

'Why a Type 2 diabetes diagnosis can be good'

TV director 'reverses condition' after losing 50lbs

FEATURE

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A Morecambe born TV director says he is able to help reverse the effects of Type 2 diabetes.

Eddy Marshall, 52, was diagnosed with the illness in January 2015.

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 2016 was taken off the Diabetic Register.

The inspiring filmmaker, who directed 93 episodes of *Hollyoaks*, as well as *Holly City*, and the last ever episode of *Grange Hill*, will be hosting free talks around the Bay area in January, including at Lancaster and Morecambe College on January 10.

He said: "I'm passionate about the reversal process because it works."

"Newly diagnosed Type 2 diabetics are basically told it's unalterable and it'll get worse over time."

"This is neither necessarily true or correct."

"A Type 2 diagnosis may even turn out to be a good thing."

"For example, I've now lost over four stones and my health is now much better than it was two years ago. I'm not sure I'd have changed as much if I didn't have the threat posed by the Type 2. It's now locked my health for the better."

"There's more than one route to reversing the illness and my wife Claire and I look forward to meeting people who want a better life and better health, we aim to find a way forward."

Type 2 diabetes is a long term metabolic disorder that is characterized by high blood sugar, insulin resistance, and relative lack of insulin.



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As of 2013 there were approximately 368m people worldwide diagnosed with the disease compared to around 30 million in 1965.

Eddy said: "For most people

with Type 2, dietary reform will reverse the condition.

"It 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, as I'll explain in the talk."

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.

He added: "I'm from Morecambe originally, so it's good to do something like 'Dia-Beat This!' on home turf."

"My mum taught English years ago at Lancaster & Morecambe College, where we're doing our second talk, at the Business Conference Centre at 7pm on January 10."

For more information, contact Eddy on 07562 414643, on Facebook at [diabeatthismovie](https://www.facebook.com/diabeatthismovie).

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Eddy Marshall was born in Morecambe and directed the last ever episode of *Grange Hill*