



Abstract

Results

Inclusion/Exclusion Criteria

Figure 1:

Experimental Setup

Conclusions

Both the Web based and face to face dietary interventions resulted in a greater reduction in BMI, HbA1C, and fasting insulin as compared to control.

Neither of the dietary interventions resulted in a significant reduction in either Total or Free Testosterone, but further results may be necessary.

Web-based dietary intervention outperformed the common clinical practice in all metabolic measurements but was not as efficacious as the Face-to-face intervention.

Acknowledgment