

## Results of Diabetes Reversal Programs at WELLBEEING

Performance assessment of 20 diabetic individuals indicating the potentials of the program

Names	HbA1c		Performance Index %	FBS		PPBS	
	Before	After		Before	After	Before	After
Patient 1	14.1	5.3	108.64%	302	85	451	116
Patient 2	12.5	5.9	101.54%	214	88	376	130
Patient 3	9.6	6	100%	146	84	123	111
Patient 4	12.4	6.1	98.44%	314	98	418	149
Patient 5	9.3	6.3	90.91%	91	73	240	165
Patient 6	10.3	6.6	86.05%	233	70	250	85
Patient 7	8.4	6.5	79.17%	145	127	270	208
Patient 8	9.3	6.7	78.79%	134	130	218	145
Patient 9	11.1	7.1	78.43%	242	187	304	180
Patient 10	10	7.3	67.5%	147	92	244	141
Patient 11	8.3	7.1	52.17%	145	89	240	96
Patient 12	12	8.5	58.33%	328	117	398	129
Patient 13	7.6	6.7	56.25%	193	184	231	153
Patient 14	7.7	6.5	70.59%	198	127	209	183
Patient 15	8.8	6.9	67.86%	113	101	174	135
Patient 16	11.7	8.3	59.65%	215	88	360	217
Patient 17	10.5	7.6	64.44%	198	100	224	115
Patient 18	7.2	6.4	66.67%	163	120	153	123
Patient 19	9.3	7.2	63.64%	195	88	332	98
Patient 20	8.9	7.4	51.72%	162	104	232	215

The levels of HbA1c reduction before and after the program of 3 months; FBS and PPBS measure before and after the program are given below for your reference along with the performance index.

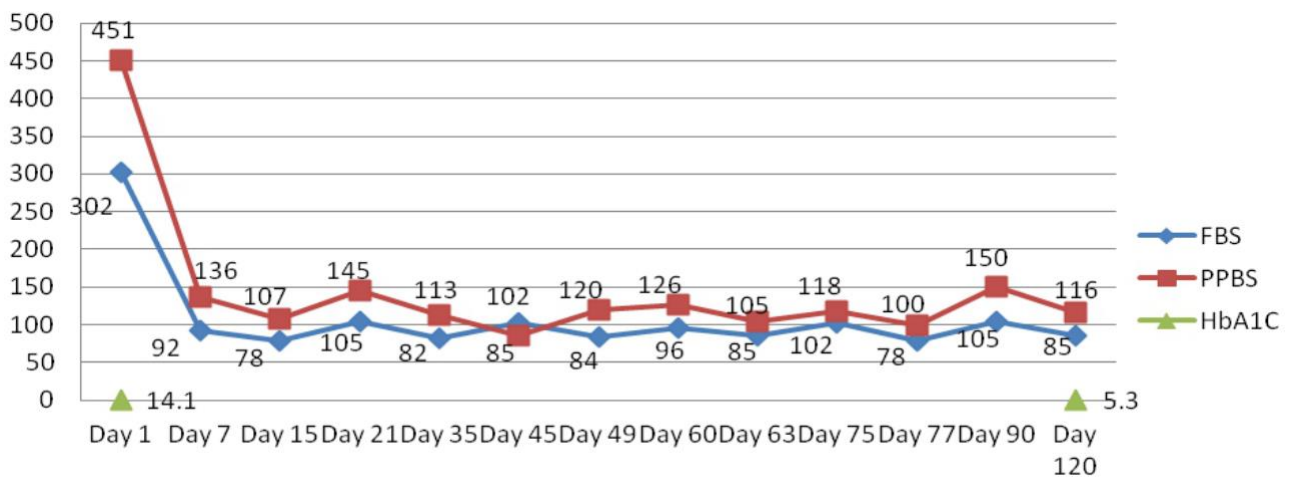
It could be seen from the data in the above table that HbA1c levels significantly decreased, in addition to various parameters of their arterial health, endothelial and endocrinology functions along with an overall wellbeing of each patient. It is interesting to note that the results of these diabetic reversal program has shown reversal of insulin resistance and has helped to prevent the progression of vascular aging, inflammation and nutritional deficiency leading to vital organ failure. It has been observed that the program has helped specifically to normalize the arterial stiffness, nerve damage, balancing the sympathetic and para sympathetic nerve function. By reducing the inflammation and glucose toxicity, the pancreatic b-cell function is preserved, thereby reducing the dependency on anti-diabetic medication and future need of insulin.

**Few graphical representation of our patients are given below:**

## Patient A: 37years Male

**HISTORY:** Diagnosed with Type 2 Diabetes Mellitus in 2016, and was initiated on medication Tab Glimy twice daily since he was diagnosed. His FBS, PPBS on 17-05-2016 were **302mg/dl** and **451mg/dl** and his HbA1C was **14.1**. His BP and Weight at the time of joining were 110/80mmHg and 56.6 Kgs and **14.1%**.

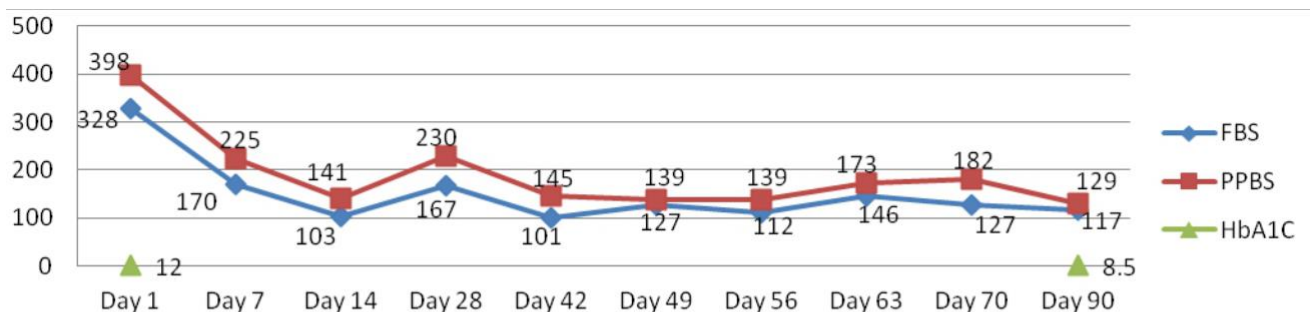
**Result:** His FBS & PPBS showed a decreasing trend by Day 15. On day 15 his medication was reduced from Glimy M1 1-0-0 to Glycomet SR 500 0-0-1. Throughout the program his weight showed an increasing trend and he gained a total of 7 kilos. His medication continued to be reduced and finally stopped. His HBA1C at the end of 90 days drastically reduced from **14.1% to 5.3%.** **He is today completely out of medications and has all normal parameters.** He gave a feedback of decreased stress levels, improved general wellbeing



## Patient B: 54 yrs Female

**HISTORY:** Diagnosed with Type 2 Diabetes Mellitus since 5-6 years on Glycomet SR 500 1-0-1, and hypothyroid on medication. Initial screening was done for retinopathy, neuropathy, nephropathy, autonomic dysfunction and CAD was done before enrollment. Podiatric examination revealed peripheral neutrists and Nopida solution & DIAFOOTPLUS Cream was advised. Before enrolling, her FBS was - 328, PPBS-398& HbA1C- 12%. her BP was 130/80mmmtg and Weight-71.5Kg.

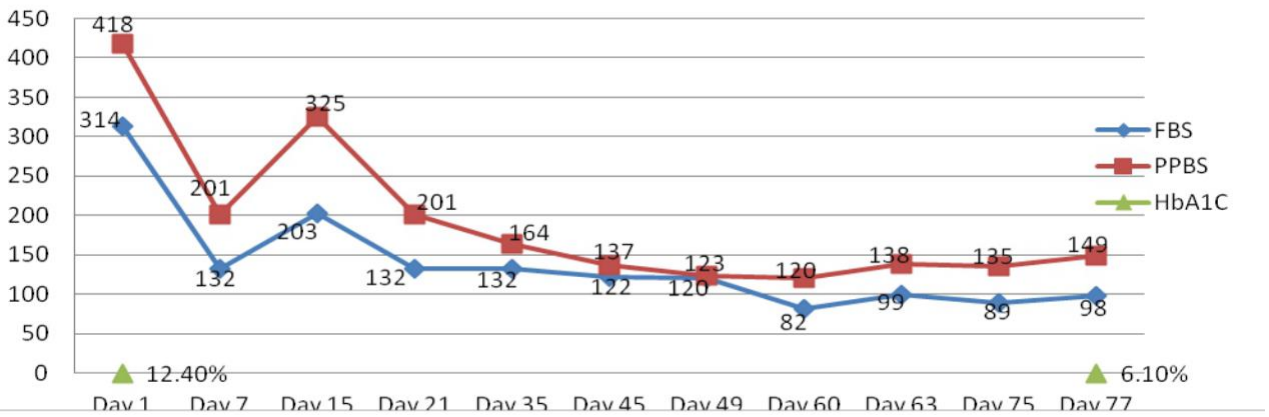
**RESULT :** Her FBS&PPBS showed a decreasing trend. FBS reduced from 328 to 117 & PPBS reduced from 398 to 129. HbA1C reduced from 12% to 8.5% in 90day period. Her weight also reduced from 71.5kg to 68.3kg.



### Patient C: 39 Years Male

**History:** Newly diagnosed with Type 2 Diabetes Mellitus, and was initiated on medication, Tab Glycomet SR mg 1-0-1 and tab Sizodon 0-0-1 for depression. Screening for retinopathy, neuropathy, nephropathy, autonomic dysfunction and CAD was done before enrollment. Had symptoms of burning sensation of feet and severe depression, and was on anti-anxiety medication prescribed by a psychiatrist. Before enrolment, his FBS, PPBS & HbA1C on 11-02-2016 were 314mg/dl, 418mg/dl and 12.4% respectively. His BP and weight at the time of joining were 110/70mmHg and 78.7Kg.

**Result:** All symptoms reduced on following the diet regularly where emphasis on raw vegetables was given. On Day 15 his FBS shot down from 314mg/dl to 132mg/dl and PPBS reduced from 418mg/dl to 201mg/dl. During the course of 90 days his FBS and PPBS showed a remarkable decrease in values and so was his weight. On Day 90 his FBS was 112mg/dl and PPBS was 130mg/dl. His medication was tapered and finally stopped. His HbA1c drastically reduced from 12.4% to 6.1%. Two months post the program a follow up Blood test showed normal ranges of FBS-89mg/dl and PPBS-135mg/dl. He gave a subjective feedback of decreased stress levels, improved general wellbeing.



### Patient D: 56 years Male

**History:** Diagnose with Type 2 DM on insulin, since 20years over weight Physical examination and profiling along with basic glucose parameters like FBS, PPBS & HbA1C was recorded. Source Neuropathy detected in sensitometer VPT report before enrolment.

**Results before and after:** His FBS was 233mg/dl, PPBS 270mg/dl and HbA1C 10.3% his weight was 98kg and BP 120/80mmmttg. He was irregular in his attendance to yoga session but followed diet and therapies correctly. The 90day program saw his FBS reduce from 10.3% to 6.6%. His insulin dosage was reduced.

