

## Personalized health education and coaching for weight loss and metabolic syndrome.

### In order to qualify for admission into the IDM Program, You must:

- Be 18 years of age or older
- Enjoy working in a group environment

### How To Join

The IDM Membership Community is our DIY approach to fasting.

By joining the Membership Community you have access to weekly Q&A's, science videos, the IDM Community forum and monthly group fasts.

You can join the Membership Community courtesy of DeKalb Health as a monthly member by visiting the link below.

Please note that the IDM Program offers dietary counseling only. It is against the law to provide advice regarding medications, medical issues or blood test interpretations - this is your physician's responsibility. It is strongly advised to keep your physician up-to-date on the dietary changes you are making. We do not provide dietary guidance for children under 18.



[www.idmprogram.com](http://www.idmprogram.com)  
[info@idmprogram.com](mailto:info@idmprogram.com)  
1-437-237-9808



Promote. Preserve. Restore.

1316 East Seventh Street  
Auburn, Indiana 46706  
260.925.4600  
[info@dekalbhealth.com](mailto:info@dekalbhealth.com)  
[DeKalbHealth.com](http://DeKalbHealth.com)



For  
**DeKalb Health Team Members**

## DeKalb Health Team Member Enrollment

### VISIT THIS LINK TO ENROLL

<https://idmprogram.com/shop/?add-to-cart=45979>

### USE COUPON CODE

dekalbhealth



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# Diabetes Reversal, Sustainable Weight Loss

## About Us

The Intensive Dietary Management (IDM) Program is an online program that provides dietary counseling, education, and support for weight loss and metabolic syndrome. The IDM Program's philosophy centers around dietary strategies that lower insulin, which plays a dominant role in causing obesity.

The IDM Program provides the education, guidance, support, and structure necessary for successful weight loss. Clients have the opportunity to naturally treat their weight and other metabolic related issues through lifestyle modifications without the use of medication supplements or surgery.



## The IDM Program

- World class expertise in the use of therapeutic fasting
- Customized dietary programs to suit your lifestyle
- Worldwide Support
- Community engagement for support and guidance from like-minded members.
- Comprehensive online education modules and materials for fasting and low carbohydrate diets.

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## IDM Can Be Beneficial For

- Type 2 Diabetes
- Obesity
- Fatty Liver Disease
- Polycystic Ovarian Syndrome
- Obstructive Sleep Apnea
- Metabolic Syndrome
- Arthritis

