**Draft letter to Family, Friends and Fellow workers**

***Guidelines for participants in FIRE Diabetes in 40 days:*** *Reversing your diabetes within 40 days requires a collective effort. You will greatly benefit from the support, encouragement, compassion, patience, and love of your family, friends, and colleagues. Feel free to personalise this letter and send it to those who you seek support from.*

Dear [Name],

I hope this letter finds you in good health and high spirits. I wanted to share some exciting news with you and extend an invitation to be a crucial part of my transformative journey ahead. After much consideration, I have made the decision to take control of my health and embark on an online course to reverse my insulin resistance / diabetes. While online courses can often feel impersonal, I firmly believe that my success will depend not only on acquiring knowledge but also on implementing the principles into my daily life. This is where I need your invaluable support.

In essence, I cannot do this alone. I am reaching out to you today to ask for your partnership on the road to success, making it easier for me to adopt a new lifestyle and cultivate healthier habits. Your role in this journey is pivotal, and I am genuinely grateful for your willingness to be by my side.

Above all, I kindly request that you remind me regularly that insulin resistance / diabetes can indeed be reversed, even though I have been told for years that it is a condition I must learn to live with. Your encouragement and unwavering belief in my ability to overcome this challenge mean the world to me. Together, let us strive for a healthier, stronger, and more energetic version of myself.

**Additionally, here are some practical ways you can support me on this journey:**

*[Consider sending one or more of the following:]*

* Watch this YouTube video by Dr. Stef Snyman and Dr. George Roux from the FIRE Diabetes team. It provides valuable tips on how you can support me in reversing my diabetes: <https://youtu.be/nQAGjd9IOps>.
* Please refrain from offering me any kind of food, even if it aligns with my dietary guidelines. As I establish new habits and routines, I need to maintain a focused approach. I genuinely appreciate your kindness, but declining food or snacks will assist me in staying on track. However, offering water, tea, or coffee is always welcomed.
* Kindly avoid consuming sweet foods or beverages in my presence. Training my taste buds and rewiring my brain to forget sweet flavours can be challenging, and your support in creating a sugar-free environment is immensely helpful.
* In the event of a setback or slip-up, please refrain from embarrassing or ridiculing the programme. This course enables me to reassess deeply ingrained lifestyle choices, and I may encounter bumps along the way. Your encouragement to get back on track will be invaluable. Remember, this journey is about progress, not perfection.
* At this moment, my focus is solely on completing this 40-day journey. Therefore, I kindly request that you hold off on offering additional health advice until the programme concludes. If you have important information to share, please write it down for future discussion once the 40-day journey is over.
* If you are unsure how to support me, please don't hesitate to ask. Your genuine interest and curiosity mean a lot to me, and I appreciate your willingness to learn about my needs.
* Checking in on my progress every day and showing me the way if I'm struggling will be immensely valuable. Your consistent presence and unwavering support will boost my self-discipline and keep me motivated.
* It would be fantastic if you could join me in the exercise programme. Having a workout buddy will help me stay committed to this aspect of my new routine.
* Let's celebrate the milestones together (Just not with chocolate! 😊). Acknowledging the hard work and progress made along the way is vital, so let's find alternative ways to commemorate each milestone. Perhaps lighting a candle or engaging in a special activity that aligns with my health goals would be wonderful.
* Making a habit of eating meals together at a table, without distractions like cell phones, is important to me. By joining me at the table, we can create an opportunity to reconnect and share laughter while we nourish our bodies.

*[One or more of the following bullets may be more appropriate for good / close friends and family]*

* Feel free to ask me if I've had any slip-ups since we last spoke. Your genuine interest in my progress means a lot.
* I understand that I've embarked on similar journeys in the past, only to falter along the way. However, I ask that you believe in me this time. With your support, I am confident that I can make a lasting change.
* Although the course lasts for 40 days, my goal is to sustain this new lifestyle to the best of my ability. Let's see how we can make the various changes permanent, for my health's sake (especially since I hope to be your friend for a lo-o-ng time to come!).

*[The following bullets may be more appropriate for close family or house mates*

* How about joining me on this journey? It's just 40 days, and it would benefit your health as well. The patterns and habits taught in this course have proven to be beneficial for anyone seeking to reduce or reverse the damage caused by aging, poor dietary choices, and chronic diseases. Together, we can support each other, and your presence would be invaluable to my return to health.
* Let's watch the food preparation videos by Master Chef Pete Goffe-Wood together. They are enjoyable, and we can learn how to make healthy and delicious meals.

Thank you for your unwavering support on this path to better health. Your encouragement, understanding, and cooperation mean more to me than words can express. If you'd like to learn more about the course, please visit the website www.fireforlife.com.

With heartfelt appreciation,

[Your Name]