

19TH ASIA PACIFIC DIABETES CONFERENCE

July 20-22, 2017 Melbourne, Australia

Diabetes reversal by plant-based diet

Biswaroop Roy Chowdhury
Indo-Vietnam Medical Board

Diabetes leads to a never-ending medicine and or insulin treatment for the diseased. Our goal was to establish and observe the effects of plant-based diet on the sugar levels of the diabetes patients. The major portion of plant-based diet consisted of raw fruits and vegetables. The clinical trial on 55 diabetes patients with a team of 6 medical associates was practiced for 3-days at Zorba, The Buddha, 10 – Tropical Drive, Ghitorni, New Delhi from 29th April to 1st May, 2016. Medicines were eliminated from the first day of the trial. Both fasting and post-prandial readings were measured each day along with the weights of the participants. The subjects with varying diabetes history, age groups, type of diabetes, insulin dependency and demographic profiles were part of the trial. Through the trial, 84% of patients reported controlled blood glucose levels and 16% of patients reported partially-controlled levels. Those with controlled levels could attain a healthy blood glucose range without medicines and or insulin, along with the prescribed diet in 3-days. Those with partially controlled levels could attain a healthy blood glucose range with less than 50% of insulin than prescribed earlier. Among diabetes type-2 patients the study reported 100% results with all the patients maintaining a healthy blood glucose level. While among diabetes type-1 patients, 43% reported healthy blood sugar levels through the diet and insulin reduction. The weight reduction for 55 patients in 3-days was reported as 1.14kgs of average weight loss per individual. The plant-based diet has been found effective to cure and control diabetes, eliminating or reducing the medicine or insulin requirements.

priyanka@biswaroop.com