

TV's Eddie on a diabetes mission

● Director was 17 stone when he was diagnosed

By MIKE ADDISON
mike.addison@nqnw.co.uk

TELEVISION director Eddy Marshall knows all about Type 2 diabetes - and how to reverse it.

When 52-year-old Eddy, from Grange-over-Sands, was diagnosed with the illness in January 2015 - weighing 17 stone - his doctor told him the disease was advanced and that reversal was unlikely. Undeterred, he set about researching the condition, lost 50lbs in five months and in February this year he was taken off the Diabetic Register.

"For most people with Type 2, dietary reform will reverse the condition," said Eddy, who directed multiple



episodes of Hollyoaks, Holby City and in 2008 the last ever episode of Grange Hill.

"Type 2 diabetes is mainly caused by the modern diet. The good news is that most people can control their Type 2 diabetes through dietary change and very many can reverse it entirely.

"I strongly feel that people don't have to just accept Type

2 diabetes as a fact of life, that they shouldn't just shut up and take the medicine. Long term, a Type 2 diagnosis may even turn out to be a good thing."

Eddy says he now wants to share his experience with others affected by the condition and will be running a series of talks around Morecambe Bay in early January, with the intention of forming four groups for people with Type 2 diabetes who want to join up and reverse the disease. This has never been done before as an open-to-all scheme.

Eddy is also making a film about Type 2 diabetes reversal and wants to make contact with prospective diabetic reversees.

The incidence of Type 2 is reaching epidemic proportions in the UK, with one in ten predicted as having the condition by 2035 and with many more becoming pre-

diabetic.

Type 2 diabetes is a serious condition, which significantly increases the risk of heart attack and stroke and is now the UK's greatest cause of blindness and non-accidental amputation. Until recently Type 2 diabetes was unheard of in children but is now becoming increasingly common.

Eddy will be giving the talks on Type 2 diabetes reversal at the Park Leisure Centre, Barrow, on January 9 at 7pm; Lancaster and Morecambe College on January 10, at 7pm; Keg & Kitchen, Grange-over-Sands, on January 11; and Castle Street Community Centre, Kendal, on January 12, 7pm.

For more information, contact Eddy on 07562 414643, on Facebook at [diabeatthismovie](https://www.facebook.com/diabeatthismovie), email him at info@diabeatthis.co.uk, or check the website at www.diabeatthis.co.uk.