Reverse diabetes

The metabolic disorder need not remain a lifelong disease and can be cured with the right combination of food and an exercise regimen

ANURADHA SAWHNEY

Diabetes patients, even those who are obese and plagued by myths. It is possible to help diabetes. The metabolic disorder need not remain a lifelong disease and can be cured with the right combination of food and an exercise regimen.

According to Dr Nandita Shah, an organization working to promote the prevention and reversal of diabetes through lifestyle choices, "Most diabetes only manage to control their diabetes. They do what their doctors tell them to — cut out sugar and carbohydrates, take medicines or tu and sometimes, sometimes, some exercise. There is no comfort in following this regime because it doesn't work. The only problem with this approach is that it does not address the cause and therefore it is not a cure."

By understanding the mechanism through which diabetes is caused and by removing the cause, diabetes can be cured, according to The writer is an environmentalist and former head of PETA, India.

According to the Physicians Committee for Responsible Medicine, a non-profit organization of doctors in the US, earlier diets to treat diabetes were based on the theory that starches should be greatly restricted. Unfortunately eliminating starches means removing healthy grains, which are essential for a dieter, and causing the body to store fat, because the body then becomes resistant to muscle, a protein hormone. This may cause the risk of heart attacks, kidney problems, blindness and other serious complications.

Normally, this type of diabetes affects people who are once healthy. Over 95 per cent of the 28.5 million diabetics (or 8.3 per cent of the population) in the US suffer from type-2 diabetes. Almost two million new cases of type-1 or type-2 diabetes were diagnosed in people aged 20 years or older in the US in 2010.

According to the Centers for Disease Control and Prevention in the US, diabetes is one of the most common chronic diseases in children and adolescents. About 270,000 people aged 20 years or older in the US have type-1 or type-2 diabetes.

"The most basic mistake with diabetes in the world is an Indian and it has been named the diabetes capital of the world. Research all over the world is trying to figure out a way to treat diabetes. What is common in these researches are the basic premise that once you have diabetes, you will have it for the rest of your life. All medicines are aimed at controlling or reversing the symptoms rather than curing it."

But this does not have to be like that. There is a real possibility that diabetes can be reversed. The day those foods or medication they do to tell dieters to cut out sugar and carbohydrates, take medicines or tu and sometimes, sometimes, some exercise. There is no comfort in following this regime because it doesn't work. The only problem with this approach is that it does not address the cause and therefore it is not a cure.

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