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HEALTH & WELLNESS



Healthy Energy with Margo
Archives Available
November 19th 2018: How to Reverse Type 2 Diabetes

Join Margo and her guest Brenda Blindenbach for a conversation about Type 2 Diabetes. Did you know that you can reverse it? Listen in to learn how Brenda lowered her oral medication in just one week, decreased her insulin intake significantly, lost weight, lowered her high triglycerides, and is on the way to getting more insulin sensitive. She will be sharing her story and what she did to start on her journey to health & wellness.

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Featured Guest



Brenda Blindenbach

Brenda Blindenbach is a certified Emotion Code Practitioner, a certified STT Practitioner & a Health & Wellness Coach. Brenda has had type 2 diabetes for 26 years and believed she would have to be on prescription drugs for the rest of her life.

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