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Low carbohydrate diet research by glucose variability with various medical care such as physiotherapy and music therapy**Hiroshi Bando**

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Statement of the Problem: There are lots of patients with diabetes and metabolic syndrome worldwide and nutritional therapy is indispensable. Discussion has continued concerning Calorie Restriction (CR) and Low Carbohydrate Diet (LCD) for years. We have treated thousands of patients with type-2 diabetes mellitus (T2DM) for LCD and investigated clinical research, including ketone bodies and Morbus (M) value.

Methodology & Theoretical Orientation: Subjects were 121 patients with type-2 diabetes mellitus (T2DM) and provided calorie restriction on day 1, 2 and low carbohydrate diet from 3 to 14 days. Basal biomarkers and daily glucose profile on day 2, 4 were measured.

Findings: Subjects were classified into 4 groups due to average glucose, with mean HbA1c 6.3%, 6.9%, 7.9%, 9.2%, respectively. Average glucose from day 2 to 4 in each group was significantly decreased. M value considerably decreased in group 2, 3, 4 indicating useful M value. As for lipids, triglyceride from day 2 to 14 decreased considerably. RLP-C levels showed significant correlation with triglyceride, LDL-C, atherogenic index (T-C-HDL/HDL) and TG/HDL value.

Conclusion & Significance: These results would suggest that RLP-C may be involved in the development of arteriosclerosis of T2DM and may have the role of further research direction in the future. Further medical care associated with mentioned above, the author has continued several treatment and care for Integrative Medicine (IM) and Complementary and Alternative Medicine (CAM), such as physiotherapy, music therapy, etc.

Biography

Hiroshi Bando is a Doctor (Physician), having specialties in diabetes, primary care medicine, life style-related disease, etc. He has written 30 books, has several papers published in medical journals and has been the Editor of several medical journal.

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