

We give people their lives back by reversing Type 2 Diabetes

A 12-week lifestyle-coaching program scientifically proven to restore your health and be medication free.

SCHEDULE A CALL

You shouldn't have to be on medication for the rest of your life

Not only is it expensive, but it can cause serious long-term side effects like obesity, cancer and cardiovascular disease.

Photo placeholder

Can you relate?

- You feel like you're just chasing your symptoms with medication after medication.
- Your medical expenses have continued to increase, but your health has stayed the same or gotten worse.
- It feels like your best years are behind you, and you only have more illness ahead.
- You dread the thought of leaving your family behind — and in the meantime, burdening them with your declining health.

You deserve a plan that will get you back to optimal Health with the support of professionals who care.

Type 2 Diabetes can be completely eliminated and we'll show you how to:

Save Money

Say goodbye to expensive treatments and doctor visits with lifestyle changes that actually work.

End Insulin Dependence

We'll teach you how to control your blood glucose levels and restore your health — naturally.

Feel the Difference

Most people see improvements in energy, mood, and symptoms within the first month.

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We get it. When you live with diabetes, the future can feel pretty bleak.

Josh Headshot

I lost both of my grandfathers to preventable diseases early in life. Once I started learning more about lifestyle medicine, I watched in amazement as people with chronic illnesses were coached into healthier habits that often lead to drastic improvements.

This completely revolutionized my beliefs about health, and made me wonder how many others had suffered needlessly like my family had. That's why I've spent the last 12 years dedicating my life to helping people regain their quality and quantity of life to the best that it can be.

Our program is different because it is:

- Backed by Science:** Our approach is supported by decades of clinical research and scientific evidence, alongside a team of doctors and nutritionists.
- Personalized to You:** Our dedicated coaches will work with you one-on-one. We take into account each person's genetics, biochemistry, and lifestyle.
- Designed to Fit Your Life:** Our program is created for you to do in the comfort of your own home. It goes beyond instructions. We help you target the habits that brought on your disease so that we can eliminate them and empower you to a life of quality and good health.

That isn't to say it's easy — change can be challenging. But that's why we're here. Schedule a call today and experience life free of diabetes.

Joshua Subhash

Joshua Subhash Amirtharaj
Founder and Managing Director
Restoration Health Care

Over a Decade of Experience

Hundreds of Happy Patients with 98% Success Rate

Built on 75 Years of Research

Certified in Holistic Health, Nutrition, & Disease

Extraordinary results in our highest risk patients

Average biomarker declines after a 30-day intervention



Triglycerides

44.1% decline

Initial level: Above 500mg/dl



Fasting plasma glucose

19.9% decline

Initial level: Above 125mg/dl



Total cholesterol

19.8% decline

Initial level: Above 280mg/dl



LDL cholesterol

16.1% decline

Initial level: Above 190mg/dl



Participants with metabolic syndrome

10.4% decline



Body mass index

3.2% decline

Just Three Steps to Beating Diabetes

1

Schedule Free Discovery Call

We will talk with you about your health, lifestyle habits, and the issues you are facing, and find out what barriers you're struggling with. Together, we'll decide if this is the right program for you.

2

Get Your Customized Plan

Our Physician and Dietitian will craft a lifestyle and diet plan to help you eliminate your diabetes. We take into consideration your unique situation, and then work with you to help you get the outcome you want.

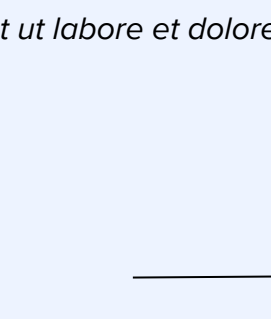
3

Enjoy a Happier & Healthier Life

Your personal lifestyle coach will assist you for 12 weeks toward a healthier, happier life transformation. Not only will you lose weight, look younger, and have more energy, you'll get to live a longer life so you can be there for your family.

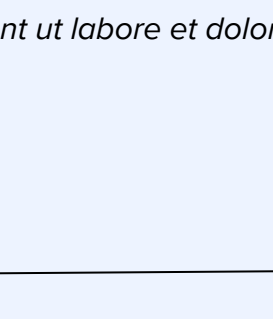
SCHEDULE A CALL

“After just 45 days in the program, I’m insulin free and my life is back to normal!”



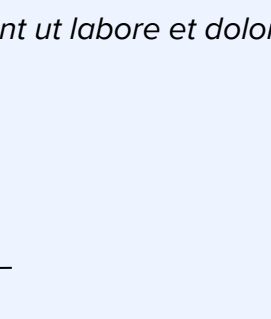
Testimonial

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna.



