
BIOGRAPHY

Name & Affiliation

Harriet Verkoelen

Low carb lifestyle and reversing diabetes, metabolic syndrome, insulin resistance

Biography

Harriet Verkoelen is a Dutch dietitian and nurse diabetes specialist for almost 30 years. For 25 years advising her patients the low carb diet. She wrote three books on this topic and she trains dietitians and diabetes nurses. In her practice 93% T2DM can stop their diabetes type 2 medication.