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## Glucose is not the Cause of Type 2 Diabetes and Obesity

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### Commentary

The state-of-the-art diabetes treatment approach is ineffective and erroneous. The real cause of obesity has not been established. To identify the causes of type 2 diabetes mellitus and obesity. To confirm the efficacy of a new drug-free method reducing the problem of diabetes and obesity. Clinical investigation of a modernized food product in overweight patients with type 2 diabetes. Gradual decrease of elevated blood glucose (venous blood samples), reduction of excessive body weight in subjects. Glucose is not the cause of type 2 diabetes and obesity. Two diseases, diabetes and obesity, can be arrested and improved using a simple drug-free method. The Russian Organization of Patients with Diabetes has successfully completed a clinical study of a modernized food product designed for diabetic patients and obese people. Two causes leading to development of type 2 diabetes and obesity were identified. A method to decrease their influence was developed.

A group of type 2 diabetic patients (both insulin-dependent and non-insulin-dependent; age 61-74 years; duration of diabetes 6-20 years) took the modernized food product every day (0.7-1.0 liter/day) for 45 days. They were free to eat patisserie without sugar substitutes if they wanted to. During the study the patients were at home, did not lead an active lifestyle and had no physical exercises. Half of the patients had cardiovascular diseases, elevated blood cholesterol. For a more comprehensive study of the effect of the modernized food product on the patients and apog; body, an additional blood sample was taken to determine blood cholesterol levels. The study was conducted in February-April 2018. The first samples collected from the patients became control ones, the subsequent samples/analyzes showed the occurring changes in the patients. Results of the blood cholesterol level tests demonstrated the possibility of reduction in the number of medications taken by patients - Statins by 30-50%. Blood cholesterol levels varied within the established medical norms. By decreasing the number of statins taken, the patient's capacity for work was increased.

**Excess weight reduction:** A greater reduction of the excess weight was observed in patients who had an apparent greater weight. The total blood glucose reduction (as assessed with the glycated haemoglobin test performed on a venous blood

sample) was in the range of 0-8%. Glucose concentrations decreased gradually. Volunteers reduced their insulin doses by 10-15% and the doses of oral glucose-lowering medication by 20-25%. The body weight of the volunteers decreased by 0.5-2.5 kilograms without physical exercise. The new product is not a drug and not a biologically active supplement. There is no risk of health damage. Its cost is 10 times less than that of anti-diabetic drugs.

Principal Investigator Aldgeev says that the new product taken at moderate doses can completely cure a patient with short duration of diabetes within 1.5-3 years; patients with longer duration of the disease can hope to delay imminent complications by 5-10 years or avoid them altogether.

Long-term follow up of individuals with type 2 diabetes and clinical trials conducted by a diabetic organization on volunteers demonstrated ineffectiveness of modern diabetes treatment in the last 30-35 years. Modern treatment of diabetes is outdated, it only increases the problem. Recommendations to reduce the consumption of foods with common sugar contribute to increased obesity. Two causes of obesity and type 2 diabetes that were identified do not coincide with the official ones and will lead to major changes in the treatment of diabetes and changes in some areas of the food industry. Patients with diabetes and obesity can independently, without medical assistance, improve their health and enjoy life without complications. They should be provided with simple information and knowledge.

If high blood glucose levels are detected and the diagnosis of type 2 diabetes is established, the patient is prescribed with sugar-lowering tablets, but in the most cases, individual actually does not have diabetes at all. This temporary disruption of the body functioning should be corrected without the use of drugs. Patients with type 2 (diabetes) taking insulin can reduce the drug load without any harm to health. Adult patients with type 1 diabetes can also reduce the drug load and push back/delay the approaching complications. All the processes occurring in the patient and apog; body is explainable and understandable. Results of analyzes of glycated hemoglobin in several patients:

1. 12,9; 12,6; 12,3 2. 10,9; 10,5; 10,1 3. 9,7; 9,8; 9,7

All patients reduced drug load.