



## Wim Tilburgs

*Founder at Stichting Je Leefstijl Als Medicijn  
(Your Lifestyle As Medicine Foundation)*

Together on the way to a healthy future for everyone

- Member of Mission Team 1 Lifestyle and Living Environment. - Top Sector Life Sciences & Health
- 2 x winner Best Diabetes Idea 2023 for Diabetes type 1 and type 2 awarded by the Dutch Diabetes Fund
- Public Award Best Diabetes Idea 2023 for type 1 diabetes lifestyle education program
- Core team member Coalition LifeStyle in Healthcare
- Organisation partner LifeStyle4Health
- Ambassador 2Diabeat





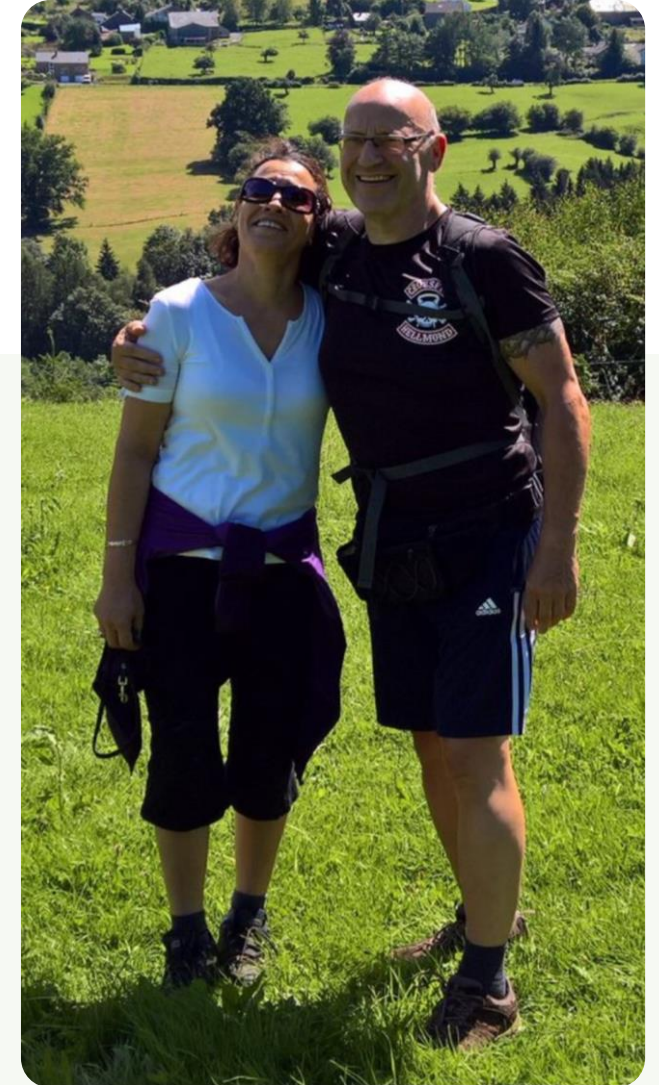
# Wim Tilburgs

Reversed T2 Diabetes in 2015 through own research (Robert Lustig, Gary Taubes, Peter Attia)

## Results



2015



2016



## Before: large pile of meds

- Metformin
- Tolbutamide (sulfonylurea derivate)
- Januvia (sitagliptin)
- Insulin
- Blood pressure meds (2)
- Simvastatin
- Depakine (valproic acid)
- Zoloft (sertraline)

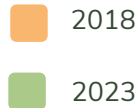
Improvement fitness, mood, PTSD  
and Bipolar Disorder

# Which made me start a T2D support group...

2018-2023 results:



From 226 participants



- Free online Facebook community
- Daily advice, motivation and support
- Information centre at [www.jeleefstijlalsmedicijn.nl](http://www.jeleefstijlalsmedicijn.nl)
- Every Saturday: weighing & measuring
- 1-on-1 coaching with expert peers
- 2023: 2,300 participants



Lizette Tabak

Age 63



## Results

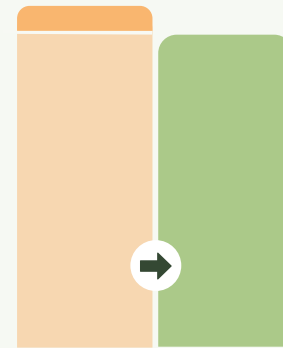
2019

2023

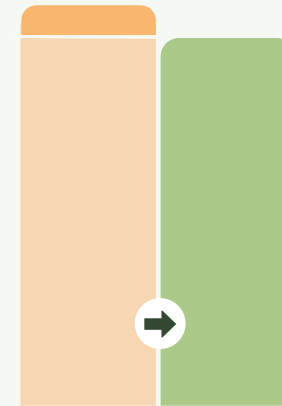
Weight

Waist

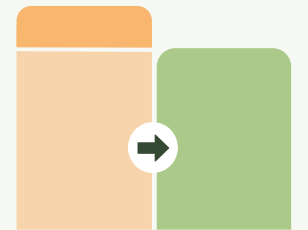
HbA1c



-20,2 kg



-20 cm




-11 mmol/mol

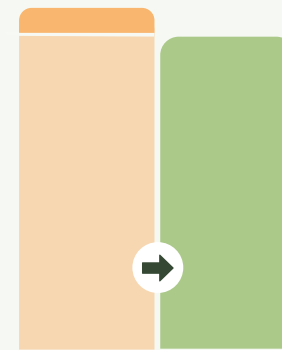


 **Joke Maclean**  
Age 75

## Results

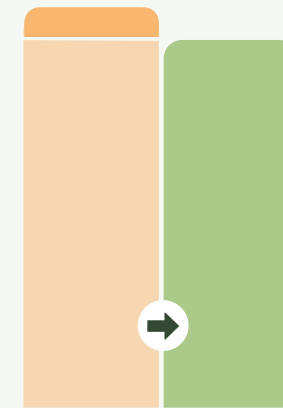
 2019  2023

Weight



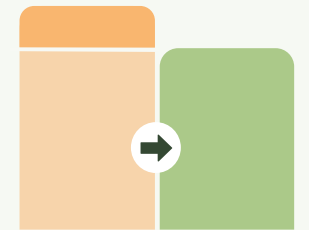
-10,9 kg

Waist



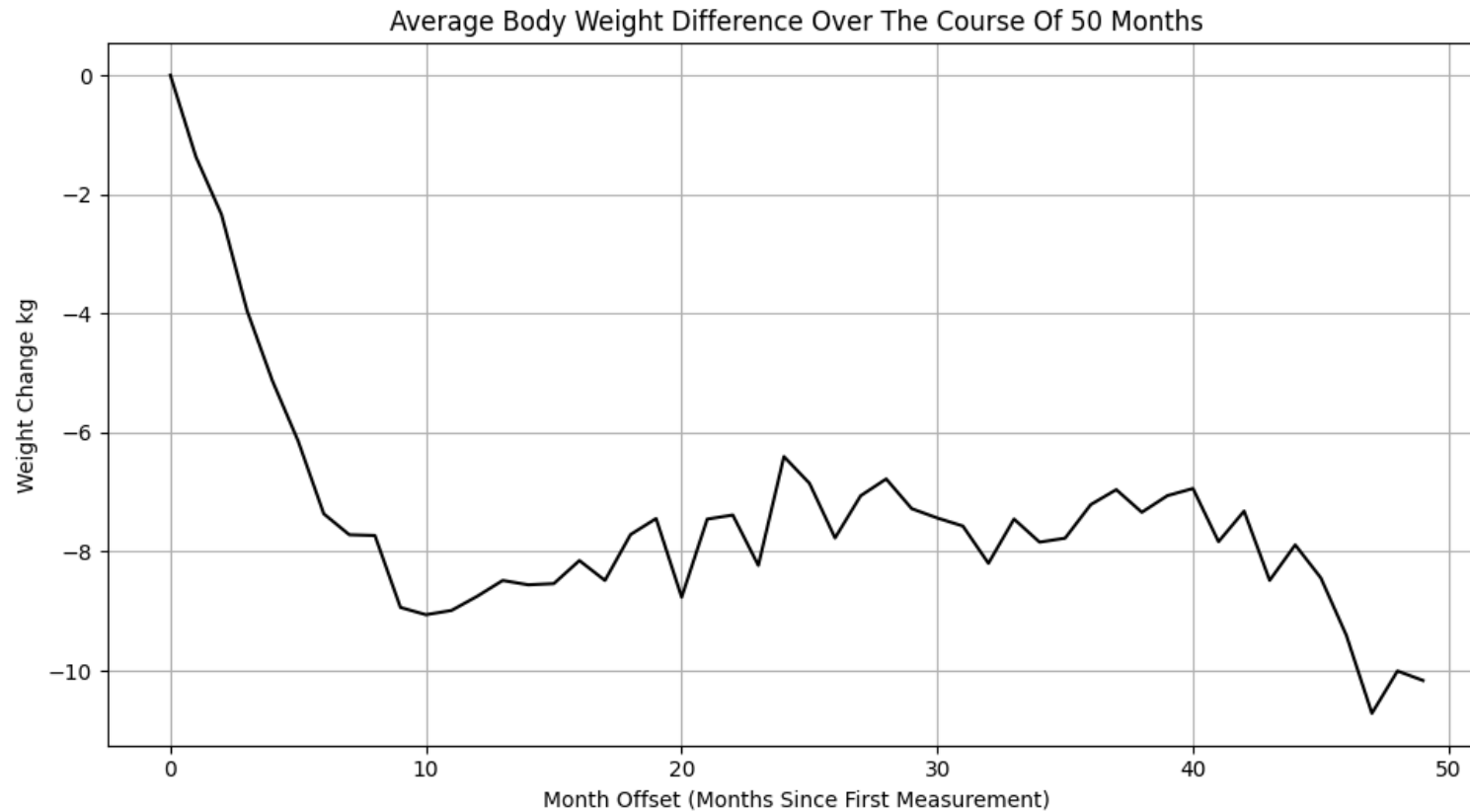
-4 cm

HbA1c

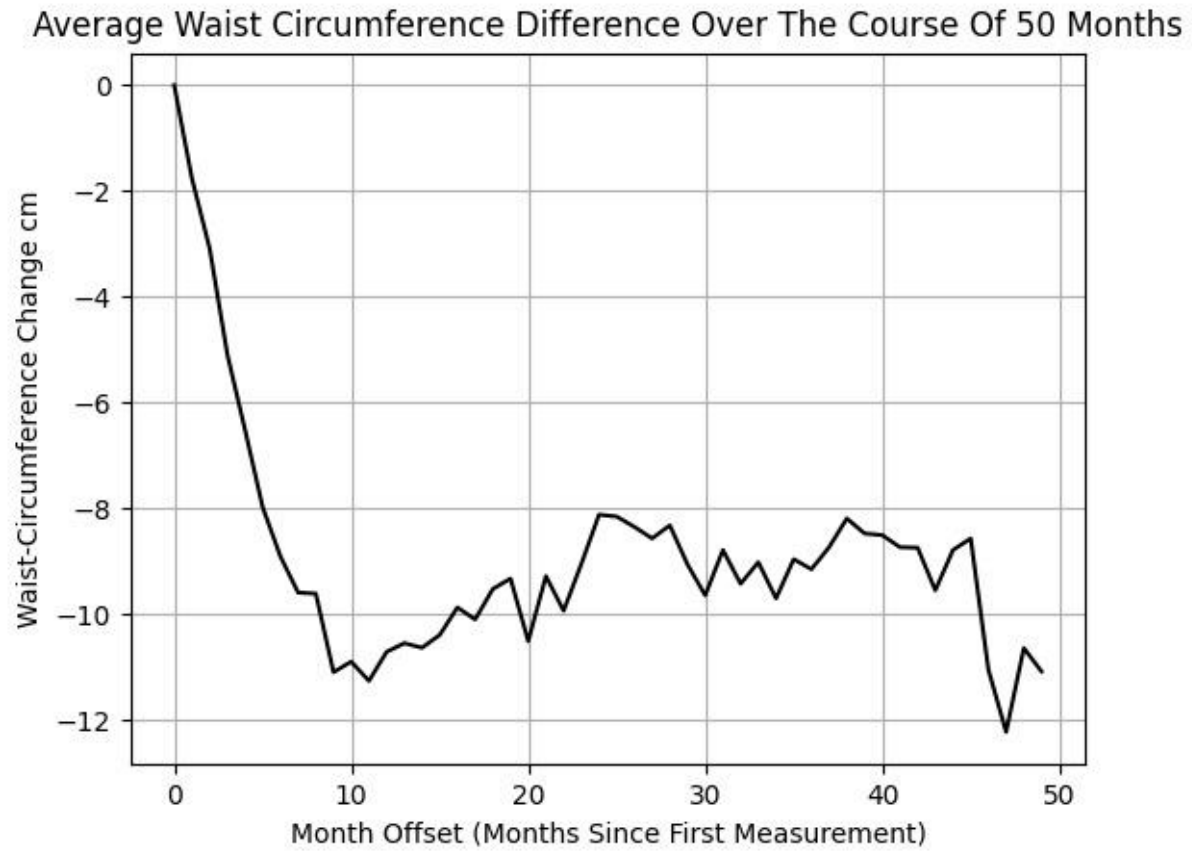


-7 mmol/mol

# Average body weight difference over 4 years



# Average waist circumference difference over 4 years



# Lifestyle support groups for metabolic and mental health



Alzheimer



Bipolar disorder



Type 1 diabetes



Type 2 diabetes



Epilepsy



IBD



Longevity



Migraine



Acquired Brain Injury ABI



Obesitas / DDF



Psoriasis



Rheumatoid arthritis

# Het Suikerhuis

*'The Sugar House'*

*(T2D is called 'suikerziekte' or sugar disease in Dutch)*



- On location support group
- In community centre, church or mosk
- Aimed at T2D patients
- Targeted at low SES communities
- Together: walking, cooking, eating, blood glucose measuring, selfmanagement, lifestyle

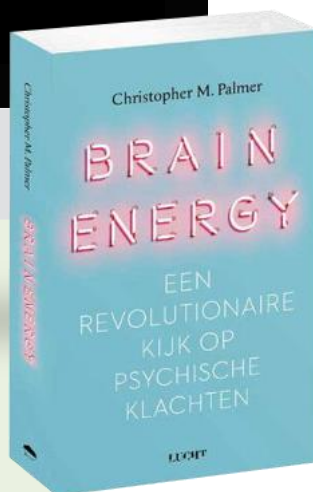




# Bipolar under control

*Brain Energy - Brain Power*

- My T2D was accompanied by Bipolar Disorder
- Root cause Post Traumatic Stress Disorder (PTSD) (United Nations peacekeeping mission in Lebanon)
- Strong improvement after lifestyle change



Stichting Je Leefstijl Als Medicijn instigated the Dutch translation of Brain Energy by Christopher Palmers MD, published in September 2023