

Time-restricted eating (TRE) or Intermittent Fasting plan-The most scientific and well-researched methodology to shed unwanted body weight and minimize Insulin resistance to overcome Metabolic Syndrome (Prediabetes) and Type 2 Diabetes is TRE plan. The plan is easy to follow and aims at increasing the time duration between the evening meal and the following day morning meal to 16 hours. This time is gradually built up by 1 hour/ week until one reaches the 16-hour duration between the night meal and the next morning meal. On reaching the 16-hour TRE plan; the insulin level in the body drops to the point that the hunger and food cravings get eliminated.

(For details on TRE program refer to the section of Time Restricted Eating)

Reversing Insulin resistance and the related diseases requires total commitment and a firm determination to change the food and lifestyle as outlined in the above guidelines. There is no drug or treatments in any discipline of medicine which can take the place of healthy foods and Balanced lifestyle. Type2 diabetes, obesity, and much other food and lifestyle diseases are reversible, and the new scientific evidence is supporting the value of Food and Lifestyle modification in preserving health and preventing disease including the ultimate enemy—cancer.