

Global Experts Meeting on

# DIABETES, HYPERTENSION, METABOLIC SYNDROME

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## Very low calorie diet can reverse type-2 diabetes

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**Introduction:** Very low calorie diets generally contain about 800 calories per day or even less. Out of 500 patients in his study he gave only one-two Roti or one cup of rice, one to two egg white or 2 pieces of fish or 6 pieces of chicken plus dal, buta, chana or rajma plus green vegetables plus palak plus 5-10 petals of garlic plus one onion per day, 2 cucumber per day, two tomato per day plus one lemon per day. In the breakfast limited to 1-2 oats idli mixed with arugula is an extremely healthy and nutritious cruciferous vegetable that many people have never heard of. Also called salad rocket or garden rocket, it has a distinctive and delicious peppery flavor to its soft green leaves and goes particularly well in fresh salads like this. Or 1/2Cup of upma vegetable or biri and suji pitha, kalara pizza (chakuli) along with one avocado per week or ½ hybrid guava or 8 almonds per day plus 4 cups of coffee per day controls diabetes very perfectly.

**Discussion:** one Chapati per meal 1 chapati has only 80 to 110 calories depending on size, but it has 3.5 grams of protein, half a gram of total fat, no saturated or trans-fat, no cholesterol, but it has vitamin A, B1, B2, B3, calcium, iron and fiber. Egg white is the name for the clear liquid contained within an egg contains only 17 calories. There are 65 calories in 100 grams of Mixed Vegetables (Without Salt, Frozen, Drained, Cooked and Boiled). There are 160 calories in 100 grams of Avocados. Guava also helps in regulating metabolism which leads to weight loss contains There are 68 calories in 100 grams of Guava. Calorie breakdown: 11% fat, 75% carbs, 13% protein. 10 Almonds Contains 70 Calorie. One ounce (30ml) of scotch whiskey contains about 64-80 calories. Using this approach to comprehensively interrogate liver carbohydrate and fat metabolism, we showed that it is a combination of three mechanisms that is responsible for the rapid reversal of hyperglycaemia following a very low calorie diet, Insulin along with VLCD.

**Conclusion:** Patient with very low calorie diet can reverse type-2 diabetes or with maintain with little OHD very well due to reduce fat in the diet can reduce fat in pancreas thus through diet can re-start the normal production of insulin, reversing type-2 diabetes. This reversal with little OHD or without medicine can help the patient diabetes, obesity, high blood pressure and heart attack free life.

### Biography

Premanidhi Panda has completed his MBBS from Berhampur University, India and Post-doctoral studies, MD (MED) from Utkal University School of Medicine. He is the Director of Dr. Panda Diabetes Institute, India, a premier Diabetes Hospital and Research Centre in India. He has worked in Tisco Hospital, Benghazi Medical and Medwin Hospital. He was awarded with India's Best Doctor Award-2013 (diabetes) by Medgate Today Survey. He was awarded MRCP, FRCP by Royal College of Physician and Surgeon. He has published more than 20 papers in reputed journals and received several national and international awards for his contribution in diabetes.

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