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A case study: LCHF diet combined with fried food in patient with type 2 diabetes and central obesity reduces need for exogenous insulin injection

Cristian Baldini

Sapienza University of Rome, Italy

Diabetes is a term for diabetes occurring in the context of obesity.

The positive effect of LCHF diets (Low Carb, High Fat diets) is well documented: LCHF diets are at least as effective as other dietary strategies for reducing body weight, improving glycaemic control and reducing both hyperinsulinaemia and blood glucose (reduction of HbA1c) in type 2 diabetes and have unique positive effects on blood lipid concentrations and cardiovascular risk factors. Also, in obese insulin-resistant women, food fried in extra-virgin olive oil significantly reduced both insulin and C-peptide responses after a meal.

In this case study, I show how combining both dietary strategies produce a strong effect on blood glucose, resulting in a “forced” reduction of exogenous insulin injection to avoid the problem of hypoglycaemia. Blood tests after 3 months of this dietary treatment show how HbA1c, triglycerides and blood lipid profile (LDL, HDL, total Cholesterol) are improved despite reduction of exogenous insulin injection of 80%. Also, body weight decreases of 15%. For Continuous Glucose Monitoring (CGM) the patient used Freestyle Libre before and after the dietary treatment. In order to check general body functions and glycosuria the patient used the urine test Multistix 10 SG Siemens.