

# DIABETES, ENDOCRINOLOGY, NUTRITION AND NURSING MANAGEMENT

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Denise A Pancyrz, J Diabetol 2019, Volume 3



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### GIVE YOUR PANCREAS A BREAK AND REVERSE THE EFFECTS OF TYPE 2 DIABETES THROUGH HOLISTIC LIFESTYLE CHANGES

## BIOGRAPHY

Denise A Pancyrz is a Coach, Speaker and Author of the book "THE VIRGIN DIABETIC". She was diagnosed with type 1.5 diabetes, prescribed medication along with basal and bolus insulin, she was told her health would deteriorate with age while her drug dosages would increase. Denise stepped away from the typical diabetes management protocol. Holistic lifestyle changes freed her from all medication and insulin. She gained her expertise through personal experience and her training in holistic nutrition and homeopathy. As a Six Sigma Greenbelt and a decade in the laboratory industry, she created a coaching program to get to the root of the problem, help patients gain control of their lives, without focusing on weight loss. Success is driven by focusing on resting the pancreas versus food elimination. She is working on an eLearning program and her next two books.

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**Statement of the Problem:** Despite the number of Americans prescribed diabetes medication and insulin, type 2 diabetes diagnoses increase annually at an alarming rate. Conventional treatment focuses on medication, dieting and managing this chronic disease. Medication has become the way to mask symptoms, not focus on the root cause for type 2 diabetes. Dieting focuses on caloric intake, carbohydrate counting and food restriction. Teaching to manage diabetes negatively impacts the patient's psychological ability to improve his or her health. Medication and insulin becomes a crutch. The outcome of this line of care appears to generate short-term results with lifetime need for medication and a progression to insulin.

**Findings:** Shifting the focus to rest the pancreas through holistic lifestyle changes teaches long-term success for improvement. Striving for holistic view of the person focuses on many facts of a person's life versus a narrow focus on the disease. This has far greater effect in putting the patient in control of one's health. A patient that feels in control can improve their attitude, therefore, creating excitement when feeling and seeing the benefit of his or her lifestyle changes. Weight loss, the avoidance, reduction or elimination of medication or insulin and improved A1c, is a result of holistic changes, rather than focusing on a number on a lab test. Data used is from author's personal accomplishments and client cases.

**Conclusion & Significance:** Physicians, due to time constraints are unable to provide the highest level of insight and direction to a struggling patient. Patients are seeking to reduce and eliminate medication with long-term success. Consistent support and education are key to identify areas that sabotage a patient's efforts in making lifestyle changes to learn to rest the pancreas which in turn helps to reverse the effects of type 2 diabetes.