

Conclusion

To prevent Type 2 diabetes, or reverse it, or control the long-standing disease; the primary aim is to minimize blood glucose levels. That reduces the need for the Insulin hormone, preventing disease producing insulin imbalance or resistance. To achieve this one requires:

1. Rigorous food and lifestyle modification focused on holistic, low glycemic foods with appropriate amounts of healthy plant-based fats (40 - 50 ml or 7 - 10 teaspoonfuls). The key is to eliminate two food poisons from the diet – Refined sugars and Refined wheat flour products of all kinds.

2. Long fasting period between the meals, by a progressive, intermittent fasting program. Once the disease reversal or the desired control gets achieved, continue on 12 to 14 hour a day fasting plan to maintain control.

3. Regular daily mobility, and exercise.

All of the above strategies lower the blood glucose levels and the demand for insulin. Reducing insulin levels eliminates disease producing insulin resistance. That is at the root of both obesity and Type 2 diabetes. The weight loss is the additional advantage of the above program. Even in an advanced insulin-dependent diabetic patient (Type 1 or Type 2), food and lifestyle modifications, minimize insulin need. That is important because high insulin doses lead to a high risk of serious complications such as eye damage, heart attacks, kidney failure, nerve damage, and limb loss.

Diabesity = Obesity + Type2 diabetes

“Know the cause of the disease to understand its Prevention and Cure.”

Diabesity is the mother of all modern diseases-High blood pressure, Heart disease, Stroke, Arthritis, cancer, etc. Diabesity is a serious epidemic amongst modern city dwellers. The age of onset of Diabesity is getting younger. Diabesity is a food and lifestyle disease. Two major culprits are –Refined sugar foods and drinks and Refined wheat flour products. These two are the slow food poisons.

Diabesity starts with high blood glucose, which increases the demand for glucose utilization hormone insulin. Excessive insulin in the body leads to insulin imbalance or resistance. That means the body is not able to use glucose normally for its energy needs. Once we understand this cause we can prevent and cure the disease by minimizing Insulin need of the body as follows:

- Holistic foods free of the two slow poisons - Refined sugars and Refined wheat flour products.
- Balance the lifestyle –Adhering to the traditional eating habit of 2-3 meals per day. The aim is to keep fasting period longer than feeding period in 24-hour day cycle.
- Regular mobility and exercise, ensuring 70-10,000 steps of walking per day.

