

[IMAGE]

Low Cal Eliminates Diabetes

By Editorial Staff

Unfortunately, the United States is a high-calorie country when it comes to our eating habits. Much of that is due to the food industry (from fast food to product manufacturers) flooding the marketplace with a glut of high-calorie, processed snacks and meals that most people can't seem to say no to – at least not often enough. One result: the type 2 diabetes epidemic, which threatens to overwhelm our health care system and destroy lives with each passing day.

While medication remains a staple of diabetes maintenance, it's estimated that diet and exercise changes could reverse type 2 diabetes in up to 90% of cases. New research simplifies the solution even further, suggesting a low-calorie diet is the key. Researchers discovered that among type 2 diabetics, those who adopted a low-calorie diet were more likely to be in remission two years later; and were still in remission at the five-year mark and no longer needed to take medication to manage their diabetes / blood-sugar levels.

Findings are based on a study that split 298 people with type 2 diabetes into two groups, with half receiving standard diabetes care from their general physician (we assume with medication as a first-line treatment) and the other half adopting a low-calorie diet with support from a nurse or dietician to help change overall eating habits toward a healthier model.

Diabetics on the low-cal diet also lost more weight during the study period, emphasizing the importance of dietary changes that facilitate weight loss. Weight is a major risk factor for type 2 diabetes, particularly when associated with poor eating habits that compromise the body's ability to remove sugar from the bloodstream appropriately. Talk to your doctor to learn more about how you can prevent and eliminate diabetes without medication. It may be as simple as reducing your caloric intake.

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