Testimonial

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Testimonial

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna.

Our proven lifestyle coaching method works from the inside out.

There are 3 ways to work with us:

1:1 Diabetic Coaching

Health information alone does not change people. But magic happens when you couple the right information with an experience guide.

- Personalized Coach
- Doctor and Nutritionist support
- 12 coaching sessions
- 18 educational sessions & workbook
- Cookbook
- Exercise Book
- App for Messaging Your Coach
- 24/7 Access to all resources for an entire year.

Group Diabetic Coaching

Enjoy a community of people who are on the journey with you for additional connection and support.

- Doctor and Nutritionist support
- 12 coaching sessions
- 18 educational sessions & workbook
- Cookbook
- Exercise Book
- 24/7 Access to all resources for an entire year.

Online Diabetic Course

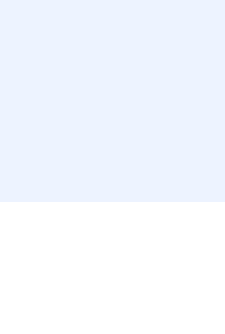
Over 21 days you'll empower yourself to address the root cause of diabetes and integrate your transformation at your own pace and in the convenience of home.

- 9 hours of videos
- 92 recipes
- 2 ebooks
- Taught by 4 Expert instructors

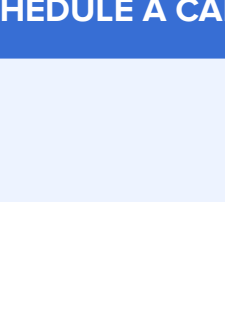
SCHEDULE A CALL

Be Insulin Free in 90 days

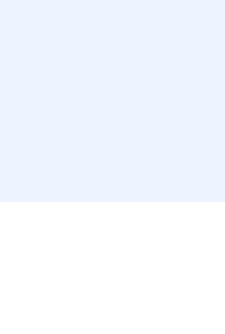
Get your money back if your diabetic condition hasn't improved within 30 days. We also guarantee:



You'll be supported every step of the way



You'll get results as you follow the plan

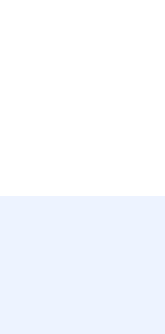


You'll go at your own comfortable pace

SCHEDULE A CALL

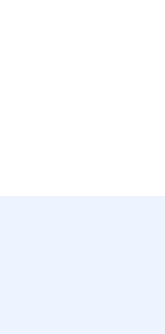
Our approach is unique — here's why:

Restoration Health Care practices evidence-based lifestyle medicine using comprehensive lifestyle changes to prevent, treat and reverse the onset and progression of chronic disease by addressing underlying causes.



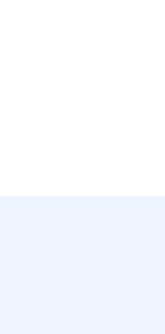
BUILT ON 75 YEARS' EXPERIENCE

Our partners are freely sharing their knowledge to help you get your life back.



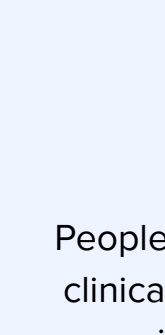
PERSONALISED COACHING

We know that the change is difficult. That is why we have a personalised coach to work with you.



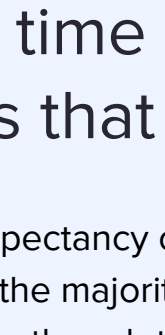
SCIENTIFICALLY VALIDATED

Evidence based medicine to develop plans that help you achieve your goals.



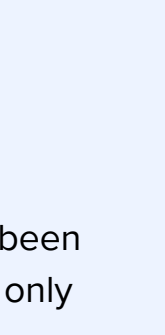
MOBILE APP

Easy to use phone app to monitor your progress.



DOCTOR ON-SITE

Our Doctors will assess your health conditions and create a plan for your individual needs.



WORK AROUND YOUR SCHEDULE

Our simple methods are designed to work around your schedule in the comfort of your own home.

Stop wasting time and money on treatments that don't work.

People with diabetes have a shorter life expectancy of 10 years. Lifestyle medicine has been clinically proven to improve this, however the majority of information out there focuses only on insulin as the primary treatment. Even though there are more effective alternatives.

You have nothing to lose and everything to gain by trying something different. Learn how to beat this disease for good — and get back to a life you love.

SCHEDULE A CALL

Watch our Free Video:

3 Simple Steps to Take Control of Your Diabetes Today (without spending any money)

First name

Last name

Email address

Watch Video