

Peggy Kraus

Clinical Exercise Physiologist
Diabetes Care & Education Specialist

Creator of Diabetes Rescue



**Changing lives—
one plant-powered step at a time.**

Peggy Kraus is a diabetes specialist and clinical exercise physiologist with nearly 30 years of experience in cardiac rehab, where her commitment to helping people reverse type 2 diabetes first began—and has guided her work ever since.

She spent more than a decade at the Wellness Foundation, a pioneering nonprofit dedicated to preventing and reversing chronic disease through plant-based nutrition. There, she led in-person and online programs that helped thousands of people transform their health. Wellness Foundation's Advisory Council included plant-based trailblazers like T. Colin Campbell, Caldwell Esselstyn, Neal Barnard, and Rip Esselstyn—connecting her passion with the very people who inspired it.

Peggy doesn't settle for watching people navigate the revolving door of prescriptions, procedures, and doctor visits. Her mission is to help clients erase their type 2 diabetes diagnosis—one plant-powered step at a time—reclaiming their independence and well-being through practical, evidence-based tools, step-by-step guidance, and real-time wins that spark lasting change.

Peggy Kraus
COACHING

*"In the 6-week course, I lost **10 pounds...** And my
cholesterol dropped **62 points.**"*

— Donna A

Peggy's Plant-Powered Programs



Peggy saw a gap in the plant-based space—a need for something simple, supportive, and doable for people just starting out. That’s why she created *5 to Thrive*, a practical introduction to a plant-powered lifestyle. *5 to Thrive* is ideal for those looking to kickstart lasting change—leading to real results like improved lab results and weight loss and increased energy, renewed motivation, and healthier habits.



Diabetes Rescue is Peggy’s three-month intensive focused on reversing type 2 diabetes and insulin resistance. Participants who follow Peggy's Rescue Me Matrix see significant improvements in blood sugar, body weight, and medication use and enjoy greater freedom in daily life.



Over the years working in plant-based nutrition, Peggy noticed a common challenge: many people struggled to maintain their success once a program ended. That insight led her to create the *Thrive Community*—a supportive, community-driven space offering ongoing education, motivation, and accountability. Members stay connected, inspired, and equipped to build lasting habits and sustain their results.

Private Coaching with Peggy

Peggy works one-on-one with adults who want personalized, high-touch care. Her coaching blends accountability with compassion, helping clients monitor progress on key metrics like weight, cholesterol, glucose, and blood pressure while refining strategies as needed.

Support includes video or phone sessions, email check-ins, and practical resources—like behavior-change frameworks and plant-powered recipes that make healthy eating doable. Whether celebrating a win or navigating a setback, Peggy offers honest guidance rooted in science and empathy. Her approach is structured, supportive, and designed for lasting success.

Success Stories



Bill's results: Life-changing.

The results of his blood work were not good: Type 2 diabetes and high cholesterol. His A1C was 9.8, his cholesterol was 210, and he weighed 278 pounds.

Following my plan, it took Bill only 3 months to drop his A1C to 5.6 and his cholesterol to 138, and he lost 70 pounds!

Cece took control--and it paid off.

Cece weighed more than 185 pounds. She didn't think she could follow the program, but she gave it her best try.

Just 10 months later, she had lost 62 pounds and was able to stop her both the cholesterol and blood pressure meds and one of her diabetes drugs.



Ann & Dan got astonishing results.

At 304 lbs., Dan had high blood pressure, high cholesterol, and pre-diabetes. Determined to reclaim his health, he began working with Peggy—and Ann, at 142 lbs., joined him.

Dan lost 124 lbs., reaching his college weight of 180. Ann lost 30 lbs. Dan eliminated all meds except one blood pressure pill.

What Doctors are Saying about Peggy



“Peggy’s approach to diabetes and weight loss has made a real difference for my patients. They’ve consistently seen improvement in their numbers which will help them to decrease their cardiac risk.

“More importantly, they show more understanding about their metabolic disorder, which in turn helps them to make lifestyle changes that change the course of problems. She is the best.”

--**Rajoo C. Patel, MD**, Cardiology, Northwell Health

“I refer my patients to Peggy because the coaching she offers helps them achieve their goal weight, reduce their need for diabetes medications, and live a happier and healthier life.”

--**Barbara Gredysa, MD**, Endocrinology, Weill Cornell Medicine

“Peggy has been a great resource over the years, helping to educate patients, not only for management of gestational diabetes but with weight management as well. I have had many patients return after consultation with Peggy feeling empowered to make healthy choices for themselves and their families. I hope this helps other providers feel confident referring to her. I can assure them that their patients will benefit.”

--**Florence R. Rolston, MD FACOG**, Obstetrics and Gynecology, Stony Brook Medicine

Student Feedback

"I NEVER believed I could be the person who could really change but Peggy helped me believe that I could." – Elizabeth P

"I lost 14 pounds... I was finally able to lose weight after trying conventional diets with limited and short-term success." – Linda T

"Peggy's extraordinary passion makes this program not only life-changing but potentially lifesaving." - Peter F

"This program is simple and easy to follow. I lost 15lbs!!" – Rennie G

"Thank you for the GIFT that keeps giving. Our time working together has had a major impact on my health." - Sabrina H K

"...just what I needed to stay focused on doing all the right things!... I'm ecstatic at the lower numbers I'm seeing on my glucometer!" – Angel K

Where to Find Me Online



PeggyKrausCoaching



@peggy_krausss

Professional Credentials

- Queens College CUNY, Home Economics & Nutrition, Bachelor of Arts
- New York University, Professional Physical Education, Master of Arts
- Amercian College of Sports Medicine, Registered Clinical Exercise Physiologist, certified
- American College of Sports Medicine, Exercise is Medicine, certified
- Certification Board for Diabetes Care and Education, certified
- Nutritarian Education Institute, certified

Kraus P. The Untapped Power of Resistance Exercise in Managing Diabetes and Enhancing Health and Wellness. ADCES in Practice. 2024;13(1):24-31. doi:[10.1177/2633559X241291901](https://doi.org/10.1177/2633559X241291901)