

Why Type 2 Diabetes Has Become a Lifelong Disease

Medical Profession has labeled Type 2 diabetes a progressive lifelong illness with no hope for a reversal or cure. The treatments offered in allopathic medicine have not focused on the cause of disease, which is unnatural foods and an unbalanced lifestyle. Instead, the focus mostly has been on lowering the blood sugar (glucose) levels via medications. The list of antidiabetic pills the patient gets prescribed keeps growing, with each succeeding year finally ending up with insulin and other injections. The unfortunate diabetic patients remain dependent on the expensive antidiabetic drugs for their entire living life. Reversing Type 2 diabetes is currently the new trend that is fast picking up the speed over the recent years.

The age-old wisdom in medicine states:

“In medicine, we ought to know the cause of disease to be able to find its effective prevention and cure.” – Avicenna, Persian Physician (980-1037)

The cause of Type 2 diabetes is unhealthy commercial foods and an unbalanced lifestyle. These together cause a build-up of glucose in the body. The excessive glucose increases demand for the glucose utilization hormone insulin in the body. Over time, high insulin levels create a dysfunction called insulin resistance. When insulin resistance sets in, body cells cannot use glucose properly. There is a build-up of excess glucose and fat in the entire body. The most effective way to prevent and reverse Type 2 diabetes, therefore, is to modify the food and lifestyle, so the build-up of glucose and insulin does not occur.

Most allopathic drugs for Type 2 diabetes aim at lowering blood glucose levels by further increasing insulin levels. The insulin does not eliminate glucose from the body but redistributes it in the body, some of it as unhealthy fat. Over time, this excess glucose and fat cause cell damage that is responsible for complications such as retinopathy (eye damage), nephropathy (kidney damage), neuropathy (nerve damage), heart disease, limb damage, and the list goes on. The problem gets exaggerated in the Indian diabetic patients who are prescribed antidiabetic drugs in the doses meant for white Caucasian patients with a larger body mass. The relatively higher drug doses increase the risk of low blood glucose (hypoglycemia episodes) for which patients get routine prescriptions of frequent meals, sugary snacks, and beverages. Therefore, the treatment in itself worsens the disease by increasing the glucose burden on the body.