

Sensible Strategies for Reversing Type 2 Diabetes

Logically, reversal or cure is much more likely if treatment of Type 2 diabetes uses the following practical strategies:

1. Minimize the intake of excessive glucose in the diet via adopting low glycemic plant foods.
2. Adopt a balanced lifestyle to minimize blood glucose and enhance the utilization of stored glucose and fat.
3. Prescribe patient-specific antidiabetic drug dosages to minimize the risk of hypoglycemia. Every patient is unique in the way he/she responds to a drug. One fits all recipe does not work well, considering that Western doses of antidiabetic drugs would be too high for small mass Indian patients. Therefore, the hypoglycemia episode should serve as a vital signal to reduce the drug dose rather than a standing order for consuming sugary drinks and snacks.

Food and Lifestyle are personal choices, so Type 2 diabetes reversal requires that the patients take charge of the disease management. Taking charge requires that the patient has an excellent working knowledge about the Type 2 diabetes disease process.