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# Can you turn around diabetes?

*Just walking daily for one to two hours intermittently and having strict dietary discipline is the secret to reversing diabetes type 2.*

Diabetes is a dreaded disease that kills millions of people, mainly due to not following the right lifestyle changes and taking regular medication.

It is a disease that can be controlled by you and reversed with persistent hard work. Prediabetes is much easier to reverse than full-blown diabetes where the insulin secreted by the pancreas is more resistant and needs to be converted to sensitive insulin. Just walking daily for one to two hours intermittently and having strict dietary discipline is the secret to reversing diabetes type 2.

How many people have diabetes? 37.3 million people, or 11.3% of the U.S. population, have diabetes. An estimated 28.7 million people – or 28.5% of the population – had been diagnosed with diabetes. Approximately 8.5 million people have diabetes but have not yet been diagnosed.

About 422 million people worldwide have diabetes, the majority living in low-and middle-income countries and 1.5 million deaths are directly attributed to diabetes each year. Both the number of cases and the prevalence of diabetes has been steadily increasing over the past few decades.

In prediabetes and diabetes, you need to lose weight. The first step for losing weight is to go on a plant-based low-carb diet, limiting the quantity of food you eat.

If you eat rice and curry daily, you need to restrict the quantity of rice to half a cup of boiled rice containing about 100 calories.

The recommended calorie intake for adult women ranges from 1,600 calories per day to 2,400 calories per day, according to the 2020-2025 Dietary Guidelines for Americans.<sup>2</sup> For men, the amount is slightly higher, ranging from 2,200 to 3,200 calories per day. If you wish to lose weight you need to further restrict your calories by eating small quantities of carbs.

Though both un-milled unprocessed brown rice and White milled rice that has had its husk, bran, and germ removed have the same amount of calories, unprocessed rice digests slower and glucose blood spikes are less with unprocessed rice.

Also, it is important to eat long-grain rice like Basmati which has a GI of 50-58, while the round grain samba rice has a GI of 80.

All plants and nuts and pulses have a low GI of about 30.

So, a plant-based low GI diet would be the best way to lose weight.

Physical activities such as walking intermittently during the day for 2-3 hours help to reduce weight and your insulin would be more sensitive to carbs, bringing down the blood sugar levels.

Plant-based foods are non-starchy vegetables (asparagus, Brussels sprouts, and carrots, among many others). Restrict your starchy foods (like potatoes, corn, or peas). Eat more proteins like - chicken, fish, eggs, or beans best. Be extra careful with carbs like baked goods, deep-fried foods, or pasta -- they can raise your blood sugar. Remember, those tasty spicy Chinese food you enjoyed so much are deep-fried foods. You need to restrict such food.

Walking can be done indoors or outdoors. In one hour one could average 8,000 steps. 10,000 steps per day burn about 2000 to 3500 calories per week,

giving you your 1-pound loss. 8,000 steps would be somewhere between 1800 and 3000 calories.

Any estimation of how many calories you burn from an exercise like walking or running depends on how heavy you are. On average, heavier people use more energy to move than lighter people. Most rough estimates revolve around 100 calories burned per mile for a 180-pound person.

How many miles are 10,000 steps? On average, 10,000 steps are going to come out to be roughly 5 miles. So assuming you weigh 180 pounds, then yes, by simple mathematics, 100 calories x 5 miles equals 500 calories.

Over a week, that becomes 3,500 calories.

About walking-Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat and boost muscle power and endurance. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis, and some cancers.

Let's talk about resistant insulin and sensitive insulin. What is insulin resistance? Insulin resistance is when cells in your muscles, fat, and liver don't respond well to insulin and can't easily take up glucose from your blood. As a result, your pancreas makes more insulin to help glucose enter your cells.

What are the symptoms of insulin resistance?

Increased thirst.

Frequent urination (peeing).

Increased hunger.

Blurred vision.

Headaches.

Vaginal and skin infections.

Slow-healing cuts and sores.

Insulin resistance happens when your body requires a high amount of insulin to manage blood glucose (also known as blood sugar). Insulin resistance is a problem found in people with prediabetes and type 2 diabetes, but people with type 1 diabetes can become insulin resistant, too.

By daily walking, you could return from a phase of resistance to sensitive insulin action.

Some talk about methods of curing diabetes. Truly, you cannot cure diabetes. There's no cure yet, but our scientists are working on a ground-breaking weight management study, to help people put their type 2 diabetes into remission. Remission is when blood glucose (or blood sugar) levels are in a normal range again. This doesn't mean diabetes has gone for good.

So, viewers, if you suffer from diabetes, you may need to take antidiabetic medication to control your high blood sugar levels.

With further effort, you can reverse the process, and the methods are briefly discussed.

Until we meet again, goodbye for now.

