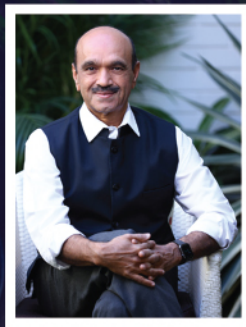




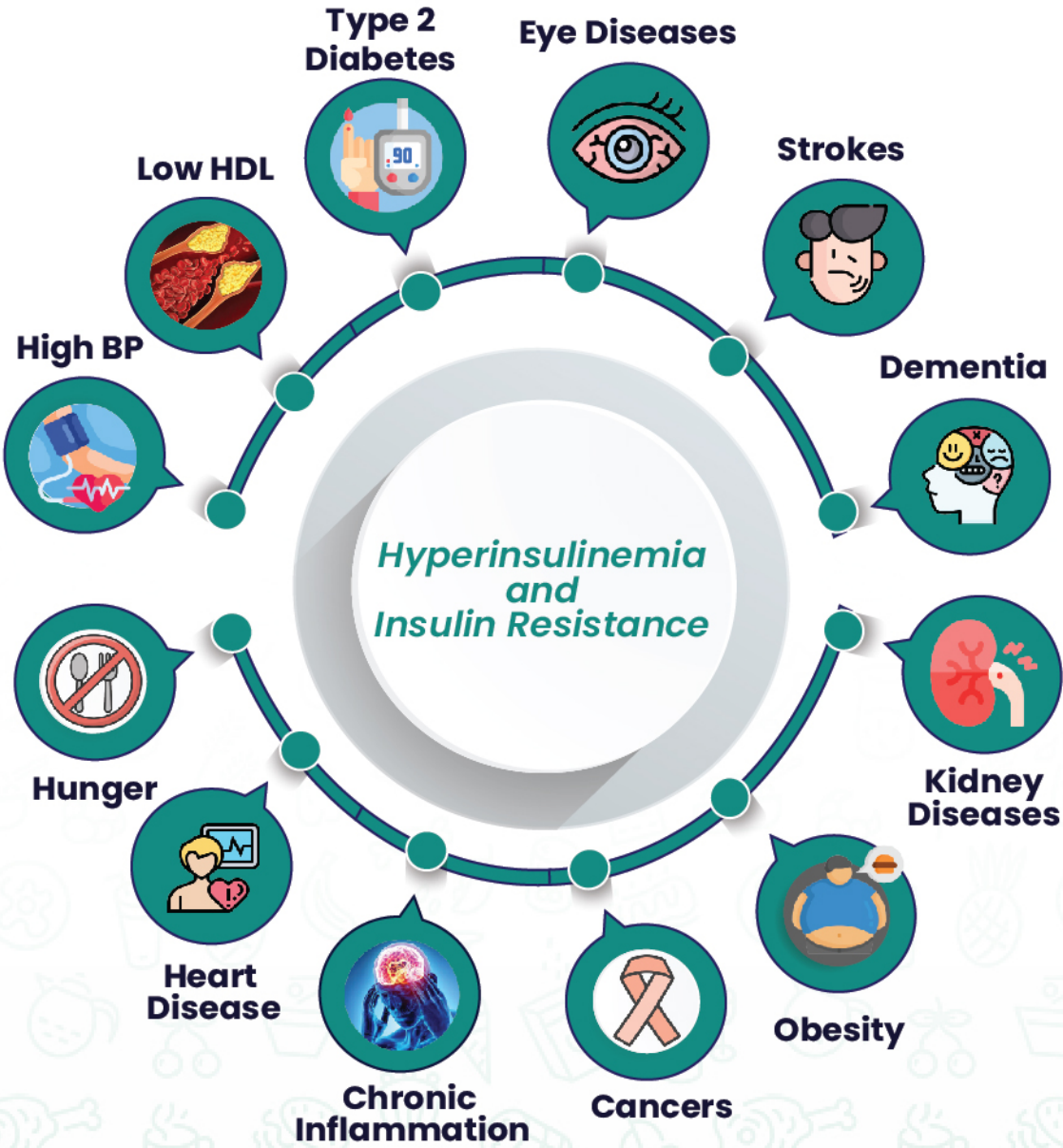
**NARAYANA
NETHRALAYA**
— your faith shall heal you —




























DR K BHUJANG SHETTY
FOUNDER, CHAIRMAN & MANAGING DIRECTOR
NARAYANA NETHRALAYA
1953 - 2023

**DIABETES
REVERSAL
THROUGH
LIFESTYLE CHANGES**

Understanding the effects of Hyperinsulinemia and Insulin resistance



Sugar levels in common foods that we consume

Food item	*Glycemic index	Serve size g	How does each food affect blood glucose compared with one 4g teaspoon of table sugar? 
 Basmati rice	69	150	10.1 
 Wheat flour white	54	100	9.1 
 Potato white boiled	96	150	9.1 
 French fries baked	64	150	7.5 
 Spaghetti white boiled	39	180	6.6 
 Sweet corn boiled	60	80	4.0 
 Frozen peas boiled	51	80	1.3 
 Banana	62	120	5.7 
 Apple	39	120	2.3 
 Wholemeal small slice	74	30	3.0 
 Lentils	21	150	2.0 
 Broccoli	15	80	0.2
 Eggs	0	60	0

Other foods in the very low glycemic range would be ghee, walnuts, almonds, cauliflower, chicken, oily fish mushrooms and cheese

Source: Dr David Unwin

* Glycemic index is a good indicator of how food affects blood glucose levels. Foods with low glycemic index raises blood sugar levels slowly in the body. So, it is a good practice to include these foods in your routine diet.

Sugar is Not Okay, Sugar is Bad Sugar Is Toxic



Our Current Sugar Consumption

26 TEASPOONS OF SUGAR EACH DAY



47 KILOS OF SUGAR EACH YEAR



WHO Guidelines on Sugar Consumption

6-9 TEASPOONS OF SUGAR EACH DAY



11-16 KILOS OF SUGAR EACH YEAR



Best Practices

1 LCHF (Low Carb Healthy Fats)

- This diet helps convert fat into energy
- It helps to improve the levels of blood glucose while also lowering the insulin requirement



Low Carb Food Pyramid

2 Intermittent Fasting

- Feeding window of 10–12 hours, fasting window of 14–10 hours and a maximum of 2–3 meals a day
- Avoid snacking, or coincide it with a meal
- Have dinner at least 3–4 hours before sleeping to complete digestion before bedtime
- Green/black/herbal tea, black/green coffee, milk (without sugar) and water can be taken in the fasting window

What are the benefits of Intermittent fasting?

Fat burning	Improves mental clarity and concentration	Potential treatment or even reversal of Type 2 diabetes	Anti-aging benefits	Lowers blood sugar and insulin levels	Improves immune system	Enables cellular repair, which may provide protection against several diseases
May prevent cancer and reduce the side effects of cancer	Increases energy	Aids in Weight loss	Regulates blood pressure	Reduces oxidative stress and inflammation in the body	Reduces bad cholesterol levels	Lowers risks of heart disease

3 Movements

- Brisk walk for 50–60 minute every day in one shot
- Stroll for 10–15 minute after each meal
- Walk upto 10,000+ steps every day
- Allocate an additional hour to engage in alternative fitness activities such as cycling, swimming, aerobics and yoga



4 Sleep

- 7+ hours of sleep every night, ideally 8 hours
- Switch off from work-related activities about an hour before bedtime
- Journaling or reading and taking your mind off work before bedtime are very important
- Avoid devices before sleeping and turn off blue lights before bedtime
- Avoid drinking any stimulating beverage just before going to bed





5 De-Stress

- Meditation helps immensely. Undertake activities like walking, listening to music, etc
- Taking 4–5 deep breaths every hour helps
- Identify and weed out the root cause of stress, if possible
- Do not indulge in any kind of substance abuse and seek professional help as needed

Let food be thy medicine



Before every meal take  one bowl of stir fried vegetables in  Ghee | Butter | Cold pressed oil | Olive oil



	WHAT TO EAT	WHAT TO AVOID
Vegetables 	Include a variety of vegetables, especially green leafy and brightly coloured ones, in your regular diet Carrot, beetroot, radish, ginger, garlic to be used in moderation	Avoid underground vegetables like potato, sweet potato, tapioca and elephant yam
Fruits 	Include only low carb fruits in your diet like Avocado (butter fruit), guava, musambi, strawberry, blueberry, raspberry, mulberry, blackberry, gooseberry (amla), star fruit, palm fruit (ice apple), wood apple, jamun fruit and lemon	Avoid all fruit juices
Dry fruits	- 	Avoid dry fruits like dates, raisins, dried fig, dried kiwi, dried strawberries and canned berries
Nuts and seeds 	Include seeds like flax seeds, pumpkin seeds, melon seeds, cucumber seeds, sunflower seeds, chia seeds, basil seeds and coconut kernels (dry and fresh) Include dry nuts like almonds, walnut, hazel nuts, brazil nuts, pecans, macadamias and pine nuts Cashewnuts and pistachios can be taken in moderation	Avoid tender coconut water
Dairy products	All kinds of dairy products can be included Plant based milk like coconut milk, almond milk (nut and seeds milk) can be taken Restrict regular milk to 100 ml per day and paneer to 100 gm per serving	-
Eggs	Eat egg with the yolk	-
Non-vegetarian products	White meat such as fish and chicken can be used on a regular basis 	Red meat and organ meat can be taken once a week or fortnightly
Pulses	All kinds of pulses, legumes and lentils can be included in moderation	-
Cereals and millets 	Instead of regular atta or flour, use seeds and nuts atta Available in ready-to-use form at NN canteen and Amazon	Avoid all forms of cereals and millets as grains contain hidden sugars Rice, ragi, wheat, quinoa, corn, semolina, broken wheat, finger millet, foxtail millet, pearl millet, barnyard millet, little millet, kodo millet, proso millet, oats fall under this category

FATS/OILS:

Improve your health with the right fats and oils in your routine diet

	WHAT TO EAT	WHAT TO AVOID
SATURATED FATS 	Ideal for hot uses such as cooking	Man-made fats contain trans-fats, which are harmful hence should not be consumed
	Includes non-animal fats, organic and unrefined forms such as Coconut oil Animal fats obtained from cattle (fed on grass or raised in pasture and organic sources) are ideal This includes butter, ghee, tallow, lamb fat chicken, duck fat, eggs, meat and sea food	This includes Palm oil, Margarine, Hydrogenated oils
UNSATURATED FATS 	Cold pressed oils (sunflower oil, groundnut oil) can be used for cooking	These oils are highly processed and oxidize easily via light, air or heat. Therefore, consuming oxidized oils is never healthy
	Oils like extra virgin olive oil, nut oils (walnut, pecan, and macadamia), flaxseed oil, avocado oil, and nuts and seeds (including nut and seed butters) should be used for cold purposes only Heating these fats damages or oxidises them, making them unsuitable for consumption	Refined fats and oils under this category are: Canola oil (known as rapeseed oil) Sunflower oil Corn oil Rice bran oil Vegetable oil Cottonseed oil Soyabean oil Sesame oil Grapeseed oil Peanut oil



'Low Carbohydrates and Healthy Fats' food habits

I am a diabetic for several years. Is this diet suitable for me?

Yes, it is suitable. You will need to make diet modifications to your routine and get adapted to it. You will see good results if you follow a diet plan suggested by your doctor or dietician.

Can I practice intermittent fasting on a low-carb high fat diet?

Yes, you can. Both low carb diet and intermittent fasting have similar goals and outcomes, i.e., they both work to lower blood sugar and insulin and induce ketosis to help burn fat in your body.

Will the diet help improve my blood pressure levels?

Yes, this is one of the many benefits of the diet. There will be a reduced dependence on medication, improvements in insulin sensitivity, lower blood pressure and improvement in good cholesterol levels. If you are on medication, it is recommended to take your doctors' advice and follow instructions accordingly.

What are the other health benefits of this diet?

Early studies have now shown that this diet can have benefits for a wide variety of health conditions:

- Heart disease
- Cancer
- Alzheimer's disease
- Epilepsy
- Parkinson's disease
- Arthritis
- Allergies disease
- Migrane
- Infertility
- Polycystic ovary syndrome

I'm physically active, can I still do a low carb-healthy fat diet?

You may need to reduce your workout intensity or not engage in anything that demands a lot of glucose while you try to get fat-adapted. Carb re-feed days can be helpful for active people who might need carbs around the time of their workout.

Do I need to count or restrict calories?

No, a low-carb healthy fat diet can be eaten to satiety.

How long does it take to get adapted to this diet?

With a LCHF diet, your body will need to transit from burning glucose to using your body's fat as fuel. It will take a few days or weeks to get used to it. You may experience some gastrointestinal symptoms of carbohydrate withdrawal at first, but once you become fat-adapted, it will be much easier.

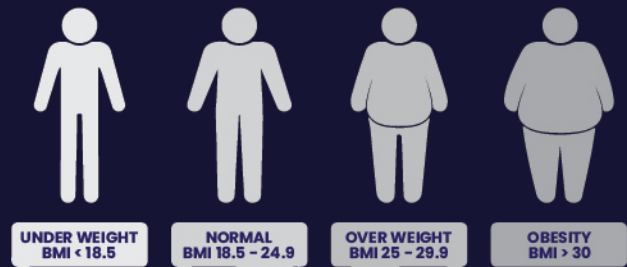
Are there any tips and tricks to make it easier?

Although it can be challenging, the below measures can make it easier

- Look at food labels and check the grams of fat, carbs, and fiber to determine how they can fit into your diet
- Many websites, food blogs, apps, and cookbooks also offer recipes and meal ideas that you can use to build your custom menu
- Some meal delivery services offer Low carb-friendly options for a quick and convenient way to enjoy diet meals
- When going to social gatherings or visiting family and friends, you can consider taking your own food, which can make it much easier to curb cravings and stick to your meal plan

How can I determine if my weight is within a healthy range?

BODY MASS INDEX (BMI) is a reliable indicator of health and body weight. BMI is a measure that relates body weight to height.



What are the complications of excess weight/ obesity?

Being overweight/obese/ excess body fat composition in the body may lead to several health complications like diabetes, hypertension, cardiovascular diseases, liver diseases, gallbladder diseases, thyroid, osteoporosis, PCOS, cancer, and so on.



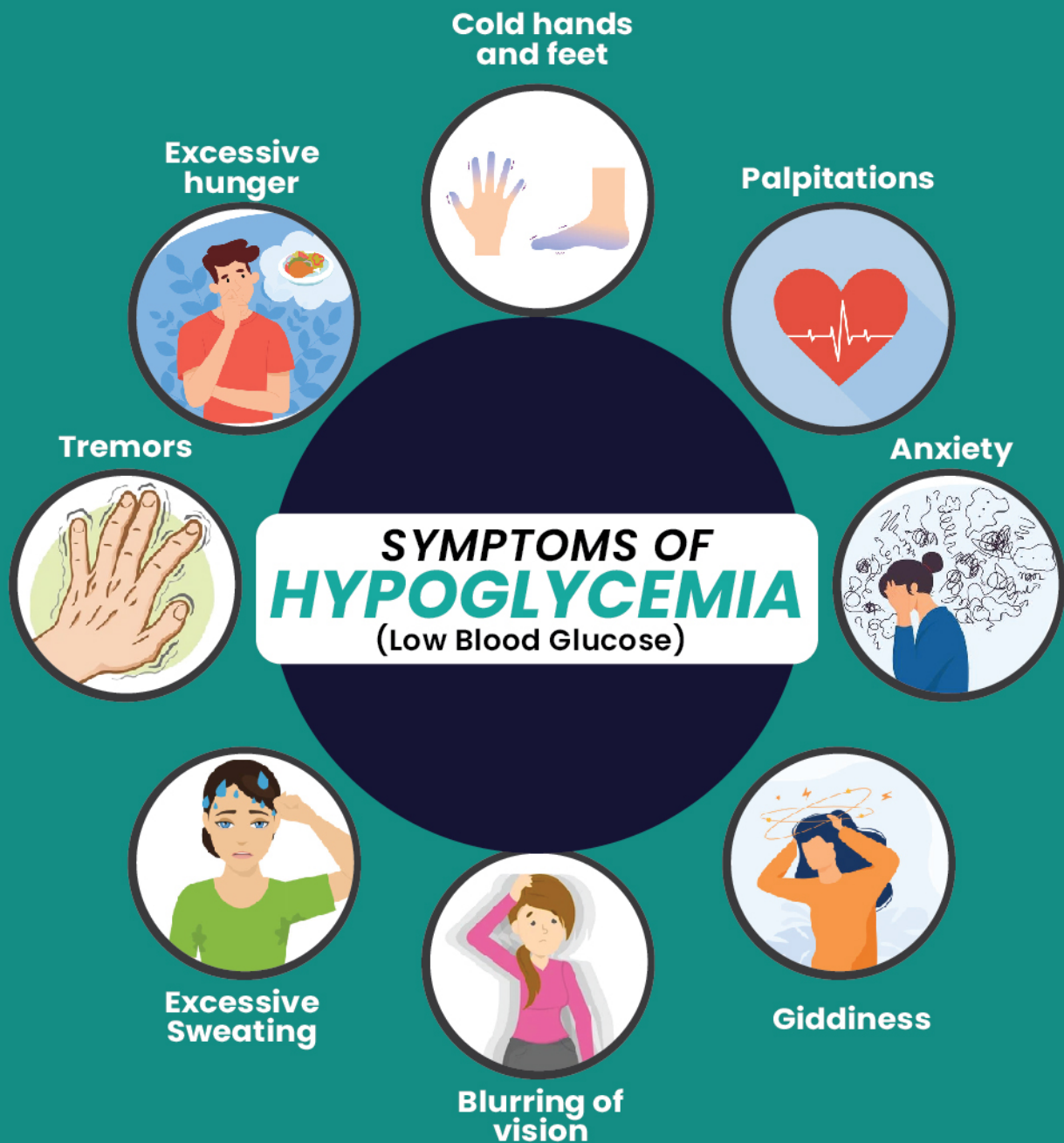
Will the LCHF diet help in my weight loss journey?

Yes, cutting down carbohydrates and increasing good fats with an adequate amount of protein in the diet helps achieve healthy body weight and composition.

Reaching weight loss goals depends on about 80% dietary habits and 20% physical activity. Weight loss progression varies from person to person. It depends on an individual's body type, genetics, family history, physiological state, psychological condition, sleep pattern, physical activity, and so on. One needs to be patient and show a positive attitude towards the journey since the results are not spontaneous but gradual.

What is "keto flu" and how can I avoid it?

Your body has always relied on glucose as its primary source of energy. Therefore, when you cut or reduce carbohydrates drastically, the body's metabolism has to resort to burning fat for energy. This period of adaptation, which can take up to 4 weeks, can cause symptoms similar to flu like mild weakness or lack of energy. Changes in bowel habits, leg cramps and bad breath are other symptoms. This state is temporary and keeping yourself well hydrated should help.



Measures to be taken immediately :

- If you develop any symptoms of hypoglycemia, it is crucial to seek immediate medical attention by contacting a nearest doctor.
- It is advisable to monitor your blood glucose levels and if they indicate low levels, consume small snacks as a temporary measure until you can consult with your physician.
- It is important to follow your doctor's guidance regarding your medication and do not make any changes to the dosage without their instructions.
- Prioritize seeking prompt advice from your doctor for optimal management of your condition.

**NEVER NEGLECT THE SYMPTOMS OF
HYPOGLYCEMIA EVEN IF THEY ARE MILD**

Our Reversing Diabetes Clinic is one-of-its own initiative with a primary goal to free people from diabetes by adopting healthy lifestyle changes and food as medicine.

The clinic consists of a team of highly skilled doctors, dieticians and counsellors with deep knowledge in the field of medicine.

Professional and personalized guidance along with periodic check-ups and gradual withdrawal of medicines over a period of 6-12 months with our experts ensures best results based on the patient's medical history.

Statistics at a glance

October 2021 to April 2023

4922

No. of patients enrolled for RDC



2836

No. of patients who came for review



**1-2 kg/
month**

Average weight loss



1449

No. of patients whose medications reduced to half of the initial dosage



710

No. of patients who were on Insulin



104

No. of patients completely off insulin



714

No. of patients completely off medications





Diagnostic Assessment

- It is always good to document your evidence based metabolic health by taking few lab tests before you embark upon your health transformation journey. It shall help in sustaining your resolve for a change apart from mapping your health score. You are advised to come with your personal details such as weight, height and lab reports and medication when coming for consultation.
- You can scan the code given here for lab check up, from the comfort of your home at a very nominal cost. You can also get this done from any other source considered more suitable by you.

SCAN HERE



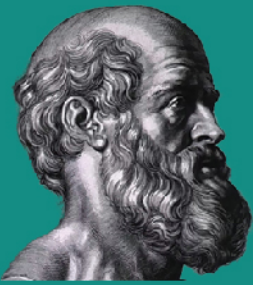
To know more
about Lab tests/
080-685-07337

List of Lab Tests:

- **HbA1c**
- **FBS (Fasting Blood Sugar/Glucose)**
- **Fasting Insulin**
- **C-Peptides**
- **HOMA-IR**
- **Lipid Profile**
- **Thyroid Profile (TSH, T3, T4)**
- **LFT (Liver Function Test)**
- **Kidney/Renal Profile**
- **Urine Routine/Urinalysis**
- **CBC/Haemogram**
- **hsCRP**
- **Vitamin D**
- **Vitamin B12**

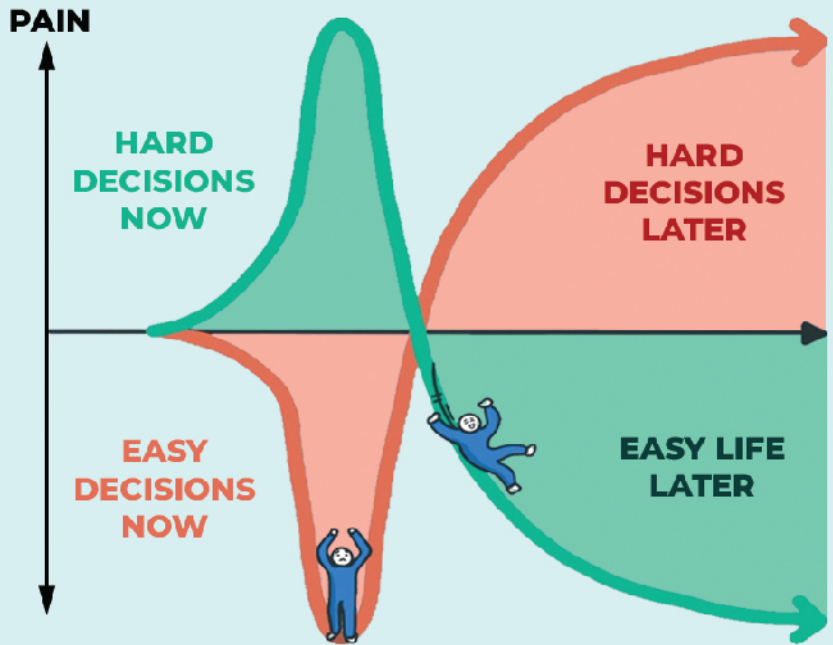


No gain without pain



BEFORE YOU HEAL SOMEONE, ASK HIM IF HE'S WILLING TO GIVE UP THE THINGS THAT MADE HIM SICK.

-Hippocrates



Disclaimer

The information in this brochure is to build general awareness only and does not substitute for professional medical advice. Readers are advised to consult a medical professional if they are seeking medical advice, diagnosis or treatment.

Reversing Diabetes Clinic

080 -66121417

rdc@narayananethralaya.com



Scan the QR code to watch Diabetes Reversing / Healthy Lifestyle Videos



Scan the QR code to download Diabetes Reversing Recipe Book (English & Kannada)



Scan the QR code to Visit Reversing Diabetes Clinic Website

Name : _____

Patient ID : _____

Ph no : _____

Email Address : _____

I, _____ hereby volunteer to share the contents of this brochure with my family and friends.

Date _____

Signature _____