

Can type 2 diabetes be reversed?

Hello everyone and welcome to the show. The topic for today's diabetes care podcast Episode 5 is, "Can type 2 diabetes be reversed? If it can, this means, so can pre-diabetes as well as obesity.

As usual, this is Ernest Quansah.

A Type 2 diabetes cure: does it exist? This is a pressing question that our society, particularly type 2 diabetics, have struggled with for several years. Often victims don't know where to look for the truth and there is a reason for that.

The diabetes-related industry is a business and businesses are all about profit. An internet search for diabetes cure shows hundreds of companies selling diabetes products of all kinds, and there are even more products being developed. The number of products available can be overwhelming for the average person. The leader in the diabetes business is Abbott Diabetes Care.

A recent survey showed that 90% of people worldwide have fallen for false narratives they have read or come across on social media platforms and online regarding a type 2 diabetes cure.

In September of 2009, I was diagnosed a diabetic. I didn't know what to do. This may be the position many diabetics are in today. At first, when my doctor diagnosed me, I was shocked. I stared at the wall while he spoke. The shock was followed by denial. I couldn't accept the position I found myself in but I brought it upon myself.

This was the first time I realized that human beings are so complex that they can refuse to accept something that is true. In my case, it was the type 2 diabetes diagnosis that I couldn't accept.

To understand the diabetes cure and whether it is possible to achieve, it is important to understand what diabetes is. To illustrate this fact, before I was diagnosed, I was drinking cup after cup of sweet drinks and eating cookies and candy bars on an empty stomach.

I began to see a sticky, whitish substance covering my tongue and coming out of the conner of my eye's lids each morning when I woke up. In desperation, I turned to the internet to find a **diabetes cure**. That was when I became exposed to the diabetes

business. There were all sorts of people selling **diabetes cures**, but none had before-and-after blood test results to back up their claim.

Type 2 diabetes is caused by sugar buildup in the body that takes place over a number of years. Some of that sugar finds its way into the bloodstream where it converts into fat. Some of that fat covers the red blood cells, preventing them from absorbing the sugar and transporting it to the muscles to be used for energy.

With type 2 diabetes, the pancreas is still functioning. To cure the diabetes, the excess sugar must be burned off. Once that happens, the fat covering the blood cells is so thin, it burns off quickly. At that point, the patient begins to feel an energy surge, meaning the diabetes has reversed. Can sugar inside the body be burned off? If you answer yes, how?

In the U.K. and North America, there are publications by scientists and researchers stating that type 2 diabetes can be reversed and cured within four months. The sad reality is that the information diabetics need to heal themselves is not made available to them in the open. Rather, only products and newly-created diabetes drugs are promoted.

After two years of managing my diabetes, I went to see my doctor. I asked him a question, point blank, "Dr. Robinson, can type 2 diabetes be cured?" He replied, "Yes."

Again, his response shows that diabetes can be reversed. One of the reasons why type 2 diabetes is on the increase is the foods that are coming to our super markets. Most foods we buy from the supermarket have sugar in them as a preservative. There are more and more sugar-sweetened beverages coming out each year. At the same time, researchers have found that there are more people becoming diabetic.

When I was diagnosed with type 2 diabetes, I had a blood sugar level of 21.7 millimoles/L—a life-threatening quantity. Even at that stage, I was able to reverse and cure the diabetes. Evidence is everything, particularly in the world we live in today where anyone can say anything about diabetes.

There is absolutely no evidence anywhere in the entire world showing that type 2 diabetes, pre-diabetes, and obesity cannot be reversed. All the evidence shows that type 2 diabetes can be cured. The question is what are you going to do about your diabetes?

The most powerful evidence to support the diabetes cure was published by WebMD, the leader in providing health information to doctors, healthcare workers, and consumers. It is a website doctors go to get the correct information.

Just like what is going on with type 2 diabetes, when the James Webb Space Telescope was proposed, many in the field said it couldn't be done. We now know that it was built and is providing much better images of the universe than the Hubble Telescope.

When Elon Mask proposed to build Tesla cars, the so-called experts and other auto manufacturers said it couldn't be done successfully. We now know that Tesla is the best-selling electric car on the market. There are those who say a type 2 diabetes cure does not exist, but we know that it does exist.

Are you a type 2 diabetic, prediabetic, or overweight?

We invite you to try the diabetes cure program on our website for yourself and you be the judge. Don't wait.

Go to <https://diabetesselfcure.com> or google **Centre for Diabetes and Obesity Wellness** immediately and get started.

Okay, folks, we have come to the end of Episode 5. I hope you enjoyed it as much as I did.

Looking forward to Episode 6 where I talk about Diabetes and Your Race.

Thank you for listening and bye for now.

Keywords

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Weight management