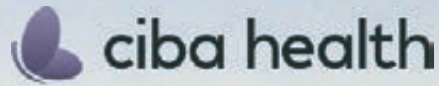


TYPE 2 DIABETES REVERSAL PROGRAM



THE SECRET TO YOUR BIOMARKERS

Understand what's driving
your diabetes

ACHIEVE METABOLIC FLEXIBILITY

Teach your body to burn
both carbohydrates and fats

TIPS TO CREATE LASTING CHANGE

Take control of your life, don't
let diabetes control you

CONTENTS

4

UNDERSTAND YOUR DRIVERS

Discover the unique root cause of your diabetes, which is different for everyone.

6

ACHIEVE METABOLIC FLEXIBILITY

Learn what metabolic flexibility is and how to achieve it.

8

LONG-TERM LIFESTYLE CHANGE

Learn how to optimize your diet and lifestyle to create sustainable change.

12

START YOUR HEALTH JOURNEY

Find out if our Type 2 Diabetes Reversal Program is right for you.

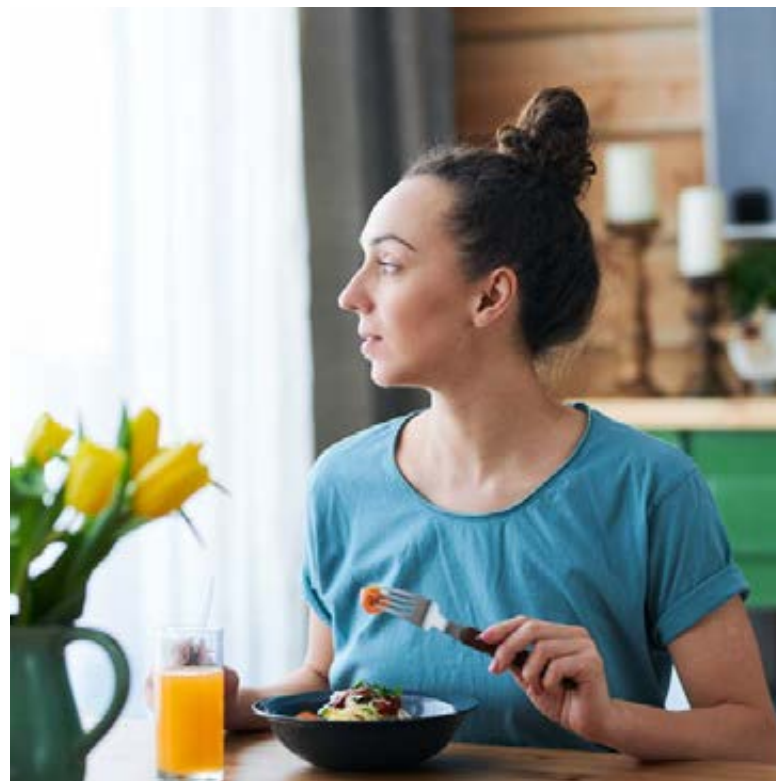


WHY YOU'RE HERE

Ciba Health knows you want to regain control of your health and well being. There are better ways to manage your type 2 diabetes.

We are here to help you on your journey, providing personalized type 2 diabetes solutions using our brilliant care team and the newest technologies available. Ciba Health wants to support you as you regain insulin sensitivity without a restrictive diet.

It is possible to live freely and comfortably with your diabetes—imagine what that feels like.



STEP 1: UNDERSTAND YOUR DRIVERS

No 2 patients with diabetes are alike —everyone has a different root cause that's influencing their condition and symptoms.

What could be driving your diabetes? It's important to work with a doctor to understand what's driving your diabetes.

Hormonal
imbalances

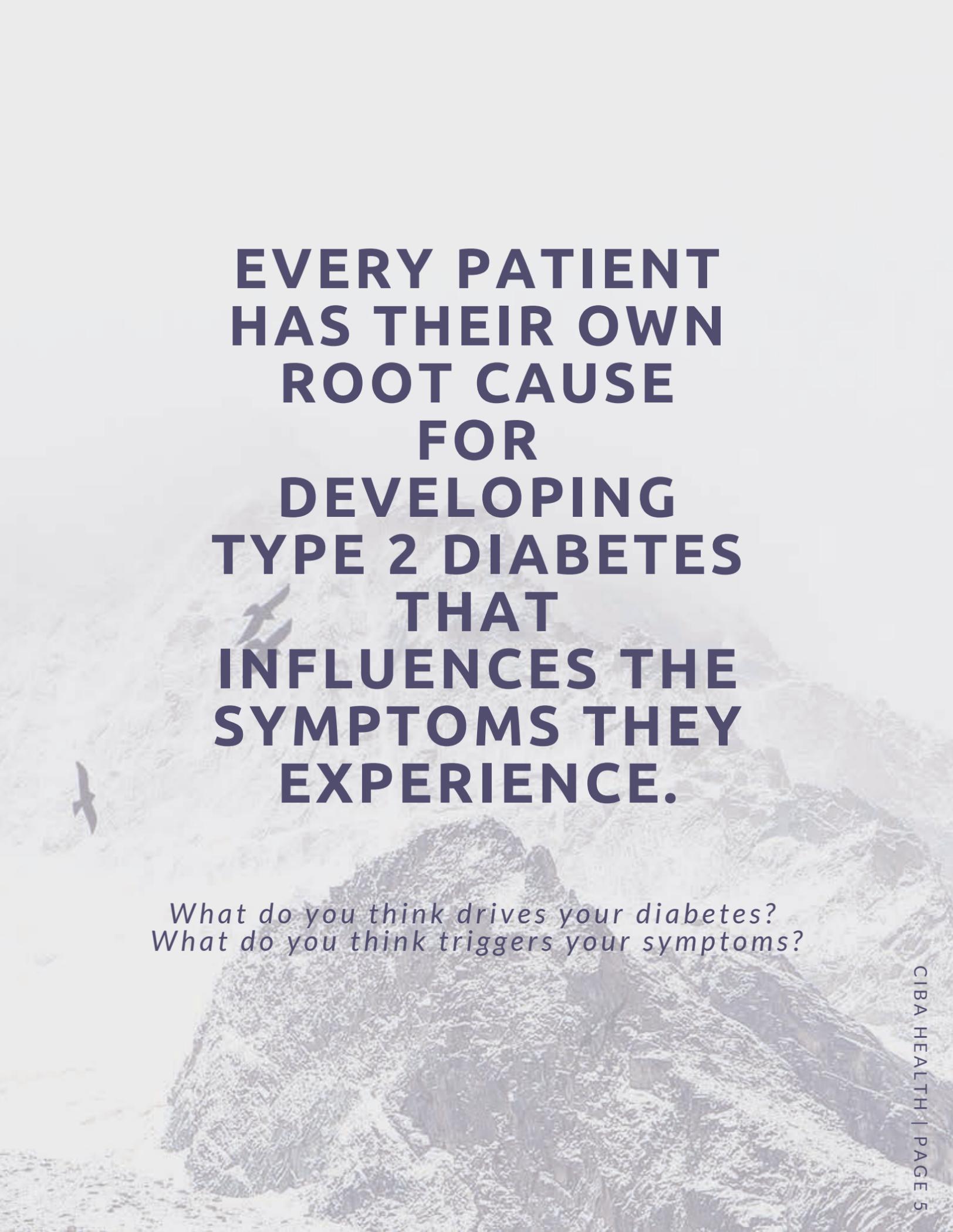
Microbiome

Body
composition

Stress

To do this, we suggest conducting advanced biomarker lab tests (like metabolic, inflammation, thyroid, fatty acid, toxin, and microbiome tests), identifying how your lifestyle choices impact diabetes, and, ultimately, making data-informed decisions.





**EVERY PATIENT
HAS THEIR OWN
ROOT CAUSE
FOR
DEVELOPING
TYPE 2 DIABETES
THAT
INFLUENCES THE
SYMPTOMS THEY
EXPERIENCE.**

*What do you think drives your diabetes?
What do you think triggers your symptoms?*



STEP 2: ACHIEVE METABOLIC FLEXIBILITY



Metabolic flexibility is the body's ability to burn available carbohydrates and fats efficiently. Achieving metabolic flexibility leads to improved diabetes symptoms and allows you to begin to take control of your health.

Benefits of metabolic flexibility include:

- Consistent blood sugar levels
- Less dependence on medications
- Improved body composition
- Improved immune system functioning
- Fewer restrictive, long-term lifestyle changes
- Consistent energy throughout the day



Wake up every day and feel...

Consistent
energy

Steady blood
sugar levels

Fewer restrictive,
long-term
lifestyle changes

Easier weight
loss and
maintenance

Less
dependence
on synthetic
insulin

Improved
immune system
functioning

Improved body
composition

Better sleep



METABOLIC FLEXIBILITY



STEP 3: LONG- TERM LIFESTYLE CHANGE

Achieving and maintaining long-term lifestyle changes require consistency and accountability. It can be difficult to take the leap! Ciba Health is here to help you with a personal health coach.

There with you every step of the way, your health coach will make a wellness plan with you, tailored to your body. Their hands-on guidance will teach you how to reach your ultimate lifestyle goals and sustain them.

“ Whether you think
you can do it or
not, you are right.

HENRY FORD





PUTTING IT ALL TOGETHER: 3 STEPS TO REGRESS DIABETES



1

Learn what's
driving your
diabetes

2

Achieve metabolic
flexibility to feel
your health
improve

3

Create long-
lasting lifestyle
changes to
maintain health



**"SOMETIMES WE
FORGET HOW
GOOD WE CAN
FEEL, AND *HOW
GOOD WE'RE
MEANT TO FEEL.*"**

DR. SUBHASHINI KATUMULUWA

*Taking the necessary steps to gain control of your
type 2 diabetes means your future is in your hands.*

START YOUR HEALTH JOURNEY



TYPE 2 Diabetes Reversal Program



- 6-month virtual care intervention
- Supervised by a physician, supported by health coaches and dietitians
- Each participant gets a Tech & Tools Kit, complete with all needed technology and supplies
- Personalized treatment plans based on your unique biomarkers and diabetes drivers
- 5 doctor visits, 2 dietitian visits, 6 health coach visits, monthly personalized supplements

DO YOU HAVE QUESTIONS?

[CONTACT A CARE ADVISOR](#)

www.cibahealth.com

TYPE 2 DIABETES REVERSAL PROGRAM TECH & TOOLS KIT

Once enrolled, a Tech & Tools Kit is mailed to your home,
complete with the items shown below.



Drowzle App



Welch's Grape Juice
(Glucose tolerance test)



Withings BPM
Connect, smart
blood pressure cuff



Medical grade
tuning fork, filament, and
Medipin



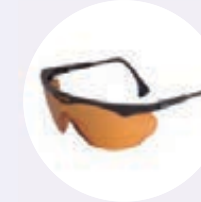
Oura Ring sizing kit
and ring



The Great Plains lab kit



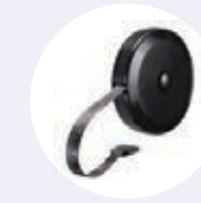
FreeStyle Libre
continuous glucose
monitor



Blue light-blocking
glasses



Withings Body+ body
composition scale



Tape measure



Personalized
supplement
package

24/7

24/7 access to the Ciba
Health platform

PROGRAM CREATORS



Markyia Nichols
MD, FACOG

Chief Medical Officer

Dr. Nichols is a board-certified Ob-Gyn and functional medicine expert committed to helping her patients heal the root cause of their health and wellness issues.



Sandy Lê
ND

Medical Director, Functional
Medicine

Dr. Sandy Lê is a graduate of UCLA and the National University of Natural Medicine. She works with a team of doctors and nutritionists to personalize treatment plans.



Ann Meyer
MD

Ciba Health Doctor

Dr. Meyer is board certified in Family Medicine and Integrative Medicine; she received full training in functional medicine through the Institute of Functional Medicine.



Subhashini Katumuluwa
MD

Ciba Health Doctor

Dr. K is a graduate of The George Washington University School of Medicine and Health Sciences, and is certified in Preventive Medicine and Functional Medicine from the IFM.

ABOUT CIBA HEALTH

Ciba Health is a personalized digital therapeutics and virtual care platform. We utilize a precision health approach to treat and reverse chronic conditions while optimizing the physical and mental well-being of our patients. Our diverse team of doctors, dietitians, and health coaches are here to help you live your life to the fullest.

www.cibahealth.com