

The TRE Plan and Reversal of O-O and Associated Diseases

In addition to weight loss and reversal of O-O, the TRE plan helps in prevention, control, and a reversal of the following diseases:

- Metabolic syndrome
- Type 2 diabetes
- PCOS
- Fatty liver disease
- High blood cholesterol (dyslipidemia)
- High blood pressure
- Heart disease
- Digestive disorders—acid reflux, indigestion, bloating, etc.
- General fatigue, joint pains, and lack of feeling of well-being