

Necessary Facts to Know about Natural Type 2 Diabetes Reversal

1. Unnatural high-glycemic foods and unbalanced lifestyles create high levels of glucose, insulin hormone, and unhealthy fat in the body.
2. Excess of glucose and insulin in the body leads to insulin resistance.
3. Insulin resistance is at the root of the long list of food and lifestyle diseases outlined above in the picture. Reversing insulin resistance will reverse Type 2 diabetes as well as all the other insulin resistance conditions described in the above image.
4. Insulin resistance causes food cravings and overeating, which further increases sugar and fat accumulation in the body.
5. The natural way to eliminate the disease process of insulin resistance is to reduce the demand for insulin by minimizing glucose load via appropriate food and lifestyle changes.
6. The most effective natural way to eliminate excess fat in the body is by Intermittent Fasting (IF) or Time-Restricted Eating (TRE). A fasting duration of longer than 16 hours reduces insulin levels. It also allows the body to use up the fat reserves for making energy.
7. IF or TRE also decreases the insulin levels in the body and reverse the phenomenon of insulin resistance.