

# Radical Diet Can Reverse Type 2 Diabetes – Groundbreaking New Study

The number of people with type 2 diabetes has been on the rise for some time now, and it's believed that this rise is directly related to the obesity epidemic. Fat accumulated in the abdomen impedes pancreatic function, which makes sense when you consider how glands work, and what happens when a gland does not have enough space to function properly. If you squeeze a gland it will secrete hormones, so consider how excessive fat accumulation plays a role when putting pressure on glands.

*These findings are very exciting. They could revolutionise the way type 2 diabetes is treated. This builds on the work into the underlying cause of the condition, so that we can target management effectively. Substantial weight loss results in reduced fat inside the liver and pancreas, allowing these organs to return to normal function. What we're seeing ... is that losing weight isn't just linked to better management of type 2 diabetes: significant weight loss could actually result in lasting remission." – Prof Roy Taylor, Newcastle University, lead researcher*

This is huge! We now have the scientific community recognizing that diabetes can be reversed by diet. Nine out of 10 people in the trial who lost 15kg (33 lbs) or more put their type 2 diabetes into remission – no more insulin!

<https://www.youtube.com/watch?v=-EFVsFsYCE>

# Restricted vs. Healthy

One thing to consider though is that reducing calories is not enough. It may be enough to reverse the worst aspects of a disease, but for those wanting to enjoy a body in complete homeostasis, toxins need to be eliminated and nutrition needs to be assimilated. We would bet anything that the one person out of the ten people who did not go into remission would have healed with the right diet. You are what you eat, and science is starting to see this, to an extent. New studies are regularly coming out about gut microbes, how diet effect them, and how toxins affect us. Scientists are not yet connecting the dots with how food can heal very well, so there is a lot more about what's wrong with our diet than how to fix it. Scientists still may be a long way from realizing how powerful food can be for healing. If you want to reverse diabetes (or almost any chronic illness), check out *Holistic Guide to Healing the Endocrine System and Balancing Our Hormones*. It's a journey, and it's not easy to heal holistically. It's a lifestyle change, a journey, a process involving more than just diet. But many have done it, and more and more people are waking up to the reality that we are in fact in control of our health.

## Related Reading:

- *Detox Cheap and Easy Without Fasting – Recipes Included*
- *Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet*
- *How to Make the Healthiest Smoothies – 4 Recipes*
- *Diabetes, Endocrine Functions of the Pancreas, and Natural Healing*
- *Natural Diabetes Cure*
- *Foods That Contribute to Diabetes*