



**INDO-VIETNAM  
MEDICAL BOARD**

# **DIABETES EDUCATORS' SUCCESS STORIES**

Dr. Biswaroop Roy Chowdhury

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Editing : Rachna Sharma

Translation/Proofreading : Priyanka Agarwal

Graphics Designer : Shankar Singh Koranga

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**India Office:**

India Book of Records  
B-121, 2nd Floor, Greenfields,  
Faridabad-121010  
Haryana, India  
Ph. +91.129-2510534,  
+91.9312286540

**Vietnam Office:**

148-150 Hong Ha Street, Phu  
Nhuan District, Ho Chi Minh  
City, Viet Nam  
Ph.: +84.08.3847 8965  
+84.08.3842 0899

Website:

[www.biswaroop.com](http://www.biswaroop.com)

Email:

[biswaroop@biswaroop.com](mailto:biswaroop@biswaroop.com)

Facebook:

<https://www.facebook.com/BiswaroopRoy.offical/>

YouTube channel:

<https://www.youtube.com/c/DrBiswaroopChowdhury>

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Dr. Biswaroop Roy Chowdhury

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# FROM THE EDITOR'S DESK

## **Diabetes is a big industry!**

By being the editor of this book; I not only risk myself to be behind the bars but also those diabetes educators who have contributed in this book.

Unfortunately, in India talking, propagating & educating that “Diabetes can be Cured or you can be free from Diabetes” is no less than a criminal offence.

That recalls me of the time when, India was struggling to attain freedom before 1947. Yes, Freedom from Slavery! It was a crime to talk about freedom or independence during that time.

Ironically here, there is one more similarity!

We were slaves for many years, there was no way out; same condition exists here, as we are slaves to the diabetes industry with no way out!

This industry is owned by Global Health Policy Makers & our very own ‘Doctors’; who are considered next to god!

But, God doesn't conspire!

This conspiracy is so huge and complicated (see first section) that leaves behind “zero” scope for the common man to find an exit!

“Here, Let me offer you a scope – 3-Step Cure for Diabetes”

It's my privilege to extend this book to you, with full conviction towards a cure for diabetes along with heart diseases, cancer, high blood pressure and liver diseases.

Along with the efforts of the entire team and all the diabetes educators throughout the country; in this edition you will learn - How to cure diabetes in 72 hours with simple DIP diet!

This book will help you get back the lost health of yours and your near and dear ones and, shall also inspire you to educate others about the true method of healing!

**“You don't need medication  
You just need education”**

Dr. Biswaroop Roy Chowdhury

President - India

Indo-Vietnam Medical Board

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# DEDICATION

Dedicated to my angel daughter Ivy,

loving wife Neerja

&

caring parents

Mr. Bikash Roy Chowdhury

&

Mrs. Lila Roy Chowdhury

**SECTION**

**I**







# DIABETES IS A CONSPIRACY

“Stop consuming all kinds of medicines from now. It includes anti-diabetes medicines, lipid lowering drugs, anti-hypertensive pills and psychiatric medicines; even if you had been taking them for last 3 or 4 decades.”

These are my opening lines, as I welcome and greet my patients, who come from different cities, countries and many a times continents; to join my 72 hours – Diabetes Reversal Residential Tour.

Now, the patients’ obvious reaction is “How can we discontinue those drugs which are responsible for our being alive today?”

Here, starts my first lesson:-

It is not because of the drugs that you are alive but; I wonder that despite of consuming the drugs you are still alive!

To understand the above statement, you must first re-think about the interaction between mind-body-food & medicines.

Let’s start with something simple!

## **CHAPTER 1: WHAT IS DIABETES?**

If the brain signals hunger you feel to eat! When you see an apple, the brain sends the second signal of eating it; body begins warming up at the sight of the apple. Then you pick the apple up and feel the weight of the apple, the brain sends in the third signal and body prepares itself for the process of eating. In the meantime secretion of insulin and its circulation in the body initiates. When you bring the apple close to your mouth, the nose smells it and brain sends in the fourth signal and you actually start chewing the apple. By the time apple reaches the intestine through the food pipe, insulin which is an entry key to

millions of body cells has started circulating in the bloodstream. The moment food processing through liver and stomach is absorbed in the bloodstream in the form of sugar or carbohydrate which is the source of energy; insulin takes it to the cells.

What will happen in case of a diabetic person? A diabetic person feels to eat; brain doesn't send the signal, he looks at the food; again brain doesn't send in the second signal. Then he picks the food; brain doesn't acknowledge either and third signal is not received through the body. Even when food is brought close to the nose and the brain has the chance to recognize; yet it misses the signal. When he chews the food, finally brain recognizes and sends the first signal. It is now when, insulin from the factory pancreas begins secreting in the body; hence is delayed. The insulin production in normal and diabetic individual is same; but is delayed in case of diabetes.

Assume if there is a fire, then with as much delay the fire extinguishers reach the place, many more of them will be required to control the damage. On the other hand if they react as early as possible then, fire can be controlled by lesser number of extinguishers. So, that is the delay! The pancreas is secreting same amount of insulin rather more of insulin because it is delayed.

Now, when the food entering the body is processed and sugar is absorbed into the bloodstream; insulin factory starts working. Since it is delayed, the sugar in the blood has to wait for the insulin to lead its way into the cells. The sugar keeps on circulating in the bloodstream; at this point if you take the blood sugar reading through a glucometer, the results will be high sugar. High sugar signifies that pancreas is still preparing to secrete insulin and hence blood sugar is unable to enter the cells.

Its all clear till here, but the question is why this happens? This is the most important question and has many associated reasons. Whenever you have a fever, any viral infection or any vaccination or a seasonal change may be cold or a wound or by consuming some foods; these might cause an increase in the blood sugar level. Assume I have

fever and I am not a diabetic patient so, I will not intend to check my blood sugar level. Here, if I get hospitalized say in Apollo; they in any illnesses have a foremost tendency to check the blood sugar level. One thing should always be kept in mind that, in any illness it's the body's normal tendency to raise the blood sugar level. This is not an abnormal thing!

Now, when the doctor examines the raised blood sugar level – it can be 300mg/dl or 400mg/dl or whatever; this is a conspiracy. Again, raised sugar level can lead to heart disease, kidney failure, retinopathy or dialysis, which we don't desire.

None of us desires a raised blood sugar level; now how much raised the blood sugar level be to reduce the risk of associated diseases? This is a different question that will answered later on. Before 1978, it was only known that lesser the blood sugar level; lesser the diseases, while higher the blood sugar level; higher the diseases. How much low or high the blood sugar level be, was a confusion till 1978!

<p><b>Normal Blood Sugar = Less Diseases</b> <b>High Blood Sugar = More Diseases</b></p>
--

## **CHAPTER 2: JOURNEY OF BEST SELLING DIABETES DRUG**

Rosiglitazone-the highest selling anti-diabetic drug! The story behind this drug will help you understand what should be done and what is being done.

In 1999, GlaxoSmithKline (GSK) launched an anti-diabetic drug named Rosiglitazone. This medicine lowered the raised blood sugar level. It is assumed that, lowering of blood sugar level is associated with lowering of diseases; but this is an assumption! Since it is observed, those who have controlled blood sugar level; have lesser associated diseases while those with higher blood sugar level; have higher risk of developing associated diseases.

Now, if people with high blood sugar level desire to have lesser diseases; then they should be given Rosiglitazone to reduce their blood sugar

level and remain healthy. But, does this actually happen? In 1999, some rosiglitazone drug trials were performed; for validating the effect of any drug, trials are carried out. In trials with rosiglitazone, it was found that though the drug lowered the blood sugar level but risk of heart diseases was increased; this is an important observation!

Let me explain this through an example; if 150mg/dl is your sugar level, lesser the blood sugar level; lesser the diseases. While, if one has 400mg/dl sugar level, then with higher chances of diseases, the person requires to reach 150mg/dl or 200mg/dl to reduce the risk of heart diseases, kidney failure and many more.

One way to reach low sugar level is to give the drug rosiglitazone! Now, if I prescribe you this particular drug, you will attain 150mg/dl or 200mg/dl of blood sugar level. Here, the big question in picture is, though the blood sugar level is lowered; but are the chances of risk factors associated with high blood sugar level also being lowered?

Assuming another person with blood sugar level as high as the first person i.e. 400mg/dl, was not prescribed the same drug. So, did the possibility of diseases for the person under the effect of drug was reduced in comparison to the person without the drug? This calls for an interesting observation; the possibility of related risk factors is now much higher in the individual under the effect of drug than the one without the drug. So, the chances of risk factors even post controlling the blood sugar level did not decrease but have rather increased!

Though the glucometer confirms lowered blood sugar level and you feel glad about it; but herein the possibility of associated risk factors is even higher than before.

During the trials of rosiglitazone in 1999, the launching company GSK observed the possible health risks by the use of the drug. Sadly, these results were manipulated or suppressed and were not released.

If you wish to go into the depth of the story behind the trials, then we have all the documents of the report, which can be mailed by us.

Dr. John Buse, the chief in American Diabetes Association in 1999, reported the dangers of the drug. According to him, “the drug lowered the blood sugar level but diabetes related risks are rather increased so, the aim remains unaccomplished.”

This is significant, the aim here is not to lower the blood sugar level but, we intend to control the risk factors caused by high blood sugar level. The aim is to maintain a sound health and reduce the chances of heart failure, kidney failure and other associated diseases.

Unfortunately, Dr. John Buse, was threatened on publicizing the rosiglitazone conspiracy. This too has documented evidence, which we can share.

In 2003, WHO also reported the same conclusion of increased risk of heart diseases by rosiglitazone. Sadly, they were also misguided by false claims provided by GSK. Later on, the year 2007 reported 43% heart failures worldwide by the use of blood sugar lowering rosiglitazone drug. Due to this, the drug was banned all over the world in 2010 and the company was charged 3 million dollars by the US court, the biggest settlement of that time.



## **Story of another No.-1 Diabetes Drug**

**Pioglitazone launched in 1999 by Novo Nordisk**



**Banned in many countries including Germany & France as they may cause bladder cancer**



**Banned in India on 18 June 2013**



**Ban lifted on 31 July 2013  
(Under the influence of drug lobbyist)**



**Presently 3 million Indians are consuming Pioglitazone**

As per my point, in this country or even worldwide, there are many people or organizations; that for little money can even approve poison for the use of common man. This is the conspiracy, which you should be aware of!

The biggest hypertension drug trial – ALLHAT (Anti-hypertensive and Lipid Lowering for the prevention of Heart Attack Trial) of 1994 to 2002, with 33,357 patients for the drugs Doxazosin and Chlorthalidone of Pfizer pharmaceuticals, based the relation between blood pressure and heart attacks. The drug doxazosin was among the best seller drugs of that time as it rapidly reduced the blood pressure therefore; the drug laid high expectations.

### **The Biggest Hypertension Drug Trial (ALLHAT Trial)**

<b>Time</b>	<b>: 1994-2002</b>
<b>No. of Patients</b>	<b>: 33357</b>
<b>Doxazosin</b>	<b>: Pfizer</b>
<b>Chlorthalidone</b>	<b>: Pfizer</b>
<b>Amlodipine, Lisinopril</b>	

During the trials; doxazosin reported higher mortality rate therefore, on ethical grounds the drug was discontinued. Pfizer pharmaceutical was highly disappointed on withdrawal of its best selling drug. They began to conspire by self-sponsored trials; to justify the ability of doxazosin drug.

While ALLHAT was government of USA sponsored trial, whose results were declared in 2002. On the day of declaration; about 25,000 cardiologists from all over the world were invited. These doctors' were distracted by Pfizer Company; who organized a city trip in California on the same day of result declaration. Adding to the surprise, the doctors' willingly accepted the proposal considering that; they would anyhow know the results. Therefore, the duration when the results were being declared; the doctors' were busy exploring the city. Next, when the doctors' were asked for their feedback on results; they had no scope but to provide an affirmative report. By this conduct Pfizer diverted the doctors' and further influenced The American College of Cardiology by corrupt means. They bribed them of 20 crores each year for as many as 15 to 20 years. This confirmed as they released two press conferences; first one against the drug doxazosin and within another hour waved off all accusations seizing the usage of doxazosin drug thus, rendering it valuable for hypertension treatment.

<b>2002</b> <b>American College of Cardiology</b>	
<b>Place</b>	<b>: California</b>

Here, being an active member of various medical conferences, I would specify that; they are less concerned about the health of people so, are less reliable.

The situation is same everywhere, even in India; the Indian Medical Association holds a convention every year comprising the top 50 doctors' of the country. The objective of the meeting remains to



prioritize beneficial measures in health sector for the subsequent year.

Last year, in the month of November, the conference was organized in Bangkok, Pattaya – Thailand. Surprisingly, from Kashmir to Kanyakumari, they did not find a suitable place but Bangkok; to counter the prevalent health issues in the country. So, try to understand that; you have to take the responsibility back to yourself! I don't intend to say that, all medical doctors' are deceptive but; they are bound by a protocol. This protocol guides them through the decisions they make, even if they have to treat themselves in case of diabetes then; they will follow the same protocol.

Unfortunately, the doctors' are themselves a small part of this huge medical conspiracy! Even they intend to provide best care; but are trapped in the ambiguous protocol. If they try to break the protocol; there licenses can be cancelled. Therefore, though unintentionally; they have blinded themselves of the misleading protocol, which is a sad reality!

### **CHAPTER 3: THE MYSTERY OF DIAGNOSIS**

Currently, what can be clearly comprehended is that; normal blood sugar level provides low risk of diseases. So the high sugar levels are lowered using anti diabetes drugs thinking that the risk of associated diseases have also been lowered.

<b>Big Question</b>	
<b>Normal Blood Sugar</b>	<b>= Low risk of Diseases</b>
<b>Normal Blood sugar with Medication</b>	<b>= Low risk of Diseases</b>

But lowering blood sugar with medicines is even fatal as it increases the risk of diseases. As was discussed in the case of drug Rosiglitazone;

there are many other drugs that present same complications like Metformin and Sulfonylurea.

In my latest book, “Last Days of Diabetes”, you will find detailed trials of many classes of diabetes drugs that have proven to be associated in increasing the risk of related diseases. Though, blood sugar level is controlled by these classes of diabetes drugs but; the risk of related diseases is even higher than before.

Consequently, if you have high blood sugar level; it is bad! While if you treat high blood sugar level with medicines then; it’s even worse, the choice is between bad and worse!

These medicines are being prescribed since long, but outcomes of trials along with patients’ feedbacks after rigorous evaluation have recently provided the above conclusions therefore; this condition was not known 5-10 years back.

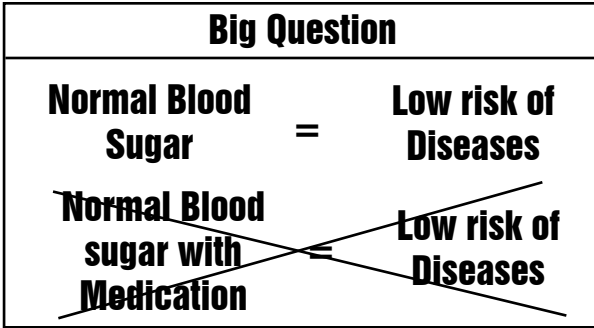
A diabetic person on medication is able to control blood sugar level from 400mg/dl to 200mg/dl or below, but on leaving the medicine; the blood sugar level again reaches 400mg/dl; which can be dangerous!

Moreover, lowering blood sugar level from medicines even further increases the risk of other diseases, where our aim is not to lower blood sugar level; instead manage the probability of other associated diseases. When a doctor treats a person, they are majorly inclined to control the blood sugar level first, even if a person dies; they are convinced that the blood sugar level was within the limits; which is miserable!

Our prime focus is to live a healthy, longer life; establishing and holding back a reading is irrelevant! Today, even a child can operate glucometer or knows 120/80mmHg is the blood pressure limit, that was uncommon few years back; but (drug company sponsored) education is misleading!

The reality that surrounds is that, normalizing the blood sugar level with medicines does not lower the risk of possible diseases; but is relatively harmful. Therefore, it’s better not to use any medications for

diabetes; than to suffer the side effects of medicines.



As was explained earlier, during fever or viral attack; it's the body's self defense mechanism, wherein it raises the temperature to fight the infection. In a viral infection, the viruses hide in the body cells, due to which the body starves the cells and hence glucose and sugars are free to circulate in the bloodstream. During this period, the blood sugar level will be higher, but it isn't harmful; since it's the body's self directed protection mechanism. Considering high blood sugar level in fever and rendering it as diabetes is inappropriate. Insulin treatment in such a case, directs the sugars into the cells; where viruses use sugars as food source and proliferate. Even in children with Type 1 diabetes; most cases of diagnosing diabetes is during the fever post vaccination.

The National Diabetes Data Group (NDDG) in 1979 established >200mg/dl as the threshold for blood sugar level; above which you are considered diabetic.

The question arises, how they could get such an accurate value; neither 199mg/dl nor 201mg/dl, but exactly 200mg/dl; because it's an approximate value.

Thereafter in 1997, American Diabetes Association (ADA) by self-proclaimed protocol established fasting blood sugar limit to be >126mg/dl applicable worldwide. This was based on the notion that, empty stomach sugar reading after entire night should be comparatively less. This value was further lowered to >100mg/dl in the year 2003. Nevertheless, in 2010 reformed thresholds were given

by ADA as, post-prandial sugar >140mg/dl; fasting sugar >100mg/dl and HbA1c >5.6%; leaving behind no escape!

In China, when diabetic population determination was carried out on the basis of NDDG and ADA established thresholds; approximately 3.5% came out to be diabetic with >200mg/dl upper limit of NDDG and surprisingly, half of the population was diabetic with >140mg/dl upper limit of ADA.

<b>Diabetes</b>		<b>% of Diabetes in China</b>
<b>NDDG, 1979</b>	<b>&gt; 200mg/dl</b>	<b>3.5%</b>
<b>ADA 1997, WHO 1999</b>	<b>&gt; 126mg/dl</b>	<b>8%</b>
<b>ADA, 2003</b>	<b>&gt; 100mg/dl</b>	<b>27%</b>
<b>ADA, 2010</b>	<b>&gt; 140mg/dl (P.P) or &gt; 100mg/dl (Fasting) or &gt; HbA1C &gt; 5.6%</b>	<b>50.1%</b>  <b>JAMA 2013</b>
<b>% increase of diabetes population because of change in diagnostic parameters</b>		

The data of other countries provided by National Health and Nutrition Examination Survey (NHANES) was also astonishing:

<b>Country</b>	<b>Increase in prevalence of pre-diabetes</b>
<b>Denmark</b>	<b>11.8% to 37.6%</b>
<b>France</b>	<b>15.9% to 45.2%</b>
<b>India</b>	<b>10.6% to 37.6%</b>
<b>USA</b>	<b>9.5% to 28.5%</b>
<b>Singapore</b>	<b>9.5% to 32.3%</b>
<b>% increase of diabetes population because of change in diagnostic parameters</b>	

The above table proves the situation getting worse whereas, 10-20 years back cases of diabetes were rare.

Lowering of threshold for the above parameters brings in a question, “what is the logic or evidence or any research in association with diabetes diagnosis?” The fact is; there is no such evidence as of now and this has been admitted by American Diabetes Association in their own journal.

Reviews/Commentaries/Position Statements

COMMENTARY

## Lowering the Cut Point for Impaired Fasting Glucose

Where is the evidence? Where is the logic?

DAVID L. SCHWARTZ, MD, MPH<sup>1,2</sup>  
BRIET LORBER, MD, MPH

**F**irst a disclaimer, neither of us is a diabetologist, endocrinologist, or internist. We do not provide chronic care to people with diabetes. Our only credential relevant to the diagnosis of diabetes is our willingness to think logically and our conviction that the goal of guidelines and policies must be to optimize patient outcomes. From this perspective we are rebuffed by the Expert Committee's (1) decision to lower the cut point for impaired fasting glucose (IFG) from 130 to 100 mg/dL. In this commentary we explain why.

With the publication of the Expert Committee's report (1) in *Diabetes Care* in November 2003, the number of 25- to 74-year-olds in the U.S. with IFG instantly tripled from 10 to 35 million people (see appendix for all methods). We might expect that a decision affecting over 25 million people would be based on some type of explicit modeling that established the benefits of the new cut point. Unfortunately, the Expert Committee's report contains no such analysis. In fact, the committee states "we do not yet know the total benefit or the total cost to an individual who is designated at risk for diabetes by either test, by any criteria" (1). Given this, the Expert Committee might have concluded, "and we therefore have insufficient evidence to newly label 25 million people with IFG" (1).

Instead, the committee offers two forms of justification for its decision: 1) epidemiological data that suggest that those with an FPG of 100-130 mg/dL may be at higher risk for developing diabetes

than those with a level below 100 mg/dL; and 2) the desire to have the IFG population have greater homogeneity to the impaired glucose tolerance (IGT) population. The first argument fails because identifying those at higher risk in no way means that their health will be improved (there might not be an effective treatment). The second fails because there is no biological or epidemiological reason why IFG should match IGT. Thus, the Expert Committee fails to offer compelling justification for lowering the cut point to 100 mg/dL since they do not establish that the lower cut point will improve the health of the population. The committee's belief that the beginnings of abnormal glucose metabolism start with a fasting blood glucose of 90-110 mg/dL may be dead on physiologically speaking, but this has no relevance in determining cut points that will have public health implications.

What if we try to perform the kind of formal decision analysis that the Expert Committee should have performed? Such an analysis requires that each outcome that could result from a decision be assigned a probability and a value. For example, consider the decision of whether to buy a \$1 lottery ticket for a lottery in which 100 \$1 tickets will be sold and a single winner will get \$80. The choice to "buy" produces the outcome "lose," with a probability of 0.99 and a net benefit of minus \$1, and the outcome "win" with probability 0.01 and a net benefit of \$79. A single match:  $103.99 \times -1 + 0.01 \times 79 = -0.203$  produces a net expectation

for the choice to "buy" of minus 20 cents. The choice "don't buy" has a single outcome that has a probability of 1.0 and a net benefit of zero dollars. Thus, if the decision to buy the ticket was purely economic, the rational decision maker would not buy a ticket. One could expand this analysis to account for other values—the thrill of participating in the lottery, the knowledge that the proceeds of the lottery would benefit a charity—but the principle remains the same; one cannot choose a preferred option unless one knows both the probability that each outcome will occur and the value of each outcome.

Expert Committee members were confronted with a similar choice. Should they lower the cut point for IFG to 100 mg/dL or leave it at 130 mg/dL? (They could have changed it to other values, but we consider this binary choice in the name of simplicity.) We can further simplify the problem by noting that only subjects with values of 100-130 mg/dL are affected by the change since all other subjects are treated the same way under both cut points. The decision model has two options, each with two outcomes (Table 1).

As in the lottery example, if we can determine the probability and value of each outcome we can determine the optimal cut point. We start with the probabilities by asking, "what percentage of those with IFG values of 100-130 mg/dL truly have a problem with glucose metabolism?" Because there is no accepted definition of "glucose problem," we must make indirect arguments. In the past decade, five studies evaluating more than 2,000 patients with both type 1 (2-4) and type 2 (5,6) diabetes over 6-10 years have demonstrated that development or progression of retinopathy and microalbuminuria were minimal or absent if HbA<sub>1c</sub> levels were maintained <7%, increased only slightly if the HbA<sub>1c</sub> levels were 7-8%, but increased markedly at values >8%. In the National Health and Nutrition Examination Study (NHANES-III

From the <sup>1</sup>Emergency Medicine Center, University of California Los Angeles School of Medicine, Los Angeles, California, and the <sup>2</sup>Center for Statistics in Medicine, Institute of Health Sciences, Oxford, England. Address correspondence and reprint requests to David L. Schwartz, UCLA Emergency Medicine Center, 629 Woodwood Blvd., Suite 300, Los Angeles, CA 90024-2624. E-mail: dschwartz@ucla.edu. Received for publication 18 October 2003 and accepted in revised form 29 October 2003. Abbreviations: IFG, impaired fasting glucose; IGT, impaired glucose tolerance.

These conclusions about the current diabetes guidelines do not possess thorough research; and are merely based on assumption. The present diabetes guidelines resulting in misdiagnosis/over-diagnosis and the

confusion regarding diagnosis, especially the fasting blood sugar is the result of assumption and imaginations of a handful of profit centric people, deciding the health criteria for rest of the world.

In the year 2005, in a worldwide study 55% of population confirmed fasting blood sugar higher than post prandial blood sugar level; whereas in our knowledge, fasting blood sugar is lower and post prandial is higher. This can be explained as; when we do not eat the entire night then the blood sugar level should be on the lower side. However, to have high fasting blood sugar level as in 55% of population doesn't imply ill health.

This introduces Dawn Phenomenon; this can be explained through a small experiment. After 2 hours post dinner, let each member of your family observe their blood sugar level by glucometer and again in the morning repeat the same process. Interestingly, half of your family members will have fasting blood sugar values higher than the one observed post dinner.

**55% of population demonstrates  
Dawn Phenomenon  
2005 Endocrine Practice**

This relates to the function of brain, and is common in 55% of population. When we wake up, our brain tries to provide initial instant energy to start our day. At this point, brain incorporates a signal to liver to release stored sugars in the blood stream to generate energy. In the meantime if you observe the blood sugar level, you may get a higher fasting value. Conclusively, having a fasting blood sugar higher than post prandial is not a disease but a common phenomenon.

Therefore, to deduce results from fasting blood sugar level will render half of the population as diabetic; which leaves fasting blood sugar examination as an unreliable source for diabetes diagnosis. The best way defined for analysis of blood sugar level is to observe blood sugar 2 hours post meal.

The ADA established parameters for diabetes diagnosis; were criticized by World Health Organization (WHO) and by European Diabetes Epidemiology Group (EDEG) as inaccurate.

<b>Diabetes Criteria not accepted by</b>	
<ul style="list-style-type: none"><li>• <b>World Health Organisation</b></li><li>• <b>European Diabetes Epidemiology Group</b></li></ul>	
<b>ADA, 2010</b>	<b>&gt; 140mg/dl (P.P) or &gt; 100mg/dl (Fasting) or &gt; HbA1C &gt; 5.6%</b>

Surprisingly, the Indian Medical Association is in full support for ADA diabetes diagnosis criteria. This involves core medical business rather than health issues concern. Whereas appallingly, ADA is an association of group of drug manufacturers; to flourish their businesses! Similarly you will find discrepancies in blood pressure and cholesterol standard as well.

The Joint National Committee (JNC) defines the blood pressure limit every 10 years. JNC -6, established 160/100mmHg threshold for blood pressure before the year 1997. In 1997 JNC-7, further reduced the limit to 140/90mmHg. Currently, they have again supported 160/100mmHg blood pressure limit in accordance with reliable associations, the Joint British Society and Cochrane Collaboration. In the mean time, American Heart Association (AHA), established on similar concept (commercial motive) as of ADA; figured 120/80mmHg as the blood pressure limit. Unfortunately, the AHA guidelines are mass sponsored and it won't be surprising, if they further reduce the limit to 115/75mmHg. Hence, of the total population, adhering to AHA guidelines; either a person has hypertension or is about to get it in future i.e. pre-hypertension.

<b>Blood Pressure Std.</b>	
<b>Before 1997</b>	<b>160/100</b>
<b>1997 onwards</b>	<b>140/90</b>
<b>Now</b>	<b>120/80</b>
<b>Within next few months</b>	<b>115/75</b>

To summarize; there will be hardly any healthy individual left in accordance to above established medical guidelines! This means, the total population can be divided in two groups; one with diabetes/hypertension/ high cholesterol, the other with pre-diabetes/pre-hypertension/pre-cholesterol.

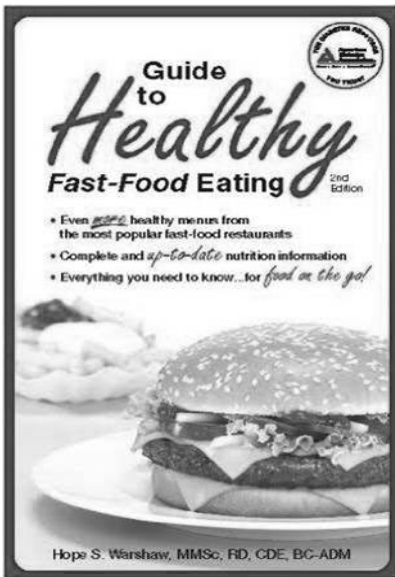
With cholesterol, ADA and AHA have presented a unique theory wherein; if a person is above 40 years of age then, a regular prescription of cholesterol medicine is mandatory, leaving behind no healthy individual, who is above 40 years of age!

## **CHAPTER 4: THE BUSINESS OF DIABETES**

The American Diabetes Association (ADA) and American Health Association (AHA) are funded and controlled by drug manufacturers: Astra Zeneca, Boehringer Ingelheim Pharmaceuticals, Eli Lilly, GlaxoSmithKline, Janssen Pharmaceuticals, Johnson & Johnson Diabetes Solutions, Merck, Novo Nordisk, Pfizer and Sanof. These pharmaceutical companies are well established manufacturers of diabetes/hypertension/cholesterol related drugs.

Adding to this; a book written by American Diabetes Association, which provides information on types of foods safe for a diabetic person involves; McDonalds, Baskin Robins', Pizza Hut, Dominos, KFC, Starbucks along with their exclusive menu and prices. Astonishingly, this supreme information can also be availed online! This proves that, their aim is not to cure diabetes but to let the situation worsen!





Further American Diabetes Association (ADA) extends full support for products from Cadbury Schweppes Americas Beverages (CSAB), Wrigley, Hershey, Wrigley Gums and Hershey Chocolates; which are definitely harmful for the health of a common person.

Even the Indian Medical Association (IMA) is directed by ADA, they follow the ambiguous guidelines provided by them for diabetes diagnosis and treatments. As an example, they advice Tropicana juice to be taken

in diabetes; whereas Tropicana, if taken for 3 regular days as the only diet can even render a normal person as diabetic! On the other hand, if you take fresh orange juice regularly for 3 days as the only diet then; surely enough even your diabetes can be reversed!

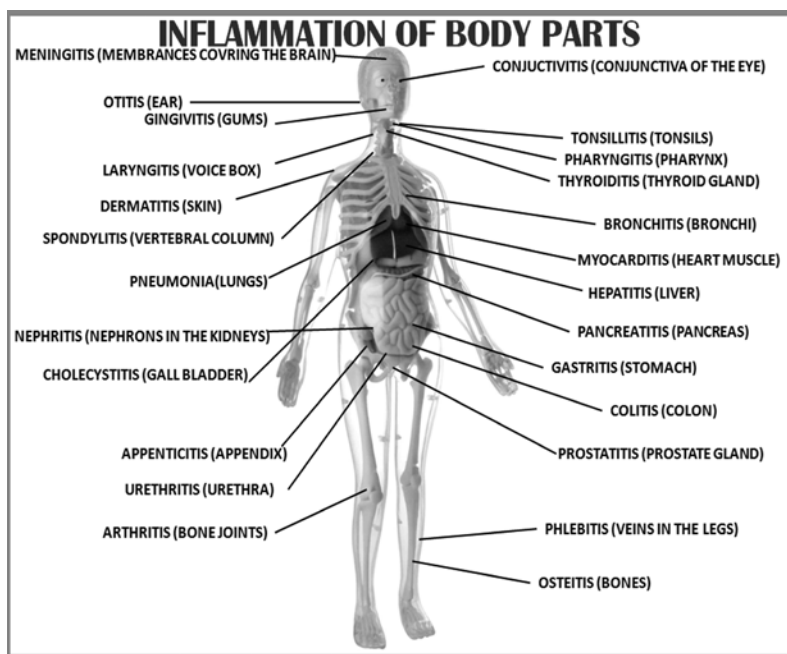
Conclusively, it should be accounted that, the Indian Medical Association has big responsibility which involves the health concerns of the people of India. To promote a specific brand like many celebrities do; for example, to endorse Kent RO water purification tas a reliable RO is in itself unethical and misleading! Even for doctors', it is illegal to promote a specific product or drug then; why isn't the condition same for IMA?

Now, how does a healthy individual becomes diabetic? This can be explained through an experiment; on one side, take fresh fruit or vegetable juice and on the other side, take Tropicana juice; observe both of them under the microscope. Amazingly, you will observe live cells only in fresh juice extract but absent in Tropicana extract.

**Watch video of live juice cell at youtube channel Dr. Biswaroop Roy Chowdhury.**

These “live cells” are the food navigators or drivers that help in maintaining a good health. Hence, food containing carbohydrates, fats, proteins, minerals-calcium, potassium, iron, and all vitamins but, missing out the driver or navigator cells gets dumped into the body.

Without the navigator cells, the sugar in food gets accumulated into various body parts; causing inflammation. Arthritis, Colitis, Pancreatitis, Hepatitis, Gastritis, Otitis are various diseases with common suffix “itis”, which means an inflammation. This inflammation isn’t a new disease in the body rather; its occurrence is dependent on the accumulation of extra sugar in the body parts.



However, in some of us when the driver-less food with excess sugar enters the body, this extra sugar through blood is directed towards the cells by the brain. Here, insulin secreted by pancreas, works as a key to lead the entry of sugar circulating in the blood; into the cells.

On one side, brain guides pancreas to secrete more amount of insulin to manage the extra sugar, while the higher insulin level gives rise to abnormally high amount of hormone-Insulin like Growth Factor (IGF). This hormone is essential for nails, hair growth and vitally important for the growth of the child. Excess production of IGF, leads to its accumulation in various body parts thereafter; causing abnormal growth in the body which may lead to tumor or cancer.

On dealing with diabetes for long, it has been stated that; 20% get blinded, 20% to 50% get kidney damage & 15% end up with amputation of legs. Being dependent on medicines to treat diabetes, can take an individual towards blindness, kidney failure and amputation. None of us will desire such a life where, we are blinded or without kidneys' or legs! It is sinful to live such a life that endures so much pain! Therefore, it is our responsibility to get out of this disease and the associated medicines.

Presently, Medical Science has understood that all the diseases associated with heart, kidney or even cancer; are all related to body's in ability to metabolism sugar. Due to which cluster of above medical conditions are named as Diabesity, Diabetes type-3, Diabetes type-1.5 and Metabolic Syndrome are being practiced. Moreover, all the diseases are in some way associated with diabetes. To understand the manner in which that extra sugar can be managed; will lead to freedom from all diseases. This formula is both prevention and cure for diseases wherein; diabetes can be cured in just next 72 hours.

## **CHAPTER 5: THE FIRST STEP TOWARDS REVERSAL**

Step-1: Discontinue anti-diabetes and anti-hypertensive drugs for 48 hours, if post prandial sugar  $\leq 250\text{mg/dl}$  and blood pressure  $\leq 160/100\text{mmHg}$  then; one can safely discontinue the drugs.

## **Step -1**

**Discontinue anti-diabetes  
& anti- hypertensive drugs  
for 48hrs and check  
if PP blood sugar  $\leq$ 250mg/dl  
&  
Blood pressure  $\leq$  160/100mmHg if yes, then you  
can safely discontinue the drugs**

With reference to Step 1, many people may question that, “they have been on medications since 20 years or more, who will be responsible if medicine discontinuation leads to side effects?”

The answer is simple, even your doctor won't take the responsibility in either cases; taking the medicine and facing the side-effects or leaving the same and dealing with health issues.

Ironically, no doctor will take responsibility even in case of life and death!

Ultimately, the responsibility for your health comes back to you!

## **CHAPTER 6: DIP DIET TO REVERSE DIABETES**

This chapter is going to be the most important chapter as you are going to understand the Diet-Diabetes Connection. To help you understand this connection, I will introduce you to two extreme populations; one the Kuwaiti population with highest percentage of diabetes patients and the other is the Jarawa population; the population of Andaman Island with no known case of diabetes ever.

I had the opportunity to visit both the places and also got a chance to investigate the underlying cause of this extremity. While comparing the lifestyle of both the population, I quickly understood the cause of this extremity being the kind of diet the populations were eating. To simplify, lets call the diet of the Kuwaiti population as the VIP Diet and those of Jarawa population as DIP diet.

As, we understand in this country notoriously VIP (very important person) is the one who can break the law of the land. For e.g. you might have often seen the VIP cars with red light and siren zooming past and ignoring the red signal at the crossing. Similarly, some foods once entering the stomach behave like VIP. They ignore the signal by the incretin hormone which you can relate as traffic police of the stomach and enter the blood stream. Incretin hormone like an intelligent traffic police keeps a track of blood sugar, blood cholesterol, blood pressure and other vital statistics of the body and regulate the movement of the food inside the body so as to maintain the homeostatic state.

The other class of food called DIP, behaves like Disciplined and Intelligent Person once entering the body. It is equipped with the ability to catch the signalling from the incretin hormone and hence, result in maintaining a perfect balance of blood homeostasis. This means, a person with medical conditions such as hypertension, diabetes or dyslipidemia could quickly reverse the above condition by simply switching to DIP Diet.

Now, the basic question is “how to distinguish between VIP Diet and DIP diet?” VIP foods include animal and industrial foods, while DIP foods include fruits and vegetables! Identifying VIP foods; food derived from animals like, meat, fish, eggs, milk and milk products. Any food derived from animal source, works as VIP food which acts as slow poison in the body!

<b>VIP Diet</b>	<b>DIP Diet</b>
<b>1. Animal Food</b> <b>2. Industrial Food</b>	<b>1. Fruits</b> <b>2. Vegetables</b>

A small controversy arises in terms of milk intake; since milk is considered as a complete food in the childhood and ever nourishing throughout life. Reminding you that, only human is the only animal that is dependent on other animals’ milk moreover, only humans consume milk in throughout their life. Exemplifying, a lion is seen hunting a cow, but is never found drinking its milk! Milk is not a food;

only mother's milk for babies should be considered vital until they can have proper food.

A common belief is that, cow's milk is good for health; primarily it is very useful but only for the calf; not for us! Nature has given each aspect for some reason; giving cow's milk to children for their better growth is contradictory. Though cow's milk has 6 times higher growth hormone than humans milk but; we don't expect our children to grow as fast as a calf; which takes 6 months to grow out as an adult!

The people of Finland, Denmark and Sweden are highly dependent on consumption of milk. Astonishingly, these countries have maximum population with bone disease. Whereas, Vietnam and Thailand have lowest population with bone diseases adhering to negligible consumption of milk!

Bone diseases especially knee inflammation is common in females at or above 40 years of age. Commonly doctors prescribe calcium and increased dose of milk but; with our prescription to discontinue milk and calcium, one can get relief in 15 days! These are simple changes to support my recommendations and one can surely analyze the effects of the same.

Mr. Vikas Bansal, a diabetic patient who randomly met me in one of my seminars; after practicing the above treatment method, only 20 % though and for 2 months, his sugar came down to 140mg/dl, weight reduced by 6.5kgs and is free from insulin dependency. This is possible for each one of you. How! Here's how you can do it too:

- Before 12 noon, stick to only fruit diet – 2 to 3 types of fruits, 800gm; mango, banana, apple, papaya etc. Make sure that you eat much

## **Step -2**

**Breakfast (till 12noon)  
Only fruits (2 to3 types atleast 800gm)  
Mango, Banana, Apple, Payaya**

before you actually feel hungry, in huge hunger condition the body reacts differently and even DIP food is treated as VIP food, losing out its importance.

- **Lunch/Dinner** : For lunch and dinner, keep ready with 2 plates; plate-2 with all those foods that lure you, and the plate-1 with 400 to 500gms of 3 to 4 types of vegetables that can be taken raw; tomato, capsicum, carrot, radish or cucumber etc.

<b>Step -2</b>
<b>Lunch/Dinner</b> <b>Before eating standard meal</b> <b>(Roti/Sabji/Dal-Rice), finish eating</b> <b>atleast 400gm of raw vegetables</b> <b>(3 to 4 types) which may include Cucumber,</b> <b>Tomato, Capsicum and Radish</b>

Firstly, you have to finish the entire food in plate 1; if you still feel hungry munch in plate 2. The food in plate 1 is DIP food and in plate 2 is VIP food; DIP is a disciplined food that accounts for where to settle in the body. Consuming DIP food first, even renders post consumed VIP food to behave like DIP food, as the body system prepares for disciplined digestion. So, it's like a combo treat of having tempting food and full control over diabetes!

One way to improve digestion is to eat till 8pm, as till sunset the body is in digestive mode while after that it gets into repairing mode. If you take meals post 8pm then, even if you consume DIP food, it will act as a VIP food.

- **Stop eating VIP Diet**

Stop consuming packaged food, refined food, dairy products, animal foods, nutritional supplements. Avoid drinking tea or coffee especially before lunch and never eat after 8pm.

### **Step -3**

#### **Stop Eating (VIP Diet)**

- 1. Packaged food**
- 2. Refined food**
- 3. Dairy food/Animal foods**
- 4. Nutritional supplements**
- 5. Avoid drinking tea/coffee specially before lunch**
- 6. Never eat after 8pm**

Most popular nutritional supplements are products from Amway, Nutrilite and Revital, (advertized by Salman Khan); these are so harmful that even animals may fall sick on consuming them. They are completely useless and worth throwing in the trash!

This is to understand that nutrients from food have to act like a folding umbrella; to enter inside the cells. Owing to the small inlet in the cells, nutrients squeeze like a folding umbrella and on entering the cells again open up!

Surprisingly, the nutrients from nutrition supplements cannot act the same. Since, they cannot squeeze and open; hence they enter the cells by damaging them. Therefore, the effects of nutrient supplements are more damaging.

It is further advised to avoid tea and coffee, especially before lunch. In this respect Hunza Tea (See page no.- 197), which can be prepared at home has proven to be very beneficial.

On following the above recommendations; within 72 hours, any of the Anti-diabetes medicines and Insulin will no longer be required; this is expected for 70% of patients. Holding on to this protocol for a week will overcome - High blood pressure, High cholesterol, Intestinal



disorders and Thyroid disease. In a month, control over - Arthritis, Kidney dysfunction, Obesity, Liver disorders and Heart diseases will be evident. Whereas, obesity is directly proportional to our diet plan where; the more you eat, the more you lose!

In another six months on this diet, respiratory ailment-Asthma will surrender, followed by Skin Disorders and Advance Stage Cancer; where the results will be evident in a year.

<b>On DIP Diet</b>	
<b>24hrs to 72hrs</b>	<b>Diabetes</b>
<b>3 days to 1 week</b>	<b>High Blood Pressure, High Cholesterol, Intestinal disorder, Thyroid Disease</b>
<b>1 month</b>	<b>Arthritis, Kidney dysfunction, Obesity, Liver disorder, Heart Diseases</b>
<b>6 month</b>	<b>Asthma</b>
<b>9 month</b>	<b>Skin Disorder, Advance Stage Cancer</b>

There are many examples of people who have been benefitted by following the DIP diet plan; as you will read ahead in this book.

Introducing a name, big and powerful in the world; who had a life changing experience with DIP diet. He is Mr. Bill Clinton, former US

President. He underwent quadruple coronary artery bypass surgery in 2004; followed by emergency lung surgery in 2005 and double angioplasty in 2010, along with weight gain and brain loss.

<b>Bill Clinton Surgery History</b>	
<b>Quadruple coronary artery bypass surgery</b>	<b>-September 6, 2004</b>
<b>2. Emergency Lung Surgery (Pleural Effusion)</b>	<b>- March 10 , 2005</b>
<b>3. Double Angioplasty</b>	<b>- February 11, 2010</b>

*Watch video of Bill Clinton at youtube channel : Dr. Biswaroop Roy Chowdhury.*

Fortunately, I had the opportunity to get myself trained by Dr. T. Colin Campbell and Caldwell Esselstyn (who were credited by Bill Clinton for his recovery from illness), where under their guidance I could learn the true healing process, as was practiced by Mr. Bill Clinton as well.

Here, illustrating a patient's response; "My son, 39 years old engineer in Auckland, a diabetic for 8 years with 14 units of insulin a day, on discontinuing milk and consuming fruit and vegetable as a basic diet; in 3 months reduced 17 kgs of weight, waived off insulin 3 months back and the improvement in health is excellent." provided that only 20 to 25% of above mentioned treatment was practiced!

Another patient named Kailash Mittal a whole sale fruit businessman stated that, "I have been diabetic since 15 years, taking Metformin 1mg both morning and evening. When I started with your treatment with discontinuing the medicine within 8-9 months, I reduced 15 kgs of weight. With my experience, 5 more persons' also got cured; one of them lost 20 kgs of weight."

My request to you is that, first you try the treatment by yourself, if you are benefitted then, share your experiences with other, then

only a belief chain will follow! As this shall spread; thereafter the conspiracy behind the treatment of diabetes will be defeated. However while spreading this new knowledge of DIP diet, you may come across a question “Will this diet without milk/animal food/supplements be able to provide all the nutrients as required by the body?” Let me answer it with the example given below.

Every year Thailand celebrates elephant festival, where many elephants are gathered at one place. Fortunately, I was honored as a chief guest in November 2015 elephant festival in Surin, Thailand. Curiously enough, I went up to the elephant doctor present there to ask, “do elephants get diabetes, high blood pressure, heart attack or even cancer; the answer was NO!

Suddenly, one announcement caught my attention saying that, “do not give human food to elephants, they may get ill.”

Being one of the strongest animals on the planet, it depends on fruits and plant sources as prime food; even horses, donkeys’ and cows’ are all herbivores yet are never calcium deficient. If the animals can get all the vital nutrients from plant sources then, why can’t humans?



**MOST ELEPHANTS IN A PARADE  
November 20, 2015 Surin, Thailand.**

I end this section with a point to ponder for doctors, “A doctor must remember, that a patient can still survive without a doctor, but a doctor cannot survive without a patient.”

# SECTION II

This section will demonstrate that every lifestyle disease is curable. Whether you are a heart patient, or have been on diabetes medication for more than 3 decades, or are being recommended by the doctors for liver transplant, the following success stories will help you understand that only one person can help you recover from illnesses i.e You!



# CASE STUDIES

SOMNATH BHARTI

## **On Governing Diabetes**

*Freedom from Diabetes, Back and Knee pain*



With an aim to serve the country, Mr. Somnath Bharti has always been inclined to work for the betterment of the people. This led an IIT-Delhi alumnus, to work hard as a Supreme Court lawyer and then join politics. Soon people recognized him through the courage and firmness posed by the Aam Aadmi Party. Presently, he is powered as MLA to the Malviya Nagar constituency in Delhi.

Mr. Bharti confessed that, the type of work and politics schedule does not allow proper attention to health and lifestyle. Moreover, busy routine has affected the diet with regards to food and nutrition.

It was during the course when, he worked as a reputed lawyer in Supreme Court, the diabetes hit on him. With 600 mg/dl sugar level; Mr. Bharti had to start with then prescribed insulin and medicines.

Being an eminent personality in politics, with huge fan and followings; people showed concern with the health issue that adhered.

Many of his friends would suggest different treatments but, none could cure diabetes. Only in August 2015, his very dear friend Mr. Ashutosh Mittal urged him to join our “3 days- Diabetes Reversal Camp” .

The events that followed gave this emerging politician an assurance for a quality-life. Not only the 3-day camp reversed his diabetes but, also he could sustain a healthy disease free life.

According to Mr. Bharti, the camp cultivated diet changes with respect to the food consumption timing and contents. He was surprised to observe that with simple implementations in diet, the results were evident in 92% of people who attended the 3-day camp.

“The Doctor succeeded to fix my diabetes” a satisfied and amazed Mr. Bharti states; as throughout the history, diabetes is believed to be an incurable disease.

This made Mr. Bharti a ‘fruitful man’ since one year; as he continues with the diet, with only fruits and vegetables consumption. During the entire year, he did not require any medicine for any illness. Whereas, other associated health issues – back pain, knee pain and lethargy were also healing therein.

A phenomenal treatment as Mr. Bharti recalls; once down with fever and, on consuming juices and coconut water, he was cured!

Mr. Bharti praised the courage put forward by me and my entire team. He realizes that the strength of this treatment threatens the businesses of other allopathic treatments.

He expressed me as the Arvind Kejriwal of Pharmaceutical Industry; as I have the audacity to expose the myths that surround the Medical Industry.

As he calls himself a ‘fan’ of mine, and desires recognition and appreciation of my mission to help people get rid of diabetes and secure a healthy life.

DHIRENDER SINGH  
**Industrialist, Who became  
a DIP Diet Advocate**

*Freedom from Diabetes and Hypertension*



With 16 tablets daily for diabetes and blood pressure, the Chairman and Managing Director of Manpasand Beverages Limited, Mr. Dhirender Singh anxiously waited for the ray of hope.

It started 15 years back. The Director of Manpasand Beverages, which is famous for its popular brands like Mango Sip & Fruits Up; faced a rough time in his life, with the diagnosis of diabetes and blood pressure.

Moreover, the dosage for the treatment kept on increasing leading to other unwanted side effects.

However, in 2015, when he came across our videos and website of he anticipated a permanent cure.



Along with withdrawal of medicines and following the prescribed diet; the positive outcomes were evident.

In only 10 months; Mr. Singh reduced 8 kilos of weight, with increased energy and no associated abnormal symptoms.

It resulted as the best management and cure for the managing director. Since, there was a time when, even 16 tablets in a day provided no relief.

For Mr. Singh, the diet plan worked magically to cure his diabetes and blood pressure conditions completely.

As he recognizes our selfless initiatives; hence, he tries to encourage and guide various people for their betterment.

Mr. Singh is confident about the strength of the diet plan, and refers it as a freedom from allopathic medicines and its side effects.

# VIJAY YADAV

## **Cricketer who stumped out Diabetes from his life!**



An accident changed his life; a sportsperson who had a bright future until 2006. Where, in an accident he lost his daughter and was given a life-time imprisonment with diabetes. According to Mr. Vijay Yadav, the agony of losing his daughter; lead him towards the downfall. A passionate cricketer; who represented his team at state and national levels, had also served as a wicket-keeper from 1992 till 1994 in one-test and 18 one-day internationals'. His very own cricket academy from the past 20 years, has laid good foundation for many players in Faridabad, Haryana. This academy was formed post his retirement from cricket in 1999

It was the year 2006, when he was diagnosed with diabetes at 500mg/dl to 600mg/dl sugar level. First month on insulin and rest of the life on medicines made the cricketer unfocused with reduced energy and less tolerant both physically and mentally. It happened to him in 2015, when his fellow cricket associates suggested him to attend my camp held in Delhi, though as a celebrity patient. Since, Mr.Yadav had in plans to take a break from his coaching schedule; hence he gave it a chance. For him, it turned out to be a life changing experience. In those 3 days in my camp, he learnt the appropriate diet plan and ways to

implement them, along with freedom from medicines. Yet, curious Mr. Yadav still wondered, whether the outcomes will be permanent!

According to him, the diet had proven to be helpful to control his sugar, bring back the lost energy and create an emotional balance in personal and professional life. Mr. Yadav even claimed that this food is in itself a medicine, which provides all the nutrition! Whenever the diet plan was not followed by him properly, due to certain professional tours; he could make out the difference. Will power and discipline are a must to implement this diet, as he assures amazing results of the same.

Post implementation on self and with assertive results; Mr. Yadav began to spread the benefits of the diet among his colleagues, friends, family and to the parents associated with his academy. His own nephew, changed both physically and intellectually by being on this diet, and now is a smart-handsome man. One instance, which is very close to Mr. Yadav's heart; a father to a child in his academy, had suffered from hole in his heart and leakage of its valves. He was very close to death and further depressed about the future of his child. Mr. Yadav volunteered to bring him to me, and post analysis, a particular diet plan was prescribed for that person.

On this, as Mr. Yadav recalls; the man, father of the child in his academy would faint in between a lecture taken by him. After he practiced the diet religiously; now, he is as fit for long walks and long drives. This diet had helped that man to get his energy and life back. To further surprise, even the doctor was unable to figure out what went wrong; as the once heart patient, had no signs of valves leakage in the current report.

“Only a healthy body can indulge in healthy thinking” as Mr. Yadav wined up. For him, we can't blame the doctors' entirely, as they go by what they have learnt and have to deal with medical market demands. The need is to spread this healing technique among as much people as possible. So, as to create a disease free healthy nation!

“Only a healthy body can indulge in healthy thinking” as Mr. Yadav wined up. For him, we can't blame the doctors' entirely, as they go by what they have learnt and have to deal with medical market demands. The need is to spread this healing technique among as much people as possible. So, as to create a disease free healthy nation!

T.K. PAUL  
**Supreme Court Advocate  
from Bangladesh Vouches  
for Diet plan for Prostate Enlargement**



As Mr. T.K. Paul experienced the benefits of lifestyle and diet changes in his life; then he tries to spread the knowledge to his colleagues and friends with best of his efforts.

This Supreme Court advocate in Dhaka, Bangladesh pursued law post liberation of Bangladesh as a representative of Bangladesh Army Commission. Originally from Chittagong; then freedom fighter is also a post-graduate in physics.

It was during 2010-2012 and his practice at Dhaka Supreme Court, Bangladesh; when he was diagnosed with prostate enlargement. For the ailment, he had to go through then prescribed treatment and medicine course.

Soon in 2014, he visited India to oversee a centre in Haryana. As destined to be, he came across a seminar by me along with Mr. B.K. Chandrashekhkar. Mr. Paul was astounded to recognize the ways to

treat oneself by changing lifestyle and diet.

Thereafter, Mr. Paul met me at my Faridabad Centre, where he was prescribed with diet changes against prostate enlargement. The diet was prescribed for 3 months, but to Mr. Paul's surprise; he was completely cured in half the time.

Mr. Paul went a step ahead and planted Wheat grass at his place to extract and intake its juice; as was prescribed by me for his treatment.

By his experience, many of his colleagues have started implementing the diet and lifestyle changes; again, some do ask for its relevance in modern science. Yet, Mr. Paul is hopeful that they will surely acknowledge the strength of the treatment one day.

Mr. Paul, see me playing a patron role in the Indian subcontinent as well as abroad; to spread awareness and help them to lead a disease free life. Furthermore, he appreciated my work and wishes that my efforts reach up to my goal.

# TRUONG THI BACH LIEN **Went From Wheelchair To Walking By Changing Diet**

*Treated for Transverse Myelitis, Blood Pressure, Cholesterol, Regurgitation, Heart Disease, Cancer Screening and Liver Enzymes*



*Before*

*After*

Truong Thi Bach Lien, Managing Director of Seafood Export Company believes; winning any condition only requires spirit and strength in self.

Today, as she finds herself free to travel anywhere as she desires; this is only due to her deep conviction in herself.

A 15 year long battle for Bach Lien; as it was the year 2001, when she was diagnosed with diabetes and gradually more symptoms and diseases cropped up: Transverse Myelitis, High Blood Pressure, High Cholesterol, Regurgitation, Heart Disease, Cancer Screening and High Liver Enzymes. Not finished yet, in 2003 she had to face an emergency health condition due to insensitivity of her feet to touch, rapid heart rate and headache set of symptoms. Throughout the acquired diseases had their course of treatment and medicines; which Bach Lien had to follow.

Only until, her daughter encouraged her to participate in my seminar. As earlier, Hoang Anh (Julia) – Director of Bimemo Vietnam had mentioned about the 72 hours Residential Diabetes Cure Campaign headed by us, to her daughter.

The seminar turned out to be life changing for Bach Lien. Within first 2 hours, she was so impressed and felt so positive that, she decided to join the tour with me against diabetes.

After the tour Bach Lien reformed her lifestyle by 100% implementation of the diet plan, regular exercise and being optimistic.

As of today, Bach Lien is medicine free; with a stable sugar level within, 110mg/dl-120mg/dl, normal levels of cholesterol and blood pressure and to her amazement her feet has recovered totally.

There she guides other people to access this method of miraculous cure. Moreover, suggests them to have full faith on the diet plan along with its scientific value spreading worldwide.

Blessed Bach Lien is grateful to her family and friends for their support and motivation throughout her treatment. Gladly, her daughter has begun to follow the same diet pattern as of Bach Lien. For the managing director, her beliefs and faith in herself are bringing back fulfillment in her life.

# KALYAN SARKAR

## Story of his transformation

*Cured against Diabetes, Spondyloarthropathy,  
Cholesterol and Chronic Rhinitis*



*Before*

*After*

A health enthusiast, who believes in holistic health together with mind and body, has stopped visiting doctors after he understood the basic reality that rules health and wellness.

This long time admirer of mine has served Indian Air Force for more than 15 years. As a Director to solutions at WizIQ, an online education platform, the mechanical engineer and post graduate in psychology believes to discover the powers in self!

Presently, his lifestyle choices - live food as raw fruits and vegetables, sunlight, fresh air, clean water, exercise, rest and mental poise are the factors that govern his well being.

Unfortunately, the situation was not similar before; it was during the tenure when he served IAF then; diabetes was diagnosed in a routine



check-up. In addition, diagnosis of spondyloarthropathy (back pain), high cholesterol and chronic rhinitis distressed his life.

It took him almost a decade to manage his condition yet, he was unable to find a permanent cure. With medicinal interventions against each disease, Mr. Kalyan was totally dependent on medicines. His multiple disabilities devastated his tremendous career with IAF, where he had to apply for premature release of duty

Since, he believed that, there are lots of things one has to unlearn to attain the actual wellness in life. Therefore, he continued and initiated with my recommended diet and lifestyle changes.

Mr. Kalyan could see a converted person within himself. As in the next 2 years, he could get rid of diabetes, cholesterol problems and chronic rhinitis. Where, he is confident that his spondyloarthropathy (back pain), will be cured soon with the same routine.

As he accepts that, any disease can be cured by simple modifications in lifestyle. This has evolved him as a strong believer and practitioner of the Nature Cure Philosophy. So, he insists that, one should preserve its vitality to see the miracle within!

Mr. Kalyan further takes the responsibility to encourage people to follow and experience the natural self cure philosophy. Though, it has been tough down the line as; friends, family and mostly doctors' discourage and oppose his beliefs. Still, his strong-conviction and self-drive have been influencing many people towards the true-self-healing technique.

# ANIL BHATIA

## **Sugar technologist who cured his sugar**

*Treated for Diabetes, Hypertension, Liver Abscess, Gall Stone and Heart Disease.*



Mr. Anil Bhatia claimed that the myths of allopathic treatment were past once he entered the self-cure system. As he gives away all the credit to me, being a guru, mentor, philosopher, friend and guide to him and assures complete cure through the diet.

A resident of Faridabad, Haryana is a Sugar Technologist from National Sugar Institute, Kanpur. Being schooled from Chandigarh and graduated from Gorakhpur; this man pioneered High Pressure Water Jet Cleaning Technology all around India.

This very effective personality came across a dark phase in his life. It was in the year 2014, when he had to face terrible health complications owing to his diabetes, hypertension, liver abscess, gall stone and heart problems. With 6 days in ICU and more than a month in Sarvodya Hospital, his sugar level was 550mg/dl; blood pressure rose to 250mmHg; ECG parameters were poor and the Heart Pumping Rate was 35%.

Due to his daughter's marriage, he had to take discharge from the hospital on wheel chair with a tube in his liver to drain pus out of his body. He had to be on 50-50 units of insulin each day; sadly, his condition did not improve even after 2 months.

One of his old friends, who happened to be diabetic himself proposed him to attend my seminar at MCF Auditorium in Faridabad in January, 2015. Though his condition did not allow him to sit through the seminar yet, the sugar technologist had a firm mind. The seminar endorsed the lost hope and confidence in him. His wish to stay healthy and live longer and be able to attend his daughter's marriage happily; made him start with the diet from the very day. By only changing the food pattern; within 15 days his condition started to improve. In another month, he did not require insulin and gradually in 2 months, he felt perfectly nice and good.

Presently, on the same diet and zero medicines; Mr. Bhatia feels energetic as a young 25 years man; he walks for 5kms in the morning and 3kms in the evening, works for 14 hours, swims, drives car, his eyesight has improved and feels light and contented. The doctors' at Sarvodaya Hospital were astonished to observe such a drastic improvement in his body; as for Mr. Bhatia, even his gall bladder stone got cured by the diet itself.

The new life of Mr. Bhatia gifted him the courage to heal other people and save them from the trap of allopathic treatments. To extend his support, he works as a Diabetes Educator along with other diabetes educators' round the country.

# DR. RAHUL PODDAR

## **Surgeon who Cured the Natural Way**

*Freedom from Diabetes*



Dr. Rahul Poddar fully supports the diet in a scientific way. As apparent, a doctor by profession with the same family background believes that, even our true ancestors followed the natural cure through diet.

A General and Minimal Access Surgeon, is passionate about his profession.

As symptoms of lethargy and polyuria became the first indications of his alarming health condition. Where, medicines helped temporarily, only to relieve symptoms.

When diagnosed with diabetes, Dr. Poddar had to start with Metformin, 1500mg per day and Voglibose medicines.

As his deteriorating health became a concern for family and friends. Then, one of his friends recommended him to attend my seminar for the natural and permanent cure of diabetes.

On understanding the diet change system; Dr. Poddar, could gather ample reasons behind the fact that, all lifestyle diseases are related to

consumption of faulty diet.

By incorporating the diet change system, his symptoms were relieved. The diet made him feel very light; all the discomfort which used to occur after normal diet was now past. Moreover, the bowel habits had improved.

He was able to maintain a stable weight of 87 kilos, along with good energy level throughout the day.

As his family and doctors' fully supported the diet change system; he extended his support to encourage more people to follow and experience the benefits of the same.

His family is full of examples, who became free of illnesses and medicines because of this diet.

As Dr. Poddar, totally believes in this diet, being the most ideal diet which takes away all illnesses. According to him, the poisonous chemicals in our common diet lead to diseases.

Dr. Poddar further condemns the advertisements for selling of harmful chemical compositions in food.

As he explains, pharmaceutical and money driven researches mislead the doctors and public.

But it's high time to realize, what we eat is what we become!

# HAYAAN AZIZI

## **Struggle of a Mother for her Son from UK to India**

*Cured against - Type 1 Diabetes*



Like every 6 year old, Hayaan Azizi enjoys playing outdoors, going on holidays and playing his computer games. A charming and active boy, studying in 1st grade in school; is a precious gem for the family.

The year 2016 started with all fun and happiness for Hayaan and his family, until February; when little boy was diagnosed with diabetes.

Hayaan's mother never worried of her son being lean and slim; he was full of energy. But suddenly, Hayaan lost significant weight; his thirst had become severe, along with frequent episodes of bed wetting.

After the doctor's investigation, with blood sugar, 470mg/dl and HbA1c, 10.5%; Hayaan was confirmed with Type 1 diabetes.

It appeared as a bad dream for Hayaan's family, as they couldn't accept the reality that, their little boy had acquired a non-curable disease.

Whereas, Hayaan's mother gathered courage to look for better treatments, which could provide permanent cure to her son's ailment.

She desperately searched for hope to cure online; as the doctors had confirmed that there is no cure for Type 1 diabetes.

Through You Tube, she came across the 1st Residential Tour Video of ours, and started to follow us on Face-book and watched more of our videos on you tube.

When, they consulted me in India; Hayaan could get an appropriate diet plan, which was religiously followed for him by his family.

In 6 months, his HbA1c, 5.6% reached the normal range; fasting blood sugar remained below 120mg/dl, and rarely did it reach 230mg/dl after meals. Also, he could maintain a healthy weight; healthy enough to support his active interests.

At present, Hayaan's mother is satisfied with his improving health. However, doctors' call it as a fraud and only repeat that there is no cure for Type 1 diabetes.

Yet, for the happy mother; it's a breath of fresh air to see her love grooming without illnesses.

For them, the diet has changed their overall thoughts on food and wellness. However, as they enjoy the diet with Hayaan, support him and work hard for him; so that he remains confident and happy about himself.

KAMALAMMA N.  
**Journey of a Diabetes Educator  
from India to Vietnam**

*Freedom from Diabetes*



Kamalamma N., who travels all way to quench her thirst to know more about diabetes cure; started her journey as a diabetes patient. But when did she know that, her interest and devotion will rise to such a level, to make her serve people as a Diabetes Educator.

When diabetes clutched her own life; she began her search for its permanent cure. An Educationalist by profession; Kamalamma started as a Diabetes Educator post her retirement.



Her conviction for the cause was recognized by the World Records University, Vietnam, where she was awarded with doctorate in Nature Science and Medicine.

With novel DIP diet; not only did she cure herself but found a mission for life.

Thereafter, she equipped herself with the knowledge and awareness of diabetes cure, along with certification from Indo-Vietnam board for the same.

As she could understand that, people don't need medication; they just need education. Therefore with best of her efforts, she tries to spread awareness about DIP diet (refer section 1) as a complete cure for all diseases.

From her second innings in life, Kamamma besides treating patients and making them free from 3 D's – Diabetes, Drugs & Doctors; she went a step ahead and helped people get employment. As noble as she taught 4 people to start offering Hunza Tea, a means to earn their livelihood; besides society got a healthier option of tea.

On World Health Day, 7th April, 2016, she conducted the most successful event on diabetes cure, and was highly appreciated. The then chief guest, Dr. M. Bapuji retired Senior CSIR Scientist and Visiting Professor at Acharya College of Pharmacy, recognized and valued her efforts.

Simultaneously, this event on diabetes cure on World Health Day was also conducted by us in 69 cities all across India.

For Kamamma, it's her extraordinary journey as a Diabetes Educator from India to Vietnam. Her deeds are both unique and inspiring, as she serves the nation to get rid of diabetes completely.

# PROFESSOR H M SOMASHEKARAPPA

## **A Trial that gave him a New Life**

*Cured against Diabetes*



Professor H M Somashekarappa is a distinguished educator and researcher of his field. Aged 57 years, this educationalist struggled with diabetes for 15 long years.

I met this great intellectual man at 32nd Social Science Congress organized by and held at Mangalore University along with Indian Academy of Medical Sciences. This event dated from 1st to 5th December, 2015 brought many eminent personalities under one roof.

Dr. B.M Hedge, an inspiration to me; Mr. C.K Raju, who gave India the first super computer; Professor Anand, most reputed Professor of Jawaharlal Nehru University, Delhi

During the conference, I was given an opportunity to prove that diabetes can be reversed in 72 hours. Professor H M Somashekarappa being a diabetic, agreed to be the subject for the treatment. On the same grounds, a 5 Member Committee was formed with Dr. B.M Hedge as Chairman.

By that time, Prof. Somashekarappa had been taking 36 units of insulin every day.

By following my recommended diet for 3 days; Prof. Somashekarappa could fully withdraw his insulin injections, along with maintaining a healthy blood sugar level within 72 hours.

This was both significant and surprising for the Committee Members, who could observe the considerable effects of the diet on Prof. Somashekarappa in front of them.

Since last 6 months, Prof. Somashekarappa has been able to manage his blood sugar range between 130mg/dl to 200mg/dl, without any medications and only DIP Diet.

Also, he didn't ever return to insulin and could maintain a healthy lifestyle; therefore, setting an example for others.

# PROF. A L N RAO

## **Win Over Heart**

*Treated for Bicuspid Aortic Valve Heart Complication with Stenosis and Regurgitation*



Prof. Rao believes to sustain, as for him, survival is the opportunity to rise to every single challenge, and ideally live your life without any kind of boundaries.

Being a private employee, he feels that physical health and well-being are vital for both personal and professional survival.

Two years back, during a routine physical examination, Prof. Rao was further investigated due to heart murmur indications. With the hole in the heart, the tests deduced bicuspid aortic valve heart condition. Along with that, mild stenosis and regurgitation were also indicated.

For his prevailing heart condition, Prof. Rao was advised for aortic valve replacement after some time.

However, tough time struck, when once Prof. Rao had been delivering a lecture among 300 people; his heart gave up.

With a constant feeling of losing control over his body, he continuously had cough and a feeling of fluid building and losing in his lungs.

This was strange for Prof. Rao, as he never felt so unpowered before; but this was only a warning sign, as in next 4 months, his condition further worsened.

A family physician x-rayed his heart and found that it was enlarged. He referred him to a cardiologist. An echocardiogram-ultrasound of the heart showed that his aortic valve was 80% fused shut as a result of stenosis, and it required aortic valve replacement as soon as possible.

After extensive research on his existing heart complication; one day Prof. Rao generally discussed his health concern with his son's cricket coach Mr. Vijay Yadav, who happened to be my patient. From him, Prof. Rao came to know about my DIP Diet cure for life-threatening diseases.

As Prof. Rao wanted to avoid taking blood thinners or frequent blood tests; along with medicines for the rest of his life. This desire eagerly brought him to me, where he was recommended with specific diet plan.

As he followed my instructions seriously, in 3 months; he gained in much strength to let him live the same active lifestyle that he had lived before.

For Prof. Rao, I have given him a new lease on life. This experience has improved his general outlook and ability to do things. As Prof. Rao is extremely glad to be back on life, so he happily bowls 3 to 4 hours to his cricketer son on every weekend.

# H.N KUMAR

## **Meticulously follows the Diet**

*Cured against Diabetes, Hypertension, Cholesterol and Prostate Enlargement*



Mr. H.N Kumar had to retire from his work in 2009; owing to his diseased and unhealthy condition. The sense of illness along with fatigue; affected his work at Dalmiya Cement Bharat Group of Companies, Delhi Centre.

Aged 70 years, Mr. Kumar suffered from diabetes, hypertension, cholesterol and prostate enlargement.

Along with the enduring pain of the acquired diseases, he had to go through exhaustive medical treatments for his respective ailments.

A concerned friend of Mr. Kumar referred him to attend my seminar on natural cure for diabetes.

Thereafter, Mr. Kumar attended our training programs to implement diet and lifestyle changes.

Within 15 days, he observed extraordinary results as; he could maintain healthy sugar and blood pressure levels.

Since then, by meticulously following the diet plan prescribed to him along with zero medicines; Mr. Kumar feels all fit and fine.

His persistent fatigue and feeling of sickness were all gone; also, his parameters for sugar, hypertension, cholesterol and prostate were all within normal range.

Mr. Kumar feels obliged and amazed with my treatment.

Furthermore, for him, the DIP Diet Plan is helpful and works well. As he shared the knowledge with his friends and relatives, they could experience the same results. Hence, me and my team were appreciated for our tremendous efforts and service for the well being of a common man.

# TILAK VIRMANI

## **Real-Estate Business Owner's, quest to find the Real Cure**



Mr. Tilak Virmani explains that the diet is effective but tough; as a kid cries initially going to school, while after sometime enjoys the same. Similarly, the diet is difficult to follow initially but, after sometime becomes enjoyable.

A Real Estate Business owner since 24 years, Mr. Virmani is a resident of NIT-3 Faridabad, Haryana.

Eight years back Mr. Virmani had to face health issues with the diagnosis of diabetes. He then started consulting Dr. Wangnoo at Apollo Hospital in Delhi.

With 7 years of following the prescribed medicines and treatment by Dr. Wangnoo, suddenly his condition worsened.

As once down with fever, along with dehydration; Mr. Virmani couldn't get relief from any prescribed medicines.



As per his doctor, he required insulin to control his sugar, as now none of the medicines suited him.

However, as he believes that with the blessings of god, he was referred to me, and was invited for my seminar by a friend.

Though, his concerned family did not support him owing to his bad condition. However, he had made up his mind; to give it a try once before starting up with insulin.

On 29th August 2014, Mr. Virmani attended my seminar on “Diabetes Cure in 72 hours.”

After understanding the DIP Diet cure mechanism through the seminar, Mr. Virmani started with the diet, along with reducing his medicines.

After 4 days, he completely discontinued all his medicines, and the diet proved to be meant for him.

Exactly in 72 hours, as described by me in the seminar, Mr. Virmani’s sugar along with fever and dehydration; all got cured.

From a year and above, Mr. Virmani has been following the same diet, while maintaining normal blood sugar level without any medicines.

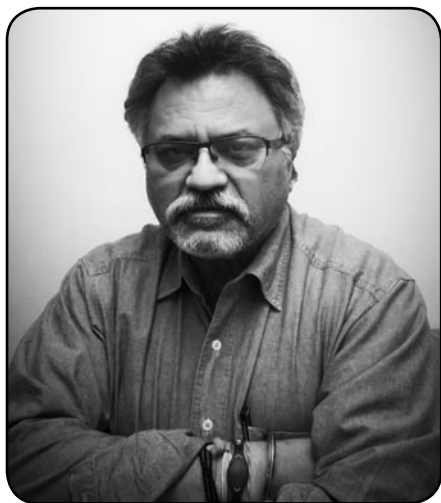
Even his friend Mr. Daya Nidhi Das, was guided by Mr. Virmani about the diet and surprisingly, he as well could cure his diabetes and could sustain a healthy lifestyle.

For Mr. Virmani, to get rid of diseases and lead healthy life; one should definitely cultivate diet and lifestyle changes. Also, he assures that once we began living a healthy and disease free life, then people around us will follow the same. As change starts from within!

# ASHOK PURI

## Let's Live 100 Years

*Cured against Ankylosing Spondylitis, Diabetes and Prostate Enlargement*



This young at heart globally renowned Management Consultant could not accept to live a diseased life and a burden on society.

A social, spiritual, religious personality has many titles to his name – Mechanical Engineer from Delhi College of Engineering; MBA from Faculty of Management, Delhi University; Visiting Faculty at BITS Pilani; an Athlete, swimmer, tennis, and golf and so on.

As a Management Consultant since 25 years; he has worked for various government projects, and has been awarded with National Awards for Contribution by Ministry of MSME in 2015.

Aged 63 years, life is precious to him and there is so much to experience; both good and bad. As at 35 years of age; he was diagnosed with Ankylosing Spondylitis. Till 50 years of age, diabetes also hit on him and in another 3 years; he was diagnosed with prostate enlargement.

Thereafter, specific medicines were prescribed for treating ankylosing spondylitis, diabetes and prostate enlargement, along with precautionary drugs for hypertension, kidney diseases and cholesterol, at Max and BSRI Hospitals respectively in Delhi.

As he learnt to never give up; then began the search for alternative treatments and cure for his prevailing condition.

While in search for books on internet, Mr. Puri came across my book on “Diabetes Type I & II- Cure in 72 Hours”; and then his story began to change.

Eager to know more, Mr. Puri met my team and attended my seminars; so, as to confirm - Can diabetes be really cured! As since ages; it is believed that, there is no permanent cure for diabetes!

When began with the diet, Mr. Puri gave away dairy and animal products, dietary sugars, alcohol and packaged foods. Consumption of many fruits especially mango and chikoo which otherwise are restricted in diabetes; lots of salads; vegetable juices; coconut water, Hunza Tea along with appropriate eating timings’ were incorporated.

Post 6 months with no medicines; he went down by-6 kilos of weight, sugar level-back to normal, back pain-majorly improved, prostate-back to normal, no more-breathlessness or tightness in the chest, no-weakness but increase in stamina.

Discovering the root cause for all his ailments - his diet; Mr. Puri, has become very careful about quality and quantity of his food.

As he sets an example for his family, and is respected as a role model in the society; he wants people to overcome the resistance and be encouraged to leave allopathic treatments. Furthermore, Mr. Puri also condemned the ongoing business of allopathic treatments and medicines.

For Mr. Puri, the diet works beautifully and motivates to live a healthy life; where no disease can touch us. Referring me as a “masiha” in his life; he salutes my courage and devotion to bring this inspiring diet to the people. As he says - Let’s live 100 years!

# LUONG DUC SON

## **Nothing above Health**

*Cured against Diabetes, Cholesterol, Hypertension  
and High Liver Enzymes*



Luong Duc Son, confirms that health once lost can never be regained. However, he has been fortunate enough to regain the most precious asset in his life – his health.

Mr. Luong Duc Son, aged 48 years is a Contruction Director by profession.

With family history of diabetes, Mr. Luong Duc Son acquired the disease 2 years back.

However, his condition worsened, as along with diabetes he developed complications: blurry vision, high cholesterol, high blood pressure, high liver enzymes and persistent stomach ache.

Through e-mail, he was acquainted with our 72 hours Residential Diabetes Cure Campaign. As he researched further, and could link his

prevailing condition to the campaign's mission; he put aside all work and enrolled himself for the same.

As he started his first journey with us; he realized that, changing the diet and habits is completely difficult.

Particularly, being a businessman; his work and routine did not allow proper attention towards his diet and lifestyle.

However, in the quest to overcome his weaknesses, he gave his 100% for the treatment.

Surprisingly, it only took 3 months to the aspiring businessman, to change his condition and win over his ailments. As he could cure his diabetes, liver enzymes, stomach, cholesterol and blood pressure, along with brighter eyes.

By only changing his routine; eating fresh fruits and vegetables, combining more physical activities and restricting refined and fast food; Mr. Luong Duc Son could get rid of all his diseases and medicines.

For Mr. Luong Duc Son, the experience entirely changed his existing beliefs and now he knows that nothing is important but health.

As he feels good and contented now, Mr. Luong Duc Son appreciates our unique diet and treatment, and suggests each individual to try once.

# NGUYEN THI HONG

## **Doctor Who Cured the Patient Within**

*Treated for Diabetes, Hypertension and Heart Complications*



According to Nguyen Thi Hong, if given the opportunity to access this method, one should try with utmost patience and faith; to conquer any disease.

Nguyen Thi Hong, aged 64 years is a doctor, who believes to serve people with full dedication and precision.

Since, health is so crucial and vulnerable, even for doctors', it becomes difficult to maintain a healthy body throughout their lives.

Since 2010, Nguyen Thi Hong has been suffering from diabetes, with 50 units of insulin and medicines each day. In addition, she has hypertension and heart complications with stents in his heart. Being on 9 different kinds of medicines each day; Nguyen Thi Hong, is disturbed with her health condition.

Once his niece, mentioned her about our 72 hours Residential Diabetes Cure Campaign. To feed her curiosity, Mr. Nguyen Thi Hong joined the camp.

It was during the journey of the camp that, her belief were further strengthened about the natural wellness and healing.

In 3 days of camp, he tried to apply the diet plan by 100% and continued with the same plan by changing his routine, diet along with simple workouts.

Thereafter, she never required insulin or any kind of medicines anymore; ever since, his blood sugar level and blood pressure both remain stable and normal.

This is true happiness for Mr. Nguyen Thi Hong, as he never felt so active and positive ever before.

As she further explained that only after deep understanding and learning of the diet system, did he believe in it; and further shares his experience with other people. As only through mere changes in eating habits, he could attain good health and lifestyle. She assures that this treatment can provide great results; beyond one's expectations.

# BUI DUC ANH

## **The Book Changed His Life**

*Freedom from Diabetes, Hypertension, Cholesterol and  
Respiratory Stenosis*



As Bui Duc Anh, could end his 16 year suffering; he is now fulfilled and confident about his health.

A businessman by profession had to go through exhaustive medicine treatment since 2002. Along with diabetes, he acquired high cholesterol, high blood pressure and respiratory stenosis. As of now, his medicines were ineffective in maintaining his sugar level; so, he was further prescribed with insulin injections.

In the process of treatment, Mr. Bui Duc Anh applied many other treatments as well; macrobiotic method and naturopathy. Alas, all his hopes were shattered and he had to surrender with the notion that diabetes is incurable.

However, faith regained strength; as finding my book on 72 hours Diabetes Reversal; was a matter of chance for him.



By reading and analyzing the book, Mr. Bui Duc Anh could oversee hope to a permanent cure.

Thereafter, he followed the DIP diet plan, point to point with full dedication.

Surprised he was, as when after breakfast, he checked his blood sugar; it came out within normal limits. This did not happen ever since he took his medicines.

Thereafter, nothing could stop him, as he registered and attended the Residential Tour for Diabetes under my guidance.

Hence, he began with regularly following the diet plan, and from then, since today; he never returned back to his diseases and medicines.

For Mr. Bui Duc Anh, overcoming diabetes, hypertension, cholesterol and respiratory stenosis was an unbelievable journey; yet possible.

Presently, his blood sugar level, 119mg/dl-126mg/dl remains stable, his waist has decreased by 10cms along with good energy and peace of mind. As Mr. Bui Duc Anh confirms the diet plan to be very useful, and should be tried with faith to see amazing result.

# TRAN THANH LAM

## **Secured for Life**

*Cured against Diabetes, Idiopathic Hypertension,  
Cholesterol and Regurgitation*



Mr. Tran Thanh Lam works in the cargo department of Vietnam Airlines. It is his belief that only right direction is deemed to provide cure and wellness for life.

As he finds himself fortunate enough to attend my Mind-Body Workshop, through which he acknowledged our Diabetes Reversal Initiatives.

With a family history of diabetes, Mr. Tran Thanh Lam in his 36 years of age acquired diabetes along with idiopathic hypertension, high cholesterol and regurgitation complications.

For his inclination and faith in natural cure, he kept going with herbal as well as allopathic medicines; but his condition remained the same.

Mr. Tran Thanh Lam happens to be the first person in Vietnam, who followed my natural diet plan, and got cured under my supervision.

He believes that his determination of curing diabetes lead him cultivate the diet and lifestyle changes. Throughout the process, he kept a closer watch on his health, only to realize that his health was gradually recovering. Thus, the trust kept on building up.

As per my guidance, he tried to follow the diet plan by 100%; only to see amazing results within 3 months.

He could maintain a stable blood sugar even without medicines. As he mentioned that, at present his postprandial blood glucose level is about 130mg/dl also, the blood fat level and blood pressure level remain normal and stable.

Mr. Tran Thanh Lam appreciates my wonderful treatment, and finds himself grateful for the opportunity to get a new life; secured with health and happiness. For him, this treatment requires serious efforts but is life changing.

## AJAY KUMAR SINGHAL

### **Wishes a Diabetes Free Country**



A resident of Ghaziabad, Mr. Singhal is amazed to acknowledge the wonders of the diet, and takes it as a security for life.

Aged 54 years, Mr. Singhal was diagnosed with diabetes 2.5 years back. He then consulted Poddar Nursing Home, Ghaziabad for the treatment.

Thereafter, he came in contact with Mr. Yogesh Mittal from Faridabad, who assured him a permanent cure. To this, Mr. Singhal could not believe that by mere diet consultation; diabetes can be cured.

As guided by Mr. Yogesh Mittal; Mr. Singhal attended our seminar at A.B.E.S College in Ghaziabad. This came as a life changing experience for him; and from the very time he started with the prescribed diet.

As prescribed by me; Mr. Singhal left dairy products and dietary sugars, while starting with vegetable juices, fruits and balanced diet.

Astonished with the results; his weight had reduced, felt more energetic and sugar level was consistently normal.

As he spreads the knowledge gained during his diabetes reversal through diet, thus he hopes that nationwide awareness is created to make the country diabetes-free.

Overwhelmed with the outcomes, Mr. Singhal gives away all the credit to me and Mr. Yogesh Mittal; and will oblige us for life.

## MRS. & MR. MITTAL **Not Diabetes but Diet, Runs in the Family**



Mr. P.P Mittal and his wife Sudharshan Mittal are married since 1973. A resident of Sector-21, Faridabad, Haryana; originally belong to Sirsa and Hisar respectively.

As Mr. Mittal recalls that, diabetes runs in the family; from his parents and even his mother-in law, all were diabetic.

Therefore, he can relate his condition as well as his wife's condition to be inherited from their parents.

For Mr. Mittal, from 1992 he has been suffering from diabetes and blood pressure; while his wife was diagnosed with same diseases 5 years back.

A retired Executive Engineer from Haryana Electricity Board; presently, works for Indian Government for Energy Management. While, his wife Mrs. Sudharshan Mittal is a home-maker, with two sons and one daughter; completing their family.

As the couple went through treatments and medicines for both diabetes and blood pressure; Mr. Mittal had to start with insulin 3 years back.

It was when their elder son, Ashutosh Mittal, who had been my admirer, enlightened his parents and guided them through the DIP diet cure system for diseases.

The Mittal family totally changed their diet pattern; not only Mr. & Mrs. Mittal but, even their sons with their wives cultivated the same habits.

Again, as once diabetes continued in the family; the diet gave their entire family full freedom from all the existing diseases.

Mrs. Mittal could lose 17 kilos of weight, discontinued all her anti-diabetes and blood pressure medicines and feels more energetic and healthy.

As when asked by her doctor, Mrs. Mittal confidently told him about the diet and her faith in the same. Initially, many people would tell Mrs. Mittal that she looked weak and should stop the diet, but with full conviction; she wants to continue the diet for the rest of her life.

To Mr. Mittal's surprise, he goes without insulin and sugar remains at normal levels. Even their elder daughter-in law, has been benefitted through the diet, as her thyroid problem was relieved.

According to Mrs. Mittal, all of her family members only consume fruits till 12 afternoon; which is a great achievement. Therefore, this natural treatment is a boon for all of them.

She further explained that the diet is tough to implement but, one should try to follow to some extent to get the benefits.

As their entire family follows and spreads the knowledge in the society; Mr. & Mrs. Mittal are contented and healthier and wish to follow the diet by 100%.

# RAMAN BABBAR

## Man Who Bypassed, By-Pass Surgery

*Cured against Diabetes, Hypertension, Cholesterol  
and Thyroid*



*Before*

*After*

“Doctor Sahab toh humare liye god hain” said the blessed Delhi based property dealer as he described his story.

Raman Kumar Babbar, a property dealer in Kamlanagar, Delhi had a life changing experience. As he stated, “he never had energy to even reach his office, which is now 15 hours of working without any lethargy.”

It was in the year 1996, when he was diagnosed with diabetes at 250mg/dl sugar level. But alas, this was not the end; to further add to his misery blood pressure, cholesterol and thyroid ruined his happiness. With 22 units of insulin in the morning and 15 units in the evening, along with Metformin-500mg, thrice and uncountable medicines for blood sugar, blood pressure, cholesterol and thyroid suffocated the businessman. To further worsen his condition, he was diagnosed with Tuberculosis in the year 2006, which took 5 tablets



every morning for 11 regular months as a penalty. With no hope, 113 kilos Mr. Babbar continued with insulin and the medicines for 18 long years.

Post 2010, he had to be admitted in the hospital for 4 times; with troubled breathing and diabetes. He was diagnosed with heart diseases in 2015; which required angioplasty or heart-bypass. Being already burdened with 2500/- per month expenses of insulin and medicines, this surgery accounted for 2lacs or above expenditure.

Even to consult the best doctors' in town; Dr. S.K. Nagrani, Saroj Heart Institute and Hospital, Rohini for diabetes and other related diseases, Dr. Chandna, Balaji Heart Institute and Medical centre, Punjabi Bagh, also a few government hospitals in Delhi; could not provide any relief.

When on 5th May, 2015, as Mr. Babbar takes it as a life changing day for his condition; where his neighbor Mr. Narain Jain from Paschim Vihar, after having acknowledged his condition; referred him a video of my seminar, "Diabetes Type I & II - Cure in 72 hours".

The very same day Mr. Babbar watched the video about the diet plan and decided to implement it completely. The events that followed were astonishing; from the very next day Mr. Babbar started to cut down his insulin units and reduced the dose of metformin. In only 7 days, he could get rid of insulin completely; in another 7 days he did not require any more medicines.

Mr. Babbar felt like never before, the confidence of a healthy being, increased energy and satisfied outlook were the new factors to drive him to happiness. From 113 kilos when he started the diet plan, to 80 kilos in 16 months, and losing 12 inches in between was unbelievable for the businessman.

Dr. Kiran Bala at Delhi Government Dispensary was surprised with the current reports of Mr. Babbar for; ECG, Eco, chest x-ray, blood pressure, cholesterol, blood test and urine test; as all the reports were normal. Further, the doctor was amazed to know that it happened by mere changes in diet.

Lastly, Mr. Babbar wished to spread the benefits of this miraculous diet to as much people as possible.

# AMAN KUMAR

## Live Example for the Geeky/IT World



*Before*

*After*

Aman Kumar along with his family, wife and 7 year old daughter together relish the wonderful DIP diet. As they have realized the value of diet in well being; hence, they even don't offer animal food and dairy products to their little daughter. For the entire family, the diet plan has become most tasty and satisfactory.

A 31 year old young and handsome man from Jamshedpur, Jharkhand shows full confidence on saying, Diabetes can be reversed!"

Though, previously like everybody else even he had framed his mind to consider diabetes as a life time threat.

But all thanks to his work profile, Senior UI/UX Designer at Nous Info-systems in Bangalore; which keeps him busy with internet and

desktop work and became the source for changing his life. This was when Mr. Kumar while in search for cure of diabetes; landed up on a video of ours – 3 days Diabetes Reversal Program on You Tube.

A strong-self believer, who accepted and enjoyed life, was shattered being diagnosed as diabetic. Once unintentionally, his relative checked his blood sugar; which came out to be 193mg/dl fasting and 372mg/dl post meal. There began a series of troubles for the software designer with, frequent tests and treatments. Dr. M.J Jayakanth; MBBS, MD-Internal Medicine, ACMDC-Diabetology at Apollo Clinic Sarjapurpur, Bangalore prescribed Gluformin G1medicine for the treatment. But, Mr. Kumar couldn't accept the existing reality of his life; therefore he eagerly started to search for a better treatment.

The 3-days diabetes reversal program's video helped Mr. Kumar to implement diet changes along with exercise routine – 1 hour running and stretching and induce life-style changes. In very less time, the results were so evident that, even his wife and relatives were stunned. As they could not believe that mere changes in diet and lifestyle can be so effective. Since, they could see a more confident and disease-free person in the making that was Mr. Kumar.

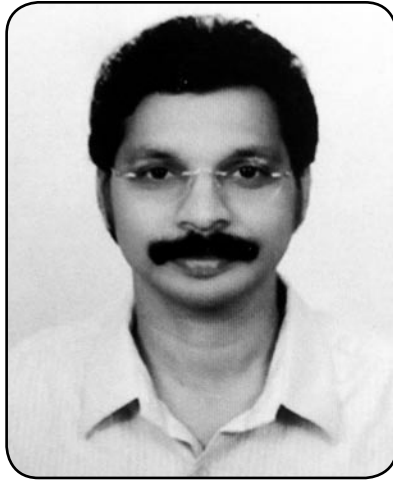
Within 2 months of DIP diet and exercise, Mr. Kumar then 86 kilos could come down to 73 kilos. Also, from fasting sugar, 238mg/dl and post meal sugar, 377mg/dl, before the treatment; he could maintain the sugar level to fasting, 90mg/dl and post meal, 116mg/dl. These might be only numbers but there effects were extraordinary.

From reversing diabetes and losing weight, Mr. Kumar could feel the positivity and satisfaction in his life. According to him, in his entire 31 years of life; he never felt so light and fresh throughout the day. The joy of being healthy and fit made each day a blessing for him.

As he has learnt a lesson for life that, "Mis-information is one of the biggest disease." Therefore, he plans to spread the knowledge to best of his efforts.

A B M K VARA PRASAD  
**Professor turned Diabetes Educator**

*Treated for Diabetes and Vitamin D3 Deficiency*



This Hyderabad based Psychology Assistant Professor turned Diabetes Educator aspires to build a nation free from life-style diseases.

His 16 years old fight against diabetes is now directed to an end; to which he prepares himself to extend his support towards other diabetic patients.

After being diagnosed as diabetic, Mr. Varaprasad did not lose hope, and tried to manage it with exercise and diet alone. However, post 5 years; his efforts were all wasted as he was forced to start with Metformin 250mg, twice by further increasing the dose to Metformin 500mg, twice.

With consistently high fasting blood sugar level, 160-180mg/dl; besides metformin 500mg, Daonil 2.5mg was also prescribed for 3 years. While for his Vitamin D3 deficiency since 4 years; even the best vitamin supplement had no effect.

Only 3 months ago, Mr. Varaprasad acknowledged my true healing diet; through my videos' on You Tube. Thereafter, he started to change his diet through video instructions and to his at most surprise; in a week's time his LDL cholesterol and Triglycerides were rapidly reduced.

Then motivated Mr. Varaprasad, participated in our Virtual as well as Residential Tour to cure diabetes. As Mr. Varaprasad was among those people who have fasting blood sugar higher than post prandial sugar level; due to the Dawn's Phenomenon (refer section 1). Therefore, he relied totally on my recommendations and surprisingly, for Mr. Varaprasad, the results were miraculous with every passing month.

In 1st month, with the diet and reducing the medicine intake; fasting blood sugar, 250mg/dl and normal levels of Vitamin D3 were attained. In the 2nd month, being on the diet and further reducing the medicine; both fasting, 240mg/dl and post prandial, 210mg/dl sugar levels eased away. It was the 3rd month, where medicines were completely withdrawn and astonishingly, fasting, 230mg/dl and post prandial, 200mg/dl sugar levels were further reduced.

Thereafter, he aimed to religiously follow the diet and has become confident and positive to get complete freedom from diabetes soon.

However, this ensued only after he understood my true healing method, which has cure not only for diabetes but cholesterol, hypertension, heart diseases and more. Hence, he educates and encourages other people as a Diabetes Educator!

Again, the young and enthusiastic psychology professor recommends that the affects of diseases should be measured with energy levels instead of values! Hence, contented enough, now he finds himself much energetic than ever before.

# KAILASH MITTAL (FATAK)

## **Freedom from 15 years of Confinement**

*Cured against Diabetes*



A resident of Jaipur, Rajasthan, Mr. Mittal is a Fruit Commission Agent. His love for sugarcane juice made him intake 2-3 glasses of juice daily, which was restricted 9 months back; being a diabetic.

Mr. Mittal, who has been a diabetic since 15 years; is grateful to my treatment, which saved him from the trap of allopathic doctors' and their medicines.

From 2001, Mr. Mittal has been on intensive medicines for maintaining his diabetic condition through medications. He used to take Metformin both morning and evening.

One day he came across my book on "Diabetes Type 1 & 2 Cure in 72hrs". He read the book and could not believe that diabetes can be reversed just like that! So to know more, he visited our centre at Faridabad and met Mr. Yogesh Mittal who invited him to attend one of our seminars against diabetes in Faridabad.

The seminar shocked Mr. Mittal; he became anxious to imagine that mere changes in diet can provide him freedom from his 15 years of confinement with diabetes.

After 3 days, Mr. Mittal started with the diet plan described in the seminar, and discontinued his medicines. Though the results were immediate, he continued with the diet plan.

Within 9 months of strictly following the diet plan; his fasting sugar level, 80mg/dl to 110mg/dl and post meals, 130mg/dl reached the stable and normal range. Furthermore, he lost 15 kilos of weight, which was unbelievable for the businessman.

As Mr. Mittal considers this diet plan for reversing diabetes as a blessing for the entire nation; he is even more satisfied to spread the effects of diet among his family and friends.

Astonishingly, through his experience 5 of his friends got cured of their ailments. All of them from educated backgrounds can now understand the value of natural cure over modern conventional treatments. One of them lost 20 kilos of weight, being a great achievement for them.

Mr. Mittal is determined to help more people lead a healthy life. As for sugarcane juice, he continues to consume it, without the fear of sugar level rising up!

# SUSHIL KUMAR GOYAL

## **Relished Mango after 11 years**

*Cured against Diabetes, Hypertension, Cholesterol  
and Thyroid*



Sushil Kumar Goyal, a resident of Faridabad, now stays in Delhi; is fond of eating and reading books.

An owner of Transport Business believes that by valuing this diet; all diseases can be cured.

His story started way back in 2003-04 when, suddenly he felt lot of pinching and nipping sensation in his hands and feet.

Thereafter, he was diagnosed with diabetes; along with hypertension, cholesterol and thyroid which were detected later on.

With 472mg/dl of sugar level; he was prescribed with anti-diabetes medicines by Dr. Alok in Anand Lok, Delhi.

With no relief; he was further prescribed 4-5 tablets in the morning and evening by Dr. Umesh in Paschim Vihar, Delhi.



Yet, his sugar and other diseases were not controlled.

Only when, Mr. Gopal, an astrologer and books retailer in Nehru Ground, Faridabad advised him to try natural diet healing.

Thereafter, Mr. Goyal met Mr. Yogesh Mittal and was guided to incorporate diet changes in his routine.

After attending my seminar, and following the diet without medicines, within 3 months; his weight began to reduce while energy boosted up.

Now, he feels so well and active that, even after 5-6kms of running; he feels perfectly normal, which earlier was an impossible task.

While sharing his experience with his family; his own nephew Kapil, was highly impressed and started with the same. Even a friend, Lalit Tayal from Vasant Kunj, Delhi has been cured with the diet plan and is no more on medicines.

As Mr. Goyal could relish “fruit mango”, after 11 years of his confinement with diabetes, he owes all his happiness to me and my natural treatment without any side-effects.

# SECTION III

This section is a collection of brief stories of ordinary people who demonstrated extraordinary courage, by freeing themselves from the clutches of 3D's i.e, Drugs, Diseases and Doctors.



**Patient's Name:** B. S. Chawala

**Age:** 57 years

**History:**

He had been diabetic for the last 24 years, with a blood sugar count ranging from 130mg/dl to 175mg/dl. Initially, when it was diagnosed the count was 356mg/dl. He had been put on insulin since 2007, starting with 20 units, which had gone up to 120 units by 2015. Besides, after taking insulin his weight had gone up from 95kgs to 122kgs in 2015.

**Diabetes since:** 1992

**Medication taken:**

Insulin-Lantus-90Units at bedtime, RemylinD-OD, Novarapid-15Units morning/before dinner, Cresar-H-OD, Glycomet IGM-BD, Thyronorm 100-OD, Ecosprin AV 75 -OD

**Present Status:**

After following the diet chart since April 2016, he presently feels fit and has stopped all medications.

**His Diabetes Educator :** Subhash Chander Masson

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**Patient's Name:** Dinesh Kumar Pattanayak

**Age:** 51 years

**History:**

Diabetes

**Diabetes since:** 15 years

**Medication taken:**

Glymate-Geamate GP-1, Declimate PPG, Vogos Jalara M050/500

**Present Status:**

His Fasting blood count is 122mg/dl and his PP was reduced to 139mg/dl. Additionally, he feels active and energetic. No medications taken now.

**His Diabetes Educator:** Tapan Chakraborty

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**Patient's Name:** Yadvendra Prasad Mishra

**Age:** 54 years

**History:**

He was diabetic with chronic kidney infection and high blood pressure.

**Diabetes since:** Since 2005

**Medication taken:**

1.Tab GemerP2 1 BD, 2.Tab Voglislar 0.3 mg 1 BD, 3.Tab Roseday 10mg 1 OD, 4.Tab Telma 40 H 1 OD, Insulin also taken during periods of kidney infection.

**Present Status:**

He is not under any medication, but just following the diet prescribed; which is keeping him healthy. His present blood sugar count stands at: Fasting-91mg/dl, PP-146mg/dl.

**His Diabetes Educator:** Dr. Shailendra Kumar Mishra

---

**Patient's Name:** Pudma Dwivedi

**Age:** 55 years

**History:**

She was a diabetes patient. She also suffered from shoulder pain and was diagnosed with kidney stone. Additionally, she also had recurrent UTI.

**Diabetes since:** September 2012

**Medication taken:**

Tab Glycomet 500mg 1 BD, Tab Glimesten PM 1 BD, Tab Atorva 10mg 1 OD, Cap zevit 1 OD

**Present Status:**

She is not under medication for the last 6 months, but is just following the diet prescribed; present blood sugar count is Fasting-89mg/dl and PP-111mg/dl.

**Her Diabetes Educator:** Dr. Shailendra Kumar Mishra

---

**Patient's Name:** Prof. P. Chakrabarti

**Age:** 55 years

**History:**

He has been suffering from Keratosis lichenoides chronica of High Blood Pressure since the last 16 years

**Medication taken:**

Tab Losacar H 10 D, Tab Ramipril 2.5mg OD.

**Present Status:**

He is not under medication, but just following the diet prescribed; which is keeping him healthy. His present blood pressure count is

170/100mmHg.

**His Diabetes Educator:** Dr. Shailendra Kumar Mishra

---

**Patient's Name:** Maya Dixit

**Age:** 56 years

**History:**

She has been diabetic for over a decade and also has problem of high blood pressure, arthritis.

**Diabetes since:** 2004

**Medication taken:**

Tab Voglibose 0.3mg 1 BD, Tab Glimesten PM 1 BD, Tab Cardac H 1 OD, Cap. Ecosprin 75mg 1 OD, Tab Tramadol 1BD/SOS

**Present Status:**

She is not under medication, but just following the diet prescribed; which is keeping her healthy. Her present blood sugar count FBS 89mg/dl and PPBS-211mg/dl.

**Her Diabetes Educator:** Dr. Shailendra Kumar Mishra

---

**Patient's Name:** Ashish Kumar

**Age:** 36 years

**History:**

He was a patient of diabetes and had problems related to obesity.

**Diabetes since:** 2011

**Medication taken:**

Tab glycomet 1 BD, Tab voglistar 0.3 mg 1 BD, Tab januvia 100mg 1 OD, Tab glimeston PM BD

**Present Status:**

He is not under any medication but just following the diet prescribed, which is keeping him healthy. His present blood sugar count is Fasting-102mg/dl and PP-136 mg/dl.

**His Diabetes Educator:** Dr. Shailendra Kumar Mishra

---

**Patient's Name:** Mangesh Desai

**Age:** 77 years

**History:**

He was a patient of diabetes and had High BP and constipation.

**Diabetes since:** 8yrs

**Medication taken:**

Glimserfor diabetes, Amlong for BP

**Present Status:**

He is not under any medication. BP is completely under control

**His Diabetes Educator:** Dr. Sandeep Singh

---

**Patient's Name:** Vijaya Kadam

**Age:** 59 years

**History:**

He was a patient of Diabetes. Additionally, he also had complaints of acidity and hairfall. Sugar level count with medication used to be 238mg/dl.

**Diabetes since:** 2 years

**Medication taken:**

Glimser 1mg

**Present Status:**

He is not under any medication and his sugar count presently is 149mg/dl.

**His Diabetes Educator:** Dr. Sandeep Singh

---

**Patient's Name:** Krishna Chandra Padhya

**Age:** 49 years

**History:**

He was a patient of diabetes, with a blood sugar count of 215mg/dl inspite of taking medicine. He also had complaints of high blood pressure.

**Diabetes since:** 17 years

**Medication taken:**

Atorsave F, Glucored Fort-850, Volix 0.3n, Amlong 0.25mg

**Present Status:**

Since he has been taking treatment at Sai Arogya Clinic, he has stopped medications, and his diabetes and blood pressure have both come down to the normal range.

**His Diabetes Educator:** Dr. Sandeep Singh

**Patient's Name:** Maruti Gundu Malai

**Age:** 63 years

**History:**

He was diagnosed with Type 2 Diabetes and Cardiac Surgery was suggested.

**Diabetes since:** 2004

**Medication taken:**

Melmet SR 500mg, Semiglynose, Pantocid, Nitrofix SR

**Present Status:**

He is not under any medