

NFI (Natural Food Interactions) diet. What it is and what it can bring to your patient.

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What is the NFI diet (Protocol)?

The NFI diet (Protocol) is a new way to treat Type 2 diabetes. It has been developed by Engineers and Biomedical scientists in Europe to target lipid saturation within a patient's body. It works by reducing visceral fat, body fat, cholesterol and triglycerides. The process should not be confused with other diets or protocols. The diet has been developed taking into account the molecular interactions within specific food groups, creating specific chemical reactions that target and remove lipids from the body. The repeating of this process allows for glucose in the bloodstream to naturally pass into the cells of the patient(s). The NFI diet (Protocol) has been developed to be mathematically targeted for an individual. Using all the combinations that have been designed, 15,000,000 combinations of diet plans can be produced. This means the diet can be tailored to patients quickly and accurately. Although novel in its approach, the NFI diet (Protocol) is easily accessible to any person anywhere, as it is built up from food groups that are readily available to everyone in supermarkets and shops. The NFI diet (Protocol) does not have a calorie restriction as it works on filling the gut with food groups that lead to maximum satiety. A patient following the NFI diet (Protocol) does not have to count carbs or ration any food type.

How does it work?

The plan is detailed at every meal, snack and drink. It is important to say that the plan has to be followed exactly for the chemistry to work correctly. The adherence to the specific details of the plan is the key to its success. **Results.** It is not uncommon to see an initial drop in weight of 3-5kg in the first week. Over a period of the first month a patient typically loses 8-10 kg. Normally the first medication to be reduced outside of diabetic medication are blood pressure and cholesterol tablets. These are typically reduced by 50% within the first 4 weeks. After 12 weeks on the NFI diet (protocol), complete cessation of cholesterol and blood pressure medication is observed. This is irrespective of how long a patient has suffered with respective conditions in the past. Normally diabetes medication reduction of either insulin or tablet form begins at week two. Based on all the data we have amassed thus far, the brackets below show when a patient stopped all diabetic medication.

0-4 weeks	5-8 weeks	9-15 weeks	16-22 weeks	23weeks +
1.3%	11.9%	53.7%	29.8%	0.6%
Unable to stop medication after 23 weeks				
2.7%				

To date we have carried out studies in England, Germany and Slovakia. From the patients that we treated in Ľubochňa in Slovakia, we achieved a 47% remission rate in patients within 10 weeks. The

study is still ongoing but of the remaining 53% of patients, all have shown improvements across all parameters, including reductions of body weight and medications by 15.2kg and 71% (on average), respectively, as of 09.04.19. Based on all data from patients in England, Germany and Slovakia, we can extrapolate that the L'ubochna study will generate a remission rate of over 97% in patients upon completing the diet after 12 weeks. As of today, no patient has reported any serious negative side effects or complications on the NFI diet (Protocol). It is important to note, there have been compliance issues for some patients, with a 15% non-adherence rate during the first two weeks. Thereafter, adherence improved to over 89%.