**“Level Crossing”**

**Peer support - a volunteer’s story**

“As a volunteer disciple for the Level Crossing programme, I get asked from time to time to share my story of tackling Type 2 Diabetes just by life style changes and without the need for medication.

“One gentleman called to see me worried about his high blood sugar levels and about what he could do himself to get them down.  He wasn’t aware of the glycaemic index / glycaemic load for the various food types and many items in his diet that he thought were good for him, in fact weren’t.

“I gave him a copy of the index and talked to him about my journey which I think inspired him to go away and improve his diet, do more exercise and get his weight down. I also recommended the Dr Michael Mosley book (“The 8-Week Blood Sugar Diet”) which he said he would get”.