

How to Know that the Type 2 Diabetes Reversal Plan Is Working

In addition to the above benefits, there are several parameters which indicate that the reversal program is proceeding as expected:

1. Blood glucose levels start decreasing within a few days of the initiation of the program.
2. As the dose of insulin and antidiabetic drugs decrease, food cravings get reduced.
3. Hypoglycemia episodes disappear as the drug doses come down. Every hypoglycemia episode is a signal to reduce diabetic drug dose further.
4. Weight loss occurs rapidly, up to 2-3 kg in the very first month of initiating the reversal program.
5. With appropriate exercise and weight training plan, the muscle mass improves; muscle fat diminishes with an improvement in muscle strength.
6. Pain in the joints and feeling of bloating in the body (swelling) diminishes with an overall sense of wellbeing and energy.
7. Thyroid hormone levels begin to normalize with a reduced requirement for thyroid hormone.
8. In males, testosterone levels normalize with improvement in libido. Fertility improves in both males and females.
9. Neuropathic pain diminishes.
10. Kidney function and retinopathy will stabilize and start getting better.