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**Diabetes: 7 Things You Forget to Do****Dr. Priti Nanda Sibal**

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**Introduction**

Most diabetes patients find themselves on the road to gradually increasing weight, uncontrolled blood glucose levels, higher doses of medications, poor quality-of-life, and worsening complications. Although lifestyle modifications are usually recognized to be the first-line treatment of Type-2 diabetes, adequate glycemic control is difficult to achieve. Though pharmacological agents help manage the symptoms of diabetes, they cannot prevent the progression of the disease or the complications arising from the disease.

Functional medicine aims at reversing the trend of weight increase, uncontrolled blood glucose levels, and worsening complications, thereby reversing diabetes. Not only can this reduce higher medication doses required; it also enables a faster and sustained reduction of blood glucose concentration, alleviates symptoms of diabetes and complications associated with it, tackles weight gain, and even counteracts the severity of heart disease.

The case presented below illustrates the role of functional medicine in improving patient's quality-of-life in stage 3 diabetes. The case establishes how the functional medicine approach can effectively reverse the pathology and progression of Type-2 diabetes in an obese patient. Our recommendations for him comprised dietary and lifestyle changes, exercise regimen, functional food, nutritional supplements, and stress management. The patient showed significant improvement at the end of 4 months of therapy, managing various aspects of diabetes, including healthy weight loss, redeemed energy, alleviation of pain, and a better quality of daily life

**Biography**

Dr priti has completed her fellowship in Anti-aging & Regenerative Medicine from American Academy of Anti-aging & regenerative medicine, USA. She holds an MBBS from GNDU, Amritsar, India and a PGDM degree from IIM Lucknow, India. She has published few papers on Diabetes Reversal and has authored 2 books – Cyclic Keto & 4-Hour Rapid Fat Loss Method.

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