



Houston Cardiologist Has Amazing Success Treating Type 2 Diabetes with Nutrition

By Robby Barbaro, MPH
August 21 2016

Houston Cardiologist Dr. Baxter Montgomery puts his patients on a plant-based diet to treat their chronic conditions, and they see amazing results. The news story below features two of his recent patients who saw dramatic health improvements.

Rosalee Iles was overweight and suffered from type 2 diabetes and heart disease. She had been taking insulin for over 20 years. After adopting a low-fat, whole-food, plant-based diet, she got off insulin, lost 35 pounds, and reversed her heart disease.

Victor Fuller turned to Dr. Montgomery for help after his second open heart surgery. After following his advice, Victor reversed his type 2 diabetes, lost 50 pounds, and got his heart disease under control. He also went from thirteen medications to four.

<https://www.youtube.com/watch?v=o3Bu6MJZbW0>

About Dr. Baxter Montgomery

[Dr. Montgomery](#) recommends a whole-food, plant-based diet with a focus on minimally processed food. He is a clinical assistant professor of medicine in the Division of Cardiology at the University of Texas in Houston, a fellow of the American College of Cardiology (FACC), and the founder and president of the Houston Cardiac Association (HCA).