

## Type 2 diabetes can be reversed with a vegan diet: say experts

**Our Bureau, Chennai, Tuesday, November 14, 2017, 16:55 Hrs [IST]**

World Diabetes Day is observed every year on November 14, to address the growing concerns about the escalating health threat posed by diabetes. Currently, India is considered the diabetes capital of the world with about 70 million already afflicted by this disease, observed experts.

Healthcare experts and the medical community have long established that an unhealthy diet alone contributes to the diabetes epidemic, making it crucial to alter our diet in order to prevent the disease. Working towards creating awareness on the same is Dr. Nandita Shah - an expert in diabetes reversal on a plant based diet who was recently awarded the Nari Shakti Puraskar for her vision and work towards a diabetes free India.

Dr. Shah says, "Sugar is not the cause of diabetes. High blood sugar is the result of diabetes. In order to get rid of diabetes, we need to get rid of the cause which is insulin resistance. The cause of insulin resistance is what we have to work on, and this is caused by fat in the muscle cells. Therefore we must minimise the fats, and increase fibre. All animal products including milk, contain large amounts of fats and no fibre. Refined fats like oil, ghee, butter and vanaspati are also the problem. These must be avoided in order to reverse diabetes."

Whole food vegans are more resilient to diabetes than their meat eating or vegetarian counterparts. Due to their high intake of complex carbohydrates and fibre, low intake of saturated fat, and relative leanness, vegans are resistant to Type-II diabetes. There is strong evidence that diabetes is linked to diet and, more specifically, to dairy products. The ability of cow's milk to initiate Type 1 diabetes is well documented.

Consumers of dairy products are mostly unaware of the correlation between dairy products and diabetes. Animal products are the leading cause of diabetes. Studies have shown that type 2 diabetes can be reversed on a whole plant based diet without the support of any medicines. Many individuals have successfully cured themselves by following a vegan diet.

Adopting a vegan diet improves health, and even allows people to wean themselves off prescription medications. Medical research indicates that lifelong vegetarians and vegans visit hospitals 22% less often than meat eaters. Furthermore, that once admitted to a hospital, human herbivores spend a shorter time there than their meat eating counterparts.

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