

Study Shows Type 2 Diabetes Can Be Reversed in Just Four Months

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Although Type 2 diabetes is considered as a chronic condition requiring a lifetime of medication, a recent study shows its effects can be reversed.

A study showed that lifestyle changes along with drugs reversed diabetes in 40 per cent of patients in just four months.

([Newswire.net](#) -- March 16, 2017) -- Type 2 diabetes occurs when the body doesn't produce sufficient insulin which is needed for us to function normally. Simply put, glucose remains in the blood stream instead of being used as our energy fuel.

Over time, type 2 diabetes can lead to further complications, it can damage the blood vessels, nerves and organs, and trigger many diseases such as kidney failure and blindness.

Unlike Type 1 diabetes which mostly affects children and gestational diabetes in pregnant women that mostly clears up after giving birth, type 2 is present in 90% of adults who suffer from diabetes, according to NHS Choices.

It tends to develop later in life and has been linked with rising levels of obesity, as America's obesity epidemic has hit its new high according to the two reports from the Centers for Disease Control and Prevention. The statistics show that overall, 38 percent of U.S. adults are obese. Furthermore, 17 percent of teenagers, and 40 percent of U.S. women, CNBC News report.

Although Type 2 diabetes is considered as a chronic condition requiring a lifetime of medication, a recent Canadian study at McMaster University in Ontario found that it is possible to restore insulin production for 40 per cent of patients, [the Telegraph reports](#).

Therefore, Type 2 diabetes can be reversed by certain lifestyle changes such as cutting calories and specific exercises which all together keep the glucose levels down and let the pancreas rest.

Even many self-help authors such as Louise Hay speak of the importance of pancreas, an organ which assists in transporting and transforming food and fluids throughout the body.

It is also the organ which absorbs most of our severe emotional shocks, the excess stress that our brains cannot handle, along with the spleen. According to Louise Hay, diabetes is created when "there is no sweetness left", as the need to be loved is a secret hunger of the pancreas.

But back to the conventional medicine, the treatment in the above study was personalized for each patient. Their calorie intake was decreased by 500 to 750 calories, depending on individual specifications. All participants also had a personalized training regime and met with the specialized team to track their progress and blood levels, and adhere their program and medications as needed.

After just four months, the bodies of 40% of the study's participants have restored its ability to produce adequate amounts of insulin.

The study was published in the Journal of Clinical Endocrinology & Metabolism.

Having in mind that eating is a social ritual with a deep emotional meaning, what is striking is that many people are not even aware of their daily food intake, especially when it comes to sugar.

For example, a 100g of honey and nut cornflakes and one cup of milk contain as much as 49g of sugar. One tin of tomato soup contains 16g of sugar, with pasta sauce having 12g. One bagel has 6g of sugar, separately from all other breakfast ingredients such as a strawberry flavored yoghurt which has 42g of sugar, in just one cup.

Dr. Deepak Chopra, one of the wealthiest and most influencing figures in alternative medicine, described this as: “Your cells grow accustomed to the messages they receive; they have habits that reflect your habits. At present, those habits are trending the wrong way.”

Now, the UK government recommends a maximum of 90g of sugar per day for an average adult, but the World Health Organization’s guidelines say an average adult should cut to as low as 25g of sugar a day, the Telegraph reports.

The Trust for America's Health has projected that 44 percent of Americans will be obese by 2030, [CNBC news report](#).

“Ironically, as more people gain access to a comfortable way of living, lifestyle disorders create a backlash.”, Dr. Deepak Chopra notes, advising people on the importance of stress-management and well-being techniques to improve the quality of their lives.

Therefore, it is an imperative for people to consider drastically changing their lifestyles, as not only their body’s health is in question, but their minds and souls will also thank them.

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