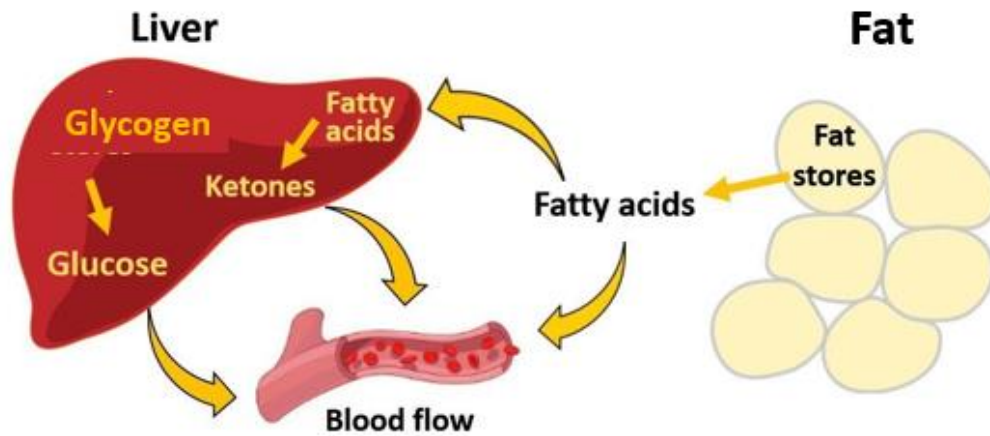


Type 2 Diabetes Is a Disease of Excess Fat Reserves in the Body

About 80% of Type 2 diabetic patients are obese, and 20% who are not (called lean diabetics) have excess fat, their muscles, and abdomen (prominent belly or potbelly). The only way to get rid of fat reserves in the body is by fasting for 16 hours and longer. Using up of fat for energy in the body is called the ketogenic cycle. It reverses obesity as well as Type 2 diabetes and many other insulin resistance diseases outlined above.



***Fat Reserve Energy: Ketogenic Path
(Fasting > 16 hours)***