

The Misinformation We Believe About This Common Health Problem

There's a lot of misinformation when it comes to Type 2 diabetes. But when you discover the truth, you gain the power to reverse its effects.

In this episode of *Healthcare's Missing Link* on the Charisma Podcast Network, Umahro Cadogan joins Dr. Mark Sherwood to reveal how to eliminate Type 2 diabetes.

In this episode, you'll discover:

- The cause of Type 2 diabetes.
- How Type 2 diabetes effects your body on a cellular level.
- Getting rid of Type 2 diabetes.

About Our Guest:

Umahro Cadogan is a functional nutrition guru. He consults organizations in corporate wellness and advises world-class athletes on how to optimize their nutrition. Known as the "Danish Food Doctor," he believes that food is medicine, and lectures all over Europe about his food philosophy. {eoa}