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## How to cancel diet doctor

As a member you have easy access to your personal account page. Once there, click "cancel membership" and complete the steps to end your account page, you will also find information on how many days are left of your current subscription. Thank you for your support and we hope to have you back soon! Trim has cancelled Diet Doctor for hundreds of users. Subscriptions like Diet Doctor can be a pain to cancel. That's not an accident. They want to keep draining your pockets month after month, even if you're no longer using their service. Trim makes it easy to cancel your Diet Doctor subscription with a simple, hassle-free text. Weight loss and diet tips are everywhere. But helpful content that's both accurate and empowering is not. You deserve trustworthy advice from doctors, dietitians, and other experts. Our mission is to empower you to dramatically improve your health and the health of those you love. Welcome to Diet Doctor! Dr. Andreas Eenfeldt, MDCEO/Founder You can quickly learn about the basic ideas behind the entire 8-part video course Watch the entire 8-part video course. Get the best keto and low-carb meal plans and shopping lists, through our exclusive meal planner tool (free trial). If you live a kosher, keto lifestyle, we're here to help! We designed this seven-day meal plan with your dietary needs in mind. With easy, budget-friendly recipes, this week's plan is perfect for families. From Keto coconut curry chicken to our Keto fried salmon, these colorful, nutrient-rich menu items are sure to entice eaters of all ages. The best part? This plan, which includes some of our favorite test kitchen-approved recipes, will keep you under 20 grams of carbs per day. And remember: You can always modify any of these recipes to better suit your family's preferences. Perhaps you have a little one who doesn't love salmon? Swap it for any flaky white fish you prefer. Flexibility is key. Full meal plans All meal need to succeed on low carb and keto. You'll get customizable meal plans, recipes and shopping lists – no planning required. Weight loss supportGain access to the 10-week weight loss course, and trustworthy advice from some of the worlds top experts. 600+ videosGet insight, enjoyment and inspiration to help you succeed, from the top low-carb channel on the planet. Help us help millionsWe're fully funded by the people. Every member fee is reinvested into growing very rapidly. Free trial one month, then \$9.99 per month. Cancel online at any time. Try it for free We show no ads, have no sponsored content, sell no products, and will never sell your personal information. Our team includes 20 medically reviewed articles, evidence-base our content, and even rate the strength of the evidence. We show no ads, have no sponsored content, sell no products, and will never sell your personal information. Our team includes 20 medical doctors, as well as registered dietitians and award-winning journalists. We have 5,000+ medically reviewed articles, evidence-base our content, and even rate the strength of the evidence. Read our policy Regaining health in an unhealthy world requires thinking and acting differently. It requires putting your trust not in industry ads or dogma, but in science and nature. In the surprising power of your own body to return to health, given the right environment and evidence-based lifestyle changes. Our mission is to find the most trustworthy science and practical knowledge about health, make it inspiring and simple to use, and accessible and free for everyone. We're focusing on making low carb simple to use, and accessible and free for everyone. We're focusing on making low carb simple to use, and accessible and free for everyone. dramatically improve their health. There's a great need for this. While there is plenty of free information available online, most of it is hard to trust. Websites are often trying to sell a specific product, a pill, or push an agenda for the people funding it. But real long-term health can't easily be found in a pill. And nobody can outrun a bad diet. We aim to provide unbiased and evidence-based information, as well as free and inspiring tools to help improve your health. We're fully funded by the people who work here. We show no ads, sell no products and take no industry money. Welcome to Diet Doctor, the largest low-carb site in the world. We make low carb simple. Purpose: Empowering people everywhere to dramatically improve their health. Mission: Making low carb and keto simple. Values: Trustworthiness, simplicity, inspiration, and goodness. The largest low-carb site in the world: Around 500,000 visits per day. Available in English, Spanish and Swedish (media mentions). Trustworthiness: Our guides are written and reviewed by medical doctors and experts, based on scientific evidence and trusted by practicing physicians. To stay unbiased we show no ads, we sell no products and we take no money from industry. Our website does not host any form of advertisements. Founded by: Dr. Andreas Eenfeldt, MD, in 2011, after Swedish beginnings in 2007. Read our story here. Fast-growing: Today our team includes over 50 full-time co-workers and over 20 freelancers, moderators and partners. Do you want to join us? Visit our careers page. Contact info: Find our e-mails and other info on our contact page. Diet Doctor is also available on Twitter, Facebook, YouTube, Instagram, Pinterest and LinkedIn. Headquarters: Stockholm, Sweden (on Vasagatan 40). Legal company name: Diet Doctor is also available on Twitter, Facebook, YouTube, Instagram, Pinterest and LinkedIn. Headquarters: Stockholm, Sweden (on Vasagatan 40). Legal company name: Diet Doctor Sweden AB. Policy documents: Editorial / Grading scientific evidence / Evidence-based guides / Food / Comments / Privacy. Fully funded by the people: Over 75,000 supporting members. Read more about our membership. Intended audience: Diet Doctor provides health information to adults in the general population. Note that this is not intended to replace consultation with a qualified medical professional. Full disclosure Free: Membership is optional. A broken world Something is wrong. While technological evolution and innovation speeds up exponentially, the world is plagued by human suffering. More and more people – the majority in the Western world – are obese or overweight, and a high percentage of them are on prescription drugs every day for the rest of their lives. Every year more and more people are added to the sad statistics. As we get increasingly richer as a society, our health appears to be declining. Why is this? Many people feel guilt and shame, as if the excess weight, hunger and tiredness were their own fault, a moral failing. People count their calories and attempt to eat less food and exercise more, but for many people it's not working. If only everyone had more willpower – or is there some other reason? Diabetes type 2 – a new epidemic in the history of humankind – will soon impact 500 million people. The death toll is already enormous, as is the number of people suffering the other consequences: blindness, dementia, heart disease, cancer. Type 2 diabetes is considered progressive and chronic, and the current treatment consists of daily drugs to reduce the symptoms. There is no cure, experts say. Obesity – another new epidemic affecting a large part of the population – is considered almost as incurable. The only effective treatment is said to be bariatric surgery, i.e. surgically removing parts of healthy organs. This operation carries a significant risk of life-long complications and sometimes even death. And a year after surgery, the excess weight usually starts returning. Epidemics of obesity and diabetes are just the tip of the iceberg. As these problems spread across the world, other diseases follow closely behind: heart disease, cancer, eating disorders and food addiction, high blood pressure... and the list could go on. Experts still suggest eating less and exercising more to slow down the epidemics, and they have been advising this for 30 years as the problems have exploded. These recommendations are clearly not enough. It may be even worse. The problem really started to get bad in the early 80s, just when we were told to eat "healthily", just when the first Dietary Guidelines for Americans were released, and then copied around the world. That's when the epidemic started. \* Overweight and obese over BMI 25+, aged 15-74. Source: OECD Our bodies are made to stay healthy throughout our lives and supply us with the energy to reach our goals and our full potential. We should be able to return to this natural state with the resources the world where everyone can feel good in their bodies again. Where children can run and play without having to stop and catch their breath every few steps. Where most people have no need for chronic medications, a nation no longer on drugs, where nobody is obsessively counting calories just to maintain their weight. Where we can reach our potential and care for each other. Where we use our willpower for higher purposes, together shaping a better world for our children. Much of what we need to get there is already known. But it's not that simple. The food industry profits from selling cheap, highly processed, nutritionally depleted and addictive food. And people are often advised to eat at least every three hours. The pharmaceutical industry profits by selling daily medications to reduce the symptoms of all the chronic diseases caused by highly processed food. These are trillion dollar industries. There's a lot of money to be made on people who are kept sick. The facts are obscured by corporate propaganda. Companies selling highly processed food and pills while using misinformation for the benefit of their shareholders but to the detriment of humanity. It's obscured by government limitations, allowing corporations to influence policy via armies of lobbyists, while relying on experts are not simply funded by corporations too. Just as an example, a few years ago it was reported that Coca-Cola is "pulling the strings" when it comes to information on the obesity epidemic. The corporation strategically funded studies which diverted blame for obesity away from sugar. It may seem impossible to change this. What can one person do? Not much. But together, using modern tools... if we have the will, we can change anything. Towards a solution What would you do if there was a clear way to make the world a better place? Most of the facts, experience and science we need is already out there, it is already known, many are already using it with fantastic results. What's needed is to take this knowledge and make it as simple as possible to use. To empower people everywhere to dramatically improve their health. This can't be achieved by using old thinking. We'll have to question everything. And it can't be achieved by selling a magic product, a pill or a packaged food product or by financing from the corporations that are profiting from the status quo. That's the thinking that got us into this mess. Here at Diet Doctor we want to be a part of a solution. That's why we've decided to take no money from industry. We sell no food, no supplements, no other products and we have no ads. Instead, we're fully funded by the people, via an optional membership (free trial available). We give away for free to the world everything that is necessary, even if someone does not sign up for a membership. We're focusing on free simple guides, recipes and step-by-step plans, providing everything you need to lose weight without hunger or to reverse diabetes type 2. Let us tell you more about reality and some of the misconceptions that stop people from achieving health and happiness. A solution A solution to the obesity and diabetes epidemics already exists. It's very simple: Eat real food when you're hungry. Don't eat if you're not hungry. That's basically it. Although there are additional details, if you want to lose weight effortlessly or to reverse your diabetes you should probably make a special effort to drastically reduce the carbohydrates, especially sugar and processed starch (like flour) that you consume. Natural fat, like butter? Eating that appears to be neutral for your health. Red meat? That appears OK for your health too (though there are ethical and environmental issues that deserve attention). Calories? That's just another – strange – name for food. Eating real food is perfectly fine, as long as you are hungry. Counting calories and ignoring your hunger is difficult at best, and an eating disorder at worst. Exercise? That's great for your health and well-being, but it's unlikely to make you thin on its own. You cannot outrun a bad diet. There's one long-term solution that make sense, and that many people find helpful. Eat real, nutritious food when you are hungry. Why change is so slow So if the problem is so huge, and a solution already exists – why is the problem not solved already? Because of inertia, old dogma and vested interests. Primarily it's just hard for us humans to change our minds. It takes time. The mistaken fear of natural fat is still alive, like some halfdead zombie – even though modern science show that natural saturated fat is simply not a major concern. TIME magazine even put this fact on its cover a few years ago. Fearing natural fat can result in eating more high-carb, high-sugar junk food – so it appears to have been a bad idea. There is also massive money to be made from the status quo. The entire food and pharmaceutical industry make a lot of money from it, and they influence armies of lobbyists and even researchers. The food industry wants to divert the blame from their bad food (the real problem) to their consumers. That is why they keep the focus on calorie counting. "personal responsibility" and exercise. The pharmaceutical industry does not want people to get well. It's easy to understand why. That could put them out of business. The government would love to improve the health of the people, but official agencies move slowly and are easy prey for professional lobbyists and influencers. Just look at Michelle Obama's sadly failed "Let's Move" campaign. As soon as the junk-food industry got involved, everything turned into empty pep talk, with no real change that anybody truly believes in. Bringing a solution to the people As no solution is coming from the top, it can only come from the bottom, from people like you and me. And it will, because nothing is so powerful as an idea whose time has come. The Diet Doctor organization wants to speed this process up, and we have a plan to do exactly that. We want to make it very simple for you to understand and get inspired to dramatically improve your health. After that, we want you to help other people – your friends, family, etc. – to improve their health. Then this good cycle can repeat and multiply.

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