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Diabetes reversal by plant-based diet**Biswaroop Roy Chowdhury**

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Background: Diabetes causes a never-ending medicine and or insulin treatment for the diseased. Also, the patients are bound to follow a particular diet with eliminating most of the sugary foods; that further deteriorates the quality of life. This gave way to the study, focused on diabetes cure without medicines and on plant-based diet. 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. The goal was to establish and observe the effects of plant-based diet on the sugar levels of the diabetes patients. These included both insulin-dependent and independent, diabetes type-1 and type-2 patients. The 3-days residential treatment tour involved 55 subjects with different age groups and demographic profiles. The study considered participants from different countries to find out the global impact of the treatment.

Aim: The burden of the disease diabetes is rising globally. The aim of the research is to find out that on discontinuing the medicines and being on a particular plant-based diet, can high blood glucose levels in diabetes patients be normalized.

Methodology: Clinical trials were performed on diabetes patients for 3-days continuously. The sample size of the study was n=55 patients. Medicines were eliminated from the first day of the trial. Thereafter, following 3-days, the participants were kept on a prescribed plant-based diet. 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.

Results: The study reported controlled blood glucose levels for 84% of patients and partially-controlled levels for 16% of patients. 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 type-2 diabetes 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. In addition of the insulin-dependent group, 59% could completely drop their insulin requirements and 41% could reduce the requirement to at least 50%. The weight reduction for 55 patients in 3-days was reported as 1.14 kg of average weight loss per individual. Also, the patients had symptomatic relief from general fatigue and weaknesses. The plant-based diet proved to be beneficial with regards to energy and nutritional fulfillments.

Conclusion: Diabetes treatment has both health and economic burden on society. With reference to the present research, a new approach for the treatment of this considered life-style metabolic disability can be shaped. The plant-based diet has been found effective to cure and control diabetes, eliminating the medicine or insulin requirements. Further research on the subject matter can present a medicine-free-food-science based treatment for the disease. At the same time, it is a unique treatment approach and eliminates the risks of medicine side-effects. On the basis of this research, a diabetes education can be developed for better understanding of the disease and better living for the diseased population.

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