



THIS IS TYPE 1

Colleen Mitchell

I have had type 1 diabetes since age 2. September 2020 marked 25 years with this incurable disease. Since age 6, I have been involved with the diabetes community. I've been a counselor for a summer camp for type 1 diabetics for over 13 years.

After an entire lifetime struggling with my weight and high blood sugars, I switched to low carb in January 2016 and immediately saw the best blood sugars of my life.

Since then, I have lost over 65 pounds, achieved a 5.0% A1c with time-in-range over 90%, and have a deep passion to show other type 1 diabetics that the high carb diet is NOT what we should be eating to live long lives with this disease.

INTERVIEW TOPICS

1. I can talk about sustainable, healthy weight loss with low-carb and intermittent fasting—how I lost over 65 pounds as a type 1 diabetic.
2. Why emotional management and self-compassion are important pieces to succeeding at anything while also handling type 1 diabetes.
3. My experience at Panther Camp, the summer camp for type 1 diabetics, which spans over 20 years.
4. Literally anything diabetes-related.



SAMPLE QUESTIONS

1. What are the key lessons you've learned from losing over 65 pounds as a type 1 diabetic?
2. What does diabetes burnout mean to you?
3. Why do you think you were diagnosed with type 1 diabetes?
4. What do you think are the main drivers to the astronomical diagnosis rates in the USA?

CONNECT ONLINE

<http://thisistype1.com>

colleen@inspiredforward.com

LinkedIn: [/colleen-mitchell246](#)

Twitter & IG: @inspiredforward