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DIABETES – BLOOD SUGAR LEVELS – SIGNIFICANT ROLE OF FAT IN REDUCING TYPE 2 DIABETES, INSULIN RESISTANCE

Dr. Veeramachaneni Rama Krishna Rao,
Dr. Sampath Kathi, Dr. Gadireddy Pavan Kumar,

Email ids: vrkpmfdiet@gmail.com, pavan007@hotmail.com, Drsampath42@gmail.com

Abstract: One of the prime liver functionalities is transforming the intake of food into carbohydrates. The carbohydrates are converted into blood and fat. The root cause of Type 2 Diabetes is insulin resistance of Liver. When it is not removing the sugar contents from carbohydrates while converting into blood it can be identified as Type 2 Diabetes. The sugar levels can be controlled by consuming Fat & Protein metabolic food, vitamins and minerals without any carbohydrates. The paper presents the significant role of Fats in reversing the insulin resistance or Type 2 Diabetes. The paper discusses the details of suggested Fats & Protein metabolism with prescribed vitamins and minerals. The paper suggests the right food by stopping the diabetic drugs usage to reverse the insulin resistance and Type 2 Diabetes within a period of 111 days. The paper examines the clinical research results practically conducted for 100 diabetic patients in India. The paper signifies the possibilities of reviving the liver from insulin resistance stage to original stage.

Key words: Liver functionality, Insulin resistance, Type 2 Diabetes, fat & Protein metabolism.

Introduction

The human liver weighs nearly 1.4 kilograms or 3.1 pounds and plays a significant role in causing diabetes owing to its resistance to insulin. Liver is constructed with the liver cells called lobules connected with canals to circulate blood and bile. Digestive organs pump the blood associated with the digested nutrients, medication and toxic substances through the portal vein to the liver. The main functionality of the liver is to process the nutrients, medication and toxic substances with detoxification, alteration and storage process by eliminating toxins, alcohol, and other toxic substances from the blood and loads the purified blood into the hepatic veins for onward transfer to the heart. The liver plays predominant role in converting all nutrients, proteins and the substances extracted from the food. The metabolic process of liver produces 800 to 1000 ml of bile per day. It is highly useful for absorbing the fats to produce the energy essentially required by the human body [1]. The human body is quite capable of synthesizing all of the glucose it needs from various gluconeogenic precursors. Hence, an external intake of carbohydrates is not required by the human body.

The liver function helps to maintain normal sugar levels in the blood by converting the glucose in the form of glycogen as a result of endocrine mechanism. This can be incorporated by lever with the help of insulin released time to time by pancreas located[2].

When the liver is affected by reduced secretion of insulin produced by pancreas it is identified and distinguished as Insulin resistance and Type 2 Diabetes. Due to insulin resistance the liver could not remove the sugars from the blood. When liver is not in a position to absorb insulin, it could not perform endocrine mechanism. Hence the increased blood sugar levels can be identified in the human body [3]. Insulin resistance is a root cause of metabolic syndrome and cardiovascular disease. The remedy is not reducing the blood sugar level with drugs. It is essential to revive the liver to its original state with appropriate drugs. But the research has not yet done in this direction [4].

Type 2 Diabetes is the root cause of all other chronic diseases. After observing more than 8 million records The University of London found that the patients of type 2 Diabetes have been developed Parkinson's disease. It The people with Type 2 Diabetes have experienced 31 % more than the normal patients. The younger people of age group of 25-44 with type 2 diabetes have been observed with Parkinson's disease. The healthy people are low at the risk of Parkinson's disease. The predominant cause for this disease is mitochondria dysfunctionality which leads to damage and eventually kill the neurons. Dopaminergic neurons – the category involved in Parkinson's are particularly vulnerable to mitochondrial disfunction. The team of doctors working in University College London Institute of Neurology, led by Thomas Foltynie, Phd, MD, MRCP evaluated that the root cause of Parkinson's disease is caused by the injectable Type 2 Diabetes drugs [5]. They stopped all diabetic drugs to the patients of Type 2 Diabetes and observed for 60 days. After 30 days the Parkinson's disease is drastically reduced. After 60 days Parkinson's disease is completely resolved. But they observed the patients sugar levels have been recorded with 300 to 350 in all patients. Even though fasting sugar levels are observed to be high their health condition is stable and hale [6]. Drinking milk has increased the severity of Parkinson's disease [7]. Fat and protein metabolism has significantly played a vital role in reducing the Parkinson's disease. Omega-3 polyunsaturated fatty acids are playing supportive role in reducing the neurodegenerative disease like Parkinson's. The clinical results proved these facts and proteins could eliminate the symptoms of Parkinson's disease in Type 2 Diabetes patients [8].

Methodology

India inspired by the speech and doctrines of Veeramachaneni Rama Krishna millions of people have followed the Indianize protein and fat metabolism. They have completely transformed their carbohydrate food into fat and protein metabolic food habits. The food consumption has given significant results in their sugar levels and become normal. The clinical results have proved that the insulin resistance has been reversed with the intake of fat, proteins, vitamins and minerals. The food was followed by millions of diabetic patients in Andhra Pradesh and Telengana states of India. The food intake is associated with intermittent fasting methods. The intermittent fasting also helped the patient to revive their liver with the activation of Gluconeogenesis [9].

Treatment Measures

The observation and clinical research observations have been done on 100 diabetic patients. They provide fat in the diet with protein, minerals, Omega3 without any medication the following results have been obtained after 7 days.

Diagnosis	Plasma Glucose Result
Fasting	110 mg / dl
2-Hour Plasma Glucose tolerance test	200 mg / dl

The observation has continued with the same food without any medication for 115 days and conducted the test. The following results have been obtained.

Diagnosis	Plasma Glucose result.
Fasting	110 mg /dl
Glucose Tolerance at 1 hour	185 mg / dl
At 2 hours	160 mg / dl
At 4 hours	100 mg / dl
Random	100 mg / dl
Haemoglobin A1c **HbA1c Test**	5

Suggested Fats

The research experiment is conducted with suggested fats by Veeramachaneni Rama Krishna under careful observation of Dr.Sampath are given below. The minimum requirement of fats per day to the patients is 60 grams and maximum of 80 grams [10].

Preferential Fat	Description
Highly preferred	Coconut oil cold pressed [10]
2nd level	Coconut hot pressed
3rd level	Cow Ghee
4th level	Natural Butter extracted from cream on fermented curd
5th level	Cream on fermented Curd
6th level	Unrefined Olive Oil
6th level	Milk extracted butter available in the market

Intake of fats are prescribed to the patients with a quantity of 70 Grams to 80 grams in different formats such as direct intake, mixed with food and with the combination of bullet proof coffee [11].
Suggestable supplements

The diet was associated with the rich contents of Fats, Proteins. But essential minerals and vitamins were given as supplements externally in the form of tablets and capsules. The patients were given the following supplements along with the Fat & Protein Diet [12].

Supplement	Description
Vitamin C	Natural Lemon juice 3- 4 pieces Natural Amla [13]
Multi Vitamin	Multivitamin Tab rich with Biotin [12]
Omega 3	Cod-liver oil capsules [14]

Dosage: Each one per day after every meal. This vitamins have played a significant role in reviving the liver [13].

Clinical Research Results

The clinical research results are presented below from the research observations on diabetic patients. The paper summarizes the following results can be taken into consideration at an output of the research paper. The clinical research conducted in London are as follows:

When the Liver is affected with insulin resistance it can't absorb the sugars from the blood. The sugars in blood are traced by the carbohydrate food. Infact manufacturing of carbohydrates is one of the main functionalities of the Liver. Final product of liver functionalities are Carbohydrates, fats, minerals and vitamins. Carbohydrate food gives rise to the trace of blood sugar.

Intake of fats gives rest to the liver. When liver is not in tedious stress and overburdened with it functionalities it tries to revive from the insulin resistance.

Clinical research results proved that fat and protein metabolism could resolve the disease symptoms and ill efforts of Parkinson's disease in Type 2 Diabetes patients.

The research results are presented in VRK Health & Nutrition Research Centre, China with Fat & Protein Diet. The sample size is 100 diabetic patients under the careful observation of expert doctors' guidance and prescription. The Patients were given only Fat & Protein diet with prescribed minerals and Vitamin's consumption without diabetic medication [15].

VRK Health & Nutrition Research Centre, China has observed 100 patients with Type 2 Diabetes with the Fat & Protein metabolism diet with minerals, vitamins and Omega 3 and stopped diabetic drugs, medicines and carbohydrates

After 115 days of observation the clinical examination was conducted and obtained the results. In the observations sugar levels have reached normal with 110 mg/dl in fasting and PP 185 mg/dl and haemoglobin A1c test with result of 5.

The patients have constantly under the observation by checking complete body check-up once in a month with Hemogram test HbA1c, kidney function test, liver function, Lipid Profile, Urine routine, ECG readings. The observations revealed normal for all the patients during the food consumption with adequate exercise and walking.

Discussions

Type 2 Diabetes is considered to be long term manageable disorder. The treatment methods are practiced with Type 2 Diabetes management. The new treatment is based on the fundamental liver working principles. The new treatment presents the significant role of Fat & Protein food to reverse the insulin resistance [16]. The treatment methodology is developed from the basic understanding of the liver functionalities and its reviving nature [17]. Liver cells have the nature of regeneration naturally. Instead of treating the disease with suppression of blood sugar levels with the allopathic medication, the natural reversal process is predominant in the treatment with food. Chemical free food is highly recommended to get the revival of Liver [18]. The treatment method is associated with the Fat & Protein diet by completely restricting the carbohydrate food intake. Vitamin C is the main component to revive the Liver which is affected by the insulin resistance [19]. Omega 3 and multivitamins are predominantly used for providing essential nutrients required by the body [14]. Fat is the end product that liver converts any food. When the finest saturated natural fats are taken inside the liver can be kept in relaxing state without giving stress and strain. This state is predominantly working for

revival of the liver. The key point of the success of the treatment is fats as food intake [12]. This enables the liver to minimise the endocrine mechanism. When intake of carbohydrates has nullified the traces of blood sugars [20]. This food helps to keep the patient with normal blood sugar levels and HbA1c results.

Conclusion

The research paper has exemplified the significant role of Fat as intake for the patients of Insulin resistance and Type 2 Diabetes. The research paper demonstrated the research work with the fat as in take from the fundamental working principles of Liver. The endocrinal mechanism is depicted properly in this paper. Based on the endocrinal mechanism the sugar levels have been controlled. Type 2 Diabetes reversal could be possible by minimizing the endocrinal mechanism with the application of fat and protein metabolism. The clinical research results have revealed the normal sugar levels achievement and reversal of Type 2 Diabetes. The paper also presented the illeffects of the drugs used for the treatment of Type 2 Diabetes with the Parkinson's disease and how it has been treated by the London University medical professionals. The duration of the fat and protein food without carbohydrates is suggested for a period of 111 days to get the liver to its original stage by reversing the insulin resistance. The research work is conducted in India especially in Andhra Pradesh and Telengana states patients.

Future Scope of Study

The future scope of the study is need to be done with observations and results extracted from clinical trials for the usage of predominant seeds which provides more health and healing immunity in reversing the insulin resistance. The Indianized seeds are need to be identified with required quantity to give rise to the healthy life to diabetic patients.

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Authors Bibliography

Dr. Veeramachaneni Rama Krishna Rao
vrkpmfdiet@gmail.com

Famous Diet Guru and Nutritionist gave solution for millions of diabetic, thyroid, Blood Pressure, Psoriasis, Obesity and auto immune diseases patients with VRK Protein Metabolic Fat DIET and reversed the insulin resistance, diabetes and other autoimmune diseases to people of Andhra Pradesh and Telengana. Awarded with

Doctorate from Vignan University, A.P. India. Received ONCO-NUTRITIONIST award from Chanquing Medical University, China.

Dr.Gadireddy Pavan Kumar
M.A.M.S.,M.A.B.Ed,. MBA

E-Mail:pavan007@hotmail.com,

A medical techno consultant for many health care institutions designed and developed several ERP software applications. Hand on experience in techno-medical implementations. Published many research works in the field of computers, artificial intelligence, medical, naturopathy and protein biological metabolism. Former CEO and Technical director in DennisCodd the business automation company in India.

Dr. Sampath Kathi.
MBBS, BNYS, BEMS, MD

Clinical Nutritionist & Dietetics, HAIFU Doctor, Clinical Research Physician (USA-CN)
Drsampath42@gmail.com
Graduated from the Department of Medicine, Chongqing Medical University. Present working the head of VRK Health & Nutrition Research Centre, China.

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