

Type 2 Diabetes Reversal Program: Added Benefits

There are several benefits of Type2 diabetes reversal plan:

1. The food cravings get eliminated when one arrives at a 16-hour fasting duration mark.
2. A steady reduction in body weight occurs with a loss of up to 7-10 kg over 6 months.
3. The physical energy and vitality improve significantly.
4. Blood pressure normalizes.
5. Kidney function, retinopathy, and neuropathy improve.
6. The blood cholesterol rapidly normalizes within three months.
7. Fatty liver will reverse with the weight loss and normalization of blood glucose levels.
8. The heart function will improve, and the risk of heart attacks diminish.
9. The sleep quality will improve significantly.
10. Body immunity will improve with reduced risk of infections.