

Diabetes remission in type 2 diabetes through the NFI diet (Protocol)

Autor/autori (titul, meno, priezvisko): MUDr. Janka Lejavová

Názov a mesto pracoviska : Diabetologická ambulancia, Liptovský Mikuláš

Spoluautori (titul, meno, priezvisko): Ch Eng David Hickman, Mgr. Zuzana Plevová

Názov a mesto pracoviska: Imperial College Healthcare NHS Trust, London

BACKGROUND:

At present, we have more and more possibilities in pharmacological treatment of patients with type 2 diabetes mellitus (T2DM), while following both the latest guidelines and taking into account the individual patient specificity. New molecules, which in addition to the hypoglycemic effect also bring other benefits, are at the forefront of current treatment.

Conservative non-pharmacological procedures (diet improvement, lifestyle changes and adequate physical activity) are generally unjustly neglected due to primarily incompletion of patients and low expectations of clinicians. At the same time, we see an increasing number of patients who do not adhere closely to pharmacological treatment and prefer alternative non-medical procedures based on information from various, often unverified, and non-expert sources.

Natural Food Interaction diet (Protocol) consists of specifically tailored and individually designed, fully nutritionally balanced diet plan without calorific restriction.

The NFI diet (Protocol) works using the chemical interactions between various natural food groups, when combined in a specific way create new chemical compounds during the normal process of digestion within the body of the patient, that target lipid deposits found within the patient. The results so far have shown that visceral fat deposits are reduced at a rate of 40% of total fat lost.

AIM:

The goal of the work is to: 1) present our first experience with the NFI diet in treatment of T2DM patients and to: 2) outline the question of achieving remission of T2DM with the NFI diet.

RESULTS:

In 48-year-old severely obese (BMI 39,49 kg/m²) female patient with newly diagnosed T2DM the NFI diet (Protocol) was used due to her nonadherence to pharmacological treatment. Upon starting the NFI diet (Protocol) there was a rapid loss of body weight (106,2 to 95,6 kg in first 5 weeks), with the adjustment of glycaemia firstly into the pre-diabetic zone (from 5,6 to 6,9 mmol/l), respectively thereafter to euglycemia (to 5,5 mmol/l). At the same time, it was necessary to reduce antihypertensives because of significant blood pressure drop (mean 170/90 mmHg to 100/69 mmHg in first 5 weeks).

Similarly, the NFI diet (Protocol) was used in 63-year-old patient with 29-year of the natural history of

T2DM, 10,5 years of intensified insulin regimen in combination with metformin and unsatisfactory HbA1c values for a long period of time (8,6% DCCT). After 17 weeks on the diet, patient glycaemia stabilized without any antidiabetic treatment and an HbA1c value decreased (6,9% DCCT 10/18, 6,7% DCCT 12/2018, 6,4% DCCT 1/19). It was necessary completely to stop antihypertensive and hypolipidemic treatments. Whilst eating a diet with no calorie restriction, patient experienced weight loss 33 kg in 23 weeks. As of today, the patient is 21 weeks after ending the NFI diet (Protocol), reporting significant improvement in his physical performance, conversely retreating manifestations of diabetic polyneuropathy.

CONCLUSIONS:

In two T2DM patient the NFI diet (Protocol) led to radical improvement of biochemical indicators as well as their clinical status. Our first experience with NFI diet (Protocol) in diabetic patients correlates with conclusions of pilot studies conducted in United Kingdom and Germany, respectively.