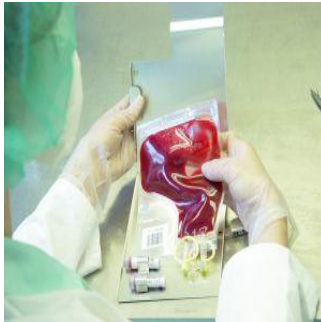


## Type 2 Diabetes in the Newly Diagnosed "Can Be Reversed"



People with Type 2 diabetes could reverse their condition by following a very low calorie diet, according to new medical research in Britain. The report follows an early stage trial by experts at Newcastle University with 11 people who have diabetes. They each followed a diet of liquid drinks (containing 46.4% carbohydrate, 32.5% protein and 20.1% fat, with vitamins and minerals) and non-starchy vegetables.

After just one week, pre-breakfast blood sugar levels had returned to normal among the group.

Over two months, insulin cell function in the pancreas increased towards normal and pancreatic fat decreased, as shown on MRI scans.

Three months later, after going back to normal eating with advice on portion control and healthy foods, seven people remained free of diabetes.

Chief researcher Professor Roy Taylor said the findings, which he described as remarkable, indicate that an eight-week diet could prompt the body to produce its own insulin.

Prof Taylor said he hoped the research would be translated into future treatments, saying it amounted to a radical change in understanding Type 2 diabetes.

The findings are consistent with the belief that a lack of insulin secretion - vital for blood sugar control - is due to accumulation of fat in the liver and pancreas.

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