



Dear Dr.

I plan to start an intermittent fasting and reduced carbohydrate diet. This involves voluntarily abstaining from eating for fixed short periods of time, reducing foods with added sugar, starchy carbohydrates (such as bread and potatoes), and eating more green vegetables and healthy natural fats such as found in olive oil, nuts, eggs, and butter. The diet is not a high protein nor a crash diet.

A reduced carbohydrate diet has been endorsed by the Harvard School of Public Health and the American Diabetes Association in its most recent 2019 consensus guidelines noting that, "Reducing overall carbohydrate intake for individuals with diabetes has demonstrated the most evidence for improving glycemia." More details are available in the accompanying Information Sheet for Healthcare Professionals.

Please advise me of any precautions necessary related to my personal medical conditions before starting or during the diet. Medications for type 2 diabetes often need to be adjusted when starting a low carbohydrate diet.

I plan to take better care of my health, and I look forward to sharing my results in due course.

Yours sincerely,