



# On a High-Carb Diet, I Reversed Type 2 Diabetes and High Cholesterol

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dropped from 7.1 to 5.9, all without medication—all from just changing what I was eating! I also lost 36 pounds.

## Still Plant-Based and Thriving 5 Years Later

Since making the switch five years ago, I've maintained normal cholesterol levels and reversed Type 2 diabetes. At age 55, I feel the best I ever have! I also became certified in plant based nutrition and cooking to help others take control of their health with a WFPB way of eating. I am so grateful that now I can share my story and help educate others about the power of lifestyle medicine. I believe that it's the solution for preventing and reversing many of the chronic diseases that we face today.

*Ready to get started? Check out [Forks Meal Planner](#), FOK's easy weekly meal-planning tool to keep you on a healthy plant-based path. To learn more about a whole-food, plant-based diet, visit our [Plant-Based Primer](#).*

I grew up eating the standard American diet. Once I left home, I ate mostly vegetarian but with a lot of dairy and processed foods. My cholesterol was consistently over 200, and my A1C was in the prediabetic range. Through my 40s, I gained 40 pounds. I chalked it up to being postmenopausal and aging.

## Trying a Low-Carb Diet for Diabetes

In 2019, I was diagnosed with Type 2 diabetes. My doctor told me to eat a low-carb, high-protein diet, so I started doing Atkins, with a lot of meat and prepackaged foods.

At a routine eye exam a few months later, my eye doctor noticed that I had clumps of cholesterol in one eye. I was immediately sent to the hospital for a carotid artery scan, which found that the small artery on the left side of my face, eye, and brain was around 60% clogged with plaque buildup. I was scared! My doctor wanted to put me on a statin for cholesterol and metformin for diabetes. I knew there had to be a better way.

## Swift Results on a WFPB Diet

I began researching different diets and found *How to Prevent and Reverse Heart Disease* by Caldwell Esselstyn, MD. I immediately adopted a whole-food, plant-based diet, free of oil. Within just five weeks, my total cholesterol dropped 60 points, from 290 to 230. Within six months it dropped to 184, and my A1C