

# How to Prevent, Reverse and Control Type 2 Diabetes Disease Process

The disease process of Type 2 Diabetes starts because of the following three major indulgences:

1. A lifestyle of consuming unhealthy foods- Foods rich in refined sugars and refined wheat flour products.
2. An unbalanced lifestyle - The feeding period of the day longer than the fasting period.
3. Inactivity and immobility.

The above three indulgences lead to high glucose and high insulin levels which finally leads to disease producing insulin resistance. These start the disease process of both obesity as well as Type 2 diabetes - Diabetes. One can easily appreciate that all the above indulgences are entirely under the control of an individual. By taking personal responsibility, one can effectively prevent and completely reverse diabetes.

Even at the late stage, when the patient becomes insulin dependent, Type 2 diabetes can be reversed or more effectively controlled, by the food and lifestyle modifications. That is important because uncontrolled Type 2 diabetes causes serious disabling and costly complications. The final aim is to minimize the Insulin need by reducing blood glucose levels.

The following strategies help in reducing overall blood glucose levels and the insulin need:

1. Adopt Holistic foods--Natural low glycemic foods containing healthy fats primarily of plant origin.
  - a. The healthy fat in proper amount (30 – 50 milliliters or 7 – 10 teaspoonful daily) is an essential ingredient of the holistic food program. The carbohydrates and proteins in the food, both require insulin for their utilization. Fat in the diet, on the other hand, does not need any insulin for its utilization. Insulin levels, therefore do not rise after eating fat-containing foods. An essential advantage of fat in the diet is that it slows down stomach emptying. This delays hunger minimizes the appetite and prevents the vicious cycle of food cravings and overeating. The food cravings are a significant problem at the initial early stage of Type 2.
  - b. Elimination of synthetic foods – The synthetic foods and beverages are made out of refined sugars and refined milled wheat flours. These raise blood glucose and increase demand for insulin hormone. High levels of insulin hormone lead to disease producing insulin resistance.

2. Balancing the fasting /feeding period – Ensure that in a 24-hour day cycle, the fasting period is longer than the feeding period. The insulin levels are the lowest during fasting and higher during the feeding period.
3. Mobility, and exercise to use up glucose in the body. A very effective way to lower blood glucose in a person with diabetes and minimize the drug requirement including insulin is activity and exercise.