

The sad tale of reversing diabetes

18 July 2018

Conventional wisdom

Twenty years ago the conventional wisdoms were that fat was bad and that diabetes were progressive - it just got worse and worse and there was no way of reversing diabetes.

The wisdom was that insulin - which is produced by beta cells in the pancreas - became progressively less effective as insulin resistance developed but there was little outwards signs as the pancreas could produce more insulin.

At some point the pancreas was unable to produce enough insulin so blood sugar levels rose rapidly. The wisdom at the time was that the beta cells in the pancreas had 'burned out' e.g. were totally destroyed.

There is an amplifying factor here as insulin encourages fat storage - so conventional pills which increase insulin production actually increase fat blockage and make reversal more difficult.

The new paradigm

When bariatric surgery became common it was found that diabetes was reversed - in other words the beta cells were still functioning. Similar reverses were found by fasting.

This has led to a completely new model for diabetes. Insulin is not only the regulator for blood sugar levels but causes the body to store fat. This fat blocks the movement of sugars into the muscles and liver and eventually fat blocks the beta cells in the pancreas so they no longer produce sufficient insulin.

This totally changes the diabetes picture - the beta cells are not destroyed - they are simply blocked by fat - so no longer work effectively but by removing the fat the beta cells will start to work properly again so diabetes can be reversed.

This has been well accepted by specialist doctors and researchers.

One of the best presentation is ;-
<https://www.youtube.com/watch?v=eUiSCEBGxXk&t=144s>

Methods of reversing diabetes

There are three ways that diabetes can be reversed (other than bariatric surgery).

The first is some form of fasting.

Long term fasting is undoubtedly effective but really can only be done under strict medical supervision. Intermittent fasting (having an eating window or a complete day of fasting) can be done by anyone - it is slower than full on fasting and in my experience you still have to watch what you eat and not pig out in the eating window.

High fat low carb diets (ketogenic diets with minimal carbs and mainly meat, eggs and fat) seem effective but are reported to difficult and unpleasant to maintain long term.

While they may be effective in reversing diabetes they may not be a suitable for everyone.

The most practical approach seems to be eating a largely low glycaemic (slow acting) vegetable diet with some eggs, fish and meat to suit the individual taste. It does need continuous blood sugar monitoring together with experimenting with the diet to find out what works for a particular individual.

This is neither expensive nor complex and seems to provide a highly practical and effective way of reversing diabetes in most cases.

(Some people may be so genetically programmed that it may not work but the number of people appears to be very small - even with people where reversal is possible there can be psychological and emotional issues which prevent reversal).

This is the good news.

Gaining acceptance

The bad news is that this message has not yet got out to the doctors at large who still tell their patients that diabetes is not reversible.

I know from first-hand experience that this is true in Australia where Xiulan has been told that diabetes is not reversible by our local doctor but at least in Australia it is possible for me to search and find a specialist doctor who is tuned into the latest research. This does require effort and expense.

The reality is that diabetes has exploded so our medical system is simply overwhelmed and the doctors take the easy way out of just prescribing pills. There is no pill which will reverse diabetes and the conventional diabetic pills aim to increase insulin supply which actually makes reversal more difficult.

The situation in China

I have tried to get a feel of the situation in China. This is not so easy for me because of the language and distance problem but talking to Chinese friends with diabetes the situation seems even worse than Australia.

Medical services are offered through the hospital system rather than the local family doctor but the reports I have read on the web indicate that the system suffers from an even greater overload than in Australia so doctors have little option but to offer a quick fix pill rather than focusing on diet and physical activity (which seem the only viable solution to reversing diabetes).

This is really a major opportunity for our eco village but somehow we need to tap into the medical system.

My web searches using Google may not be really representative of what is actually happening in China but there were some links which look promising. (Cut and pasted below).

One promising lead may be an American Christy Parkin who is reported to be working at the Ningbo Diabetes Center. (Hopefully she is still there).

Other leads may be Wang Jianping at the diabetic centre in Guangzhou and the Diabetic Association.

I have cut and pasted key parts of my internet search below

Cuts from Internet search links

But clinical inertia in China has undermined effective treatment, according to Wang Jianping, who led the study. Wang is director of diabetes care research at the Third Affiliated Hospital of Sun Yat-Sen University in Guangzhou, Guangdong province.

Xing Xiaoyan, head of endocrinology at China-Japan Friendship Hospital, also stressed the importance of patient education. "It's hard to change behavior, and some patients tend to reject combination drug therapy, citing potential adverse reactions," Xing said.

http://www.chinadaily.com.cn/life/2017-03/28/content_28709935.htm

http://www.chinadaily.com.cn/china/2017-04/18/content_28970122.htm

Christy Parkin, bottom left, with her colleagues at the opening of the Ningbo Diabetes Center.

<http://www.diabetesforecast.org/2015/jan-feb/caring-diabetes-china.html>

Guang Ning, vice-chairman of the Chinese Endocrine Society and an expert advisor to the plan, offers a litany of ideas to alleviate the rampant emergence of diabetes:

Dr. Linong Ji, director of the Peking University Diabetes Center,

One such group, 'The enemy of diabetes' formed in 2013 on the popular social messaging service WeChat. At first, the group attracted around 2,000 members but three years on it has already grown to 16,000, who share advice and organize offline meetups. Most importantly, says Lijun Yang, who administers the group, is that members can learn how to manage and live with their chronic disease. He estimates that only 50 percent of

diabetics in China actually get the treatment they need—and lays the blame on the government's slow response to the crisis.

Peiru zhou has completed her master degree from south medical university in guangzhou. She is the vice director of the outpatient dep. Of the first affiliated hospital of jinan university. She is also the vice chairman of diabetes professional committee of guangdong provincial nursing association, master nursing teacher and diabetes specialist nurse

As a pioneer in the field of diabetes, Sanofi supports a number of initiatives in China. The China Initiative for Diabetes Excellence (CIDE) program is a five-year disease management program led by the Chinese Health Ministry. This strong public-private partnership between Sanofi and the Chinese Diabetes Society (CDS), the Centre of Disease Control (CDC) and the World Health Organization (WHO) Collaborating Center at the International Diabetes Center intends to provide diabetic patients with the best care possible, by providing world-class clinical and research training programs.



CHINESE DIAB

中华医学会糖尿病分会

Address :

42 Dongsixidajie
100710 Beijing
China

Telephone number :

+86-1085158145

Email :

wjianp@mail.sysu.edu.cn

Website :

<http://www.diab.net.cn>

Founded in :

1991

Member of IDF since :

1995

Number of members :

3900

About

Established in 1991 in Shanghai, the Chinese Diabetes Society (CDS) is the leading national organization in the fight against the deadly consequences of diabetes in China. The mission of the CDS is to prevent, care and cure diabetes through education, research and good medical practice. The CDS has 31 provincial and municipal branch societies and more than 3,000 members across China and 6 study groups.