

Can Diabetes Be Reversed? New Research Help Reverse The Disease In 21 Days Diet Plan

The term 'reversal' is applied when diabetics can go off their insulin medication but still need to stick to certain lifestyle changes.

MIAMI, FL, USA, September 1, 2014 /EINPresswire.com/ -- Medical science has again proved its mettle by answering the gigantic question, can diabetes be reversed? While, now days, you can find a diabetic in each house spending a fortune in diabetes drugs and insulin injections, simple lifestyle changes have been introduced by medical researchers that helps [reversing diabetes](#). The only thing these diabetics need to reverse diabetes is commitment.



About Type-2 Diabetes

Type-2 diabetes is commonly known as "adult - onset diabetes" that mostly affects people over 40 years of age. As the age grows, insulin making capacity of a person lowers and the blood sugar level increases beyond the normal range making the important cells non-functional. That is when; the person starts suffering with diabetes and has to take insulin for normal functioning of cells.

[Reversing Diabetes](#) with simple lifestyle changes and 3-step diet plan

A simple lifestyle change is the key to reversing diabetes. Diabetics can alter the affects of diabetes by strictly following a 3-step diet plan that will aid them in maintaining a normal blood sugar level, losing extra weight and improving health consciousness. The 3-step diet plan includes a simple diet containing all natural foods, regular exercises (breathing and relaxation, stretching, meditation etc) and intake of some natural supplements. All the steps are crucial for reversing diabetes successfully and retaining a sound health.

Staying away from sugar and other artificial sweeteners is a must for all diabetics. Adding leafy vegetables and natural foods to the diet and exercising regularly helps a lot in controlling blood sugar. These simple lifestyle changes are what it takes to reverse diabetes.

The Proof

According to recent medical studies, diabetics can stop the progress of type-2 diabetes by just losing 10% of their total weight and refrain from taking medications. In a recent studies performed on 10 diabetics, 80% totally got off their diabetes medication within a year by following this simple 3-step diet plan and the rest 20% were identified as pre-diabetics as their blood sugar level reached the normal level. Results were best for those who lost the most weight.

[Visit here](#) for more information and reverse your diabetes successfully.

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Elena Warner
Diabetes Reversal Guide
43054-9441
[email us here](#)

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