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Type 2 Diabetes is reversible

Introduction: Very low-calorie diets (VLCD) generally contain about 800 calories per day, or even less. Its usually plan for obesity. But author apply to Type 2 Diabetes from 2015-17 Obese & Non-Obese variety. Out of 500 Patient in his study he gave only one-two Roti or one cup of rice, one to two Egg White or 2pieces of fish or 6pieces of chicken plus dal, butta, chana or rajma plus green vegetables plus Palak plus 5-10 petals of garlic plus one onion per day, 2cucumber per day, two tomato per day plus one lemon per day. In the Breakfast limited to 1-2 oats idle mixed with arugula is an extremely healthy and nutritious cruciferous vegetable that many people have never heard of also called salad rocket or garden rocket, it has a distinctive and delicious peppery flavor to its soft green leaves and goes particularly well in fresh salads or 1/2Cup of Upama Vegetable or Biri and Suji Pitha, Kalara Pizza (Chakuli) along with one Avocado per week, or 1/2Hybrid Guava or 8Almonds per day Plus 4Cups of Coffee per day controls diabetes very perfectly. He never advised for artificial sweetener. He has never found any Side effects of the diet include fatigue, mild nausea, constipation, or diarrhea and dizziness.

Discussion: He advised for one Chapati per Meal, one chapati has only 80 to 110 calories depending on size, but it has 3.5 grams of protein, half a gram of total fat, no saturated or trans-fat, no cholesterol, but it has vitamin A, B1, B2, B3, calcium, iron and fiber. Egg white is the name for the clear liquid contained within an egg contains only 17calorie, no cholesterol. One fish Rohu contains in 100gms 97 calories in a 1 piece serving of Rohu Fish. Calorie breakdown: 12% fat, 0% carbs, 88% protein. 110 calories in 100 grams of Skinless Chicken Breast. There are 65 calories in 100 grams of Mixed Vegetables (Without Salt, Frozen, Drained, Cooked, Boiled). There are 160 calories in 100 grams of Avocados. Guava also helps in regulating metabolism which leads to weight loss, it contains 68 calories in 100 grams of Guava. Calorie breakdown: 11% fat, 75% carbs, 13% protein.

10 Almonds Contains 70 Calorie. One ounce(30ml) of scotch whiskey contains about 64-80 calories. I used to advice 2Ounce per week of alcohol is allowed. VLCD lowers glucose production by: 1) decreasing the conversion of lactate and amino acids into glucose; 2) decreasing the rate of liver glycogen conversion to glucose; and 3) decreasing fat content, which in turn improves the liver's response to insulin. These positive effects of the VLCD were observed in just three days. Using this approach to comprehensively interrogate liver carbohydrate and fat metabolism, we showed that it is a combination of three mechanisms that is responsible for the rapid reversal of hyperglycemia following a very low-calorie diet. He found only with little dose of oral Hypoglycemic drug (OHD) can achieve very good control of blood glucose. He has used Glimiperide, Metformin, Pioglitazone in combination. In some patient he has used Voglibose, Metformin and Glimiperide in combination. In many of the patient he has stopped use of Insulin along with VLCD.

Conclusion: Patient with VLCD can reverse Type 2 Diabetes or maintain with little OHD very well due to reduce fat in Pancreas thus through diet can re-start the normal production of insulin, reversing Type 2 diabetes. This reversal with little OHD or without Medicine can help the patient Diabetes, obesity, high blood pressure and heart attack free life.

Speaker Biography

Premanidhi Panda has completed his M.B.B.S at the age of 24 years from Berhampur University, India and postdoctoral studies from Utkal University. He is the director of Dr Panda Diabetes Institute, India, a premier Diabetes Hospital cum research centre, India. He has worked in TISCO Hospital, India, Benghazi Medical (Libya), Medwin Hospital with Repute. He has been awarded as India's Best Doctor Award: 2013(Diabetes) by Medgate Today Survey. He has been Awarded MRCP, FRCP by Royal College of Physician and Surgeon of America in the year 2011. He has published more than 20 papers in reputed journals and serving as an editorial board member of repute. He has been awarded several National & International Awards for his contributions. He is the only Indian Executive Member of World Diabetes congress. He is an honored with Honorary Professor & Brand Ambassador to IMA 2017 for four years by IMA.

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