

# Raga D'silva

## Overcoming Diabesity (Diabetes type 2 linked to obesity)



Raga was shocked when at the age of 42, she found herself 28 kg overweight, sick with blurry vision and her Doctor diagnosed her with Diabetes Type 2 along with several other health complications directly and indirectly associated with the illness. She was told the blatant truth – **“wake up and take control now, or you won't see your 45<sup>th</sup> birthday”**. That was harsh. But that was the truth. She knew that she had let things get out of hand. She had no idea that she had been causing such damage to her body. Raga had a textbook case of **Diabesity**.

The task of reclaiming her health seemed overwhelming, until she realised that it was up to her to make the change. She began by first coming out of denial, educated herself about the ill effects, the dietary changes she needed to make, and started to take it one step at a time. She began taking responsibility for her health, her body, and stopped blaming her lifestyle and stress for bad habits and laziness. She immediately started to make better food choices, and started an exercise regime.

The weight started dropping off immediately, and thanks to her sensible approach to healthy eating and exercise, continued to drop off until she had lost a remarkable 26 kilos (just over 4 stone) in a period of 9 months. Most importantly, her diabetes is in remission and under control thanks to her holistic approach to her health. Raga proved that with dedication and the right attitude **Diabesity** can be overcome.

Losing her mother recently to complications from Diabetes Type 2 has strengthened her resolve to continue to make the right choices for her and her family and to take this message to the wider community.

### About Raga D'silva

Raga D'silva is an international advertising and marketing specialist, having worked in several top advertising agencies in India, New Zealand. Raga has worked extensively in other markets including Australia, China, Hong Kong, Singapore, Malaysia, Middle East and the UK. Apart from running successful international businesses and speaking on 'Doing business in India' to international audiences, Raga now speaks at various forums on her personal mission of supporting those in need of making a change, to take that first step. She supports the community through her blog RagaGetsOffherAss, and her various media interviews for Diabetes UK. Raga has appeared on ITV Daybreak, BBC London Radio 4, BBC London 94.7 FM, NEW Magazine and Prima UK recently sharing her inspirational story.