

# Reversing Type 2 Diabetes and Insulin Resistance with Lifestyle Medicine Course



## Description

The Reversing Type 2 Diabetes and Insulin Resistance with Lifestyle Medicine course, offered by the American College of Lifestyle Medicine (ACLM) and led by founding President John Kelly, MD, MPH, ABLM-certified LM Specialist, reviews the epidemiology, risk factors, and current medical approach to preventing and treating all forms of diabetes. Expert faculty in the fields of diabetes and Lifestyle Medicine address the scientific literature that supports the treatment, reversal, and prevention of type 2 diabetes and insulin resistance. Most importantly, the application of Lifestyle Medicine methods, guidelines, tools, and monitoring standards will be explained in order to enable health care practitioners to successfully apply Lifestyle Medicine techniques in their practices for the purpose of treating, reversing and preventing type 2 diabetes and insulin resistance.

## Learning Objectives

- Discuss the role of nutrition and particularly whole food plant-based nutrition in the prevention, treatment and reversal of type 2 diabetes and insulin resistance.
- Discuss the role of physical activity, sleep and other essential characteristics in the prevention, treatment and reversal of type 2 diabetes and insulin resistance.
- Review the key metabolic disturbances and pathophysiology of type 2 diabetes, insulin resistance, type 1 diabetes and type 1.5 diabetes.
- Review the current literature and considerations around medication de-prescribing for type 2 diabetes and insulin resistance reversal.
- Review the definitions and success rates of the reversal of type 2 diabetes insulin resistance.

## Target Audience

Physicians, physician assistants, nurse practitioners, registered nurses, pharmacists, registered dietitians, certified diabetes educators, physical therapists, occupational therapists, psychologists, social workers, and more!

## Format

The Reversing Type 2 Diabetes & Insulin Resistance with Lifestyle Medicine course is comprised of 20 lectures within 17 modules viewed in a digital format. Users are able to click through the voice-over module slides at their own pace and complete a corresponding quiz. Interactive scenarios, images, and case studies have been added to enhance the experience.

**Course Length is 18 hours.**

## Pricing

	Non-Member	Member
Physician/ Doctoral	\$720	<del>\$720</del> \$540
Non-Doctoral Health Professional	\$540	<del>\$540</del> \$405
Student	\$360	<del>\$360</del> \$270

[lifestylemedicine.org/education](https://lifestylemedicine.org/education)

## Outline

There are 20 lectures within 17 modules included in this course:

**Module 1:** Defining Diabetes Reversal: The Evolving Paradigm of Diabetes Reversal

| [Wes Youngberg, DrPH, MPH, CNS, FACLM](#)

**Module 2:** Key Metabolic Disturbances in the Pathophysiology of Type 2 Diabetes and Insulin Resistance | [George Guthrie, MD, MPH, CDE, FAAFP, FACLM, DipABLM](#)

**Module 3:** Insulin Resistance in Type 1 Diabetes and Latent Autoimmune Diabetes in Adults (LADA) | [Cyrus Khambatta, PhD, Nutritional Biochemistry](#)

**Module 4:** Treatment and Reversal of Insulin Resistance in Type 1 Diabetes and Latent Autoimmune Diabetes in Adults (LADA) | [Cyrus Khambatta, PhD, Nutritional Biochemistry](#)

**Module 5:** Insulin Resistance and Cognitive Impairment | [Dean Sherzai, MD, MAS, MPH, PhD\(c\) and Ayesha Sherzai, MD, MAS](#)

**Module 6:** Effective Modalities for Reversal of Type 2 Diabetes and Insulin Resistance | [Scott Stoll, MD, FABPMR](#)

**Module 7:** Essential Characteristics of Lifestyle Medicine Treatment for Reversal of Type 2 Diabetes and Insulin Resistance | [Scott Stoll, MD, FABPMR](#)

**Module 8:** (Parts 1 - 3) Essential Characteristics of Dietary Plans for Reversal of Type 2 Diabetes and Insulin Resistance | [Brenda Davis, RD](#)

**Module 9:** The Role of Plant-Based Diets in Type 2 Diabetes Management | [Neal Barnard, MD, FACC](#)

**Module 10:** The Impact of Fasting on Reversal of Type 2 Diabetes and Insulin Resistance | [George Guthrie, MD, MPH, CDE, FAAFP, FACLM, DipABLM](#)

**Module 11:** The Role of Physical Activity in Reversal of Type 2 Diabetes and Insulin Resistance | [Jonathan Bonnet MD, CAQSM, FAAFP, DipABLM](#)

**Module 12:** The Role of Sleep in Reversal of Type 2 Diabetes and Insulin Resistance | [Scott Stoll, MD, FABPMR](#)

**Module 13:** (Parts 1 - 2) Medication De-Prescribing for Reversal of Type 2 Diabetes and Insulin Resistance | [Jeni Shull, MD, MPH, DipABLM and Denise C. Fields, PharmD, BC-ADM, FASHP, DipACLM](#)

**Module 14:** Helping Patients Change Their Diets | [Neal Barnard, MD, FACC](#)

**Module 15:** Expected Success Rates for Reversal of Type 2 Diabetes and Insulin Resistance | [John Kelly, MD, MPH, LM Specialist](#)

**Module 16:** How to Achieve Maximal Long - Term Success for Patients | [Cyrus Khambatta, PhD, Nutritional Biochemistry](#)

**Module 17:** Key Steps and Processes in Establishing an Effective Lifestyle Medicine Reversal Program for Type 2 Diabetes and Insulin Resistance | [John Kelly, MD, MPH, LM Specialist](#)



## Accreditation

In support of patient care, Rush University Medical Center is jointly accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE), and the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for the health care team.

Designation Statement

Rush University Medical Center designates this live activity for a maximum of 18.00 AMA PRA Category 1 Credit(s)™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

This activity is being presented without bias and without commercial support.

ANCC Credit Designation – Nurses

The maximum number of hours awarded for this CE activity is 18.00 contact hours.

Rush University is an approved provider for physical therapy (216.000272), occupational therapy, respiratory therapy, social work (159.001203), nutrition, speech-audiology, and psychology by the Illinois Department of Professional Regulation. Rush University designates this live activity for 18.00 Continuing Education credit(s).

Rush University Medical Center designates this knowledge-based CPE activity for 18.00 contact hours for pharmacists.

The Commission on Dietetic Registration accepts self-study programs approved through the ACCME.

The American Board of Lifestyle Medicine has approved 18.0 maintenance of certification credits for this learning activity.

The AAFP has reviewed Reversing Type 2 Diabetes and Insulin Resistance with Lifestyle Medicine and deemed it acceptable for up to 18.00 Enduring Materials, Self-Study AAFP Prescribed credits. Term of Approval is from 10/16/2021 to 10/16/2022. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

The National Board for Health and Wellness Coaching (NBHWC) has approved 18 Continuing Education credits for NBC-HWCs upon successful completion of the Reversing Type 2 Diabetes and Insulin Resistance with Lifestyle Medicine course.

