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Remission of latent autoimmune diabetes of adulthood via holistic approach

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A 32 years old female patient with fasting blood sugar readings over 250 mg/dl, postprandial blood sugar over 500 mg/dl was seeking for alternative treatment as three independent physicians recommended immediate insulin therapy. The patient had lost 12 kg in a month before diagnosis and the body mass index was 19 kg/m². Further lab exams showed glycosylated hemoglobin (HbA1c) of 12.5%, positive urine oxone, positive urine sugar, positive GAD antibodies (IgG>250 IU/ml) and fasting C- peptide of 0.65 ng/ml. These exams confirmed diabetes type 1 (L.A.D.A). Instead, the patient was placed on typical triple oral drug treatment (2 Janumet 1000 mg per day, and 2 Solosa 4 mg per day), and was given food supplement containing large doses of niacinamide, vitamin E, B6, vitamin D3, magnesium, Zn, alpha lipoic acid and a proprietary mix of antioxidant and anti-inflammatory phytotherapy indoor supplement. The diet totally excluded cow's milk, soy products, white flour of wheat origin and GMO food. The diet was calculated, based on WFO values, to cover the daily needs for all the other essential nutrients, and provided, daily, adequate amounts of probiotics (200 g organic Greek goat yogurt) and essential fatty acids. The ratio was calculated to cover maintenance energy requirements and had over 30% protein content. Within a period of six months all oral drugs given were gradually ceased, and replaced by 1 metformin 850 mg daily, whilst c-peptide was elevated to normal levels (1 ng/ml) and HbA1c drop to 5.2%. One year later the subject is free to eat everything (but Holstein cow products and white flour of wheat origin) with blood sugar readings being within normal values. Additionally the subject gained 8 kg weight within a year.

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