

Managing Antidiabetic Drugs with the Type 2 Diabetes Reversal Plan

The Type 2 diabetes reversal plan rapidly reduces blood levels of glucose, so the management requires close follow-up of two parameters:

1. ***Glucose blood levels via frequent blood glucose measurements.*** Monitor fasting morning level, two-hour post-meal levels, and spot blood sugar to check if suspecting low blood sugar—the feeling of weakness, anxiety, sweating, and rapid heart rate. Hypoglycemia episode is a crucial signal to reduce the dose of diabetic medication. The focus is to minimize diabetic drugs to control and prevent hypoglycemia. Sugar rescue for hypoglycemia pushes undesirable additional sugar into the body. Every effort should be made to reduce the hypoglycemic episodes by close monitoring of glucose levels and reducing diabetic drug dose.
2. ***Antidiabetic drug dosages.*** Progressive reduction of antidiabetic drug dosages requires close medical supervision. The first set of the drug to be gradually eliminated is insulin and other injectable medications. These are significant culprits in hypoglycemia episodes and weight gain. Most oral antidiabetic drugs, except for very few (metformin, a good example) increase the level of insulin in the body. Most antidiabetic medications raise insulin levels and require a steady dose reduction as the blood glucose levels start coming down.

A safe approach to the reversal plan is to proceed in a stepwise manner with close monitoring of blood glucose levels (per above guidelines):

- Start with Holistic Meal and Balanced lifestyle plan. Initiate an overnight fasting duration of 12 hours. Blood glucose levels will rapidly stabilize and start decreasing.
- Work with the physician to adjust and reduce insulin and oral medication dose progressively as the blood glucose levels start decreasing. The focus should be on eliminating Insulin and other injectable diabetic drugs first as these are culprits in fat storage and worsening the disease process. One can eradicate these within days to few weeks, depending on the duration of Type 2 diabetes and the insulin-making capacity of the body, as shown by blood C peptide levels.
- If multiple meals are being consumed to minimize the risk of hypoglycemia, cut down the drug dose, and simultaneously reduce the number of meals to 3 meals a day with no snacking between meals. Any hypoglycemic episode is an important signal to reduce the drug dose. If on insulin preparations, decrease the drug dose by 2-4 units at a time based on blood glucose levels. It is safer to keep the blood glucose levels in a higher range, especially the fasting blood glucose levels in the morning. Fasting blood glucose levels up to 140mg/dl in the morning is a safer bargain over the hypoglycemia episodes during the night. Increasing the dose of insulin at night to aim for tight control of blood sugar in the morning does more harm than good.
- Once the blood hypoglycemia episodes are controlled, initiate the Intermittent Fasting plan progressing from the 12:12 hour routine.

- Advance the overnight fasting routine by one hour per week as tolerated.
- The number of meals will cut down to two meals a day when the overnight fasting hours reach the 16-hour mark.
- Advance up to an 18-hour fasting routine until hemoglobin A1C stabilizes at around 7 with no insulin and reduced doses of other antidiabetic drugs.
- Once hemoglobin A1C reaches seven or lower, metformin, or the antidiabetic drugs which do not increase insulin levels would be the drug to continue until complete reversal.
- Becoming drug-free does not mean discontinuing the reversal program. The reversal program of Holistic meal and Balanced lifestyle is a lifelong commitment. However, the overnight fasting duration can come down to 14 hours with two meals a day plan.