



ORIGINAL RESEARCH PAPER

Medicine

SCIENTIFICALLY UNSCIENTIFIC ABOUT DIABETES MELLITUS TYPE 2

KEY WORDS:

Dr. Chandrakant Kanase

M.D. General Medicine (Gold Medal) 1986, B.J. Medical College, Pune. Reg no - 50469

- Professional Experience
- Practicing Physician in Internal Medicine for last 32 years.
- Practicing diabetes reversal with dietary management and life style modifications for last 5 years
- Treated successfully over 5000 patients of Diabetes, Obesity, PCOS, Hypertension, etc. in last 5 years.

7. lowering insulin with diet is scientific, than lowering blood sugar with drugs.
8. Diabetes type 2 is a dietary disease .
9. Processed food is the biggest culprit.
10. We, all must act together to stop it.

Teaching experience- 18 yrs. as Professor in Medicine At present we blame diabetes Type-2 on Genetics and call it a lifelong affair with drugs and sufferings.

Worst part is we accepted that what we are doing (drugs/insulin) is correct and we shall continue doing the same.

WHAT WE HAVE BEEN TAUGHT-ABOUT DIABETES

1. Diabetes is chronic and progressive disease.
2. Carbohydrates are required for healthy leaving.
3. To be healthy one should eat about 60% daily calories from carbohydrates.
4. Fats / cholesterol are bad as they cause vascular diseases and should be avoided.
5. To be healthy one should eat small meals at frequent intervals.
6. We should count and reduce calories in food to reduce weight.
7. Insulin/ drugs is the solution for treatment of diabetes.

Be prepared for Everything you know and believe to be true to be turned upside down. Half of what you learn in medical school will be proved false in future. You your self-need to find it out

DIABETES TYPE 1 AND 2 ARE NOT SUGAR PROBLEMS.

THEY ARE INSULIN ISSUES.

TYPE 1 DIABETES- No/insufficient insulin

Needs insulin injection life long

TYPE 2 DIABETES-Plenty of insulin present which can not work properly/inefficient

Giving insulin to type 2 diabetes will kill them faster. The science which had been failed need not be followed but needs to be questioned

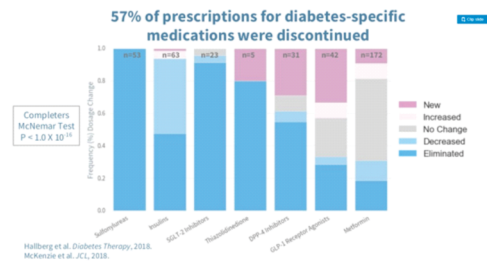
Three Clinically proven ways to Reverse Diabetes

- BARIATRIC SURGERY
- VERY LOW-CALORIE DIET
- LOW CARBOHYDRATE DIET

Total amount of carbohydrate eaten is the primary predictor of glycemic response.

IT'S PROCESSED CARBS THE MAJOR VILLAIN CONCLUSION

1. Diabetes type 2 is reversible.
2. Low carb diet is the preferred solution.
3. Exercise adds benefit to the program
4. Sleep and stress needs to managed properly.
5. Grains and fruits are healthy for healthy people.
6. Problems of metabolic syndrome are mainly due to hyperinsulinaemia.



Hallberg et al. Diabetes Therapy, 2018. McKenzie et al. J.C.I. 2018.

