart

Lyndon has been a London-based chef for more than thirty years working in many different establishments. Working around food, Lyndon developed a taste for desserts and in 2015, after talking with a cousin who had diabetes, he realized he had the condition, too.

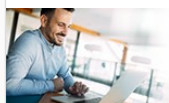
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