

# 13<sup>th</sup> Global Diabetes Conference and Medicare Expo

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### Mechanism for reversal of type II diabetes

Diabetes mellitus (DM) is a metabolic disorder in the endocrine system with a defect in the insulin secretion or action or both which leads to increase in blood sugar in the body. At present, type 2 diabetes mellitus (T2DM) is the predominant form of DM that accounts for 90–95% of diabetic patients globally. The standard therapy for T2DM includes balanced diet, appropriate exercise, and more importantly, the use of oral hypoglycaemic drugs, and/or subcutaneous insulin injections. Use of anti-diabetic drugs has led to potential toxicity and side effects such as weight gain, bone loss and increased risk of cardiovascular events. Nutraceutical supplement is one of the upcoming approaches towards the control and reversal of diabetes worldwide. Diabetall and Diabetplus are magical supplements that work as a sure shot adjuvant with no side effects. They regulate and maintain the blood sugar levels through various pathways and also reverses the effect of T2DM which is evident through our in house clinical trials. Here, we emphasize on how the use of natural therapy that includes supplements with botanical extracts, dietary modifications and exercise programs and counselling help to reverse the effect of diabetes and also promote a sense of well-being in individuals.

### Biography

Gaurav Sharma is a renowned Diabetologist and a lifestyle Doctor who is credited with changing the entire wellness industry across the globe. He completed his Post-graduation (MD) from St. Petersburg State Medical Academy. He was always keen towards working for the benefits for those suffering from most prevalent lifestyle related disorders like diabetes, arthritis, obesity. He has been practicing for more than 14 years in preventing and managing such disorders through his world famous lifestyle modification programs. He was recently awarded at the 4th MT India Health Care awards held in 2014 to become the most admired Diabetologist and lifestyle Doctor. He feels “Impossible is equal to opportunity” & this is what has inspired him to innovate products which have reversed diabetes and arthritis of thousands of patients. He has been featured numerous times on the leading national television discussing how to reverse the symptoms of most lifestyles related disorders naturally.

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