

6th World Congress on**MEDICINAL CHEMISTRY AND DRUG DESIGN**

June 07-08, 2017 Milan, Italy

Pathogenesis of alimentary diabetes: recovery by loss of 20% body weight, and by attainment of initial hunger as well as of low BG before meals**Gaia Cecchia**

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Background & Objective: We attempted to train two diabetic adults as we suggested in the first abstract. Diabetic people are different from healthy people in this: they don't develop any hunger sensation after meal suspension.

Methods: Training: recognizing Hinitial Hunger and associate this sensation to low Blood Glucose (76.6 ± 3.7 mg/dL). We tried to implement this training in two obese, diabetic adults. The two subjects consumed meals devoid of fats and carbohydrates (Very Low Energy Diet, VLED) for 6 to 12 months.

Results: At recruitment the two diabetic subjects (out of two) showed a BMI of 39 and 33 and they neither developed a BG decline to 76.6 ± 3.7 mg/dL nor any hunger sensation after 2-days eating suspension. Then Both subjects lost 13%-20% of their initial body weight; they recovered 76.6 ± 3.7 mg/dL of BG and hunger sensations before one – three meals a day, i.e.: they went out of diabetes.

Conclusion: Diabetes develops by inveterate conditioned intake (when previous energy intake has not been fully exhausted before meals), excessive fattening, excessive post-absorption emission of fatty acids from fatty tissues, permanent loss of BG decline to 76.6 ± 3.7 mg/dL and permanent loss of physiological signals of hunger. A healthy, non-diabetic life may be recovered by a painless loss of 20% body weight (No fats, no carbohydrates) and may be maintained by implementing IHMP at reappearance of hunger sensations. This means accurate energy intake planning instead of hunger endurance.

Biography

Gaia Cecchia has done a course in Mathematics from the University of Florence. She graduated in Pharmaceutical Sciences in the year 2012 with a thesis in neuropharmacology with the title: "Memantine and topiramate in association with hypothermia as neuroprotective agents in the neonatal ischemic encephalopathy". Since 2012, she is working at the ONLUS-No-profit association 'Nutrition&Prevention' with Professor Mario Ciampolini.

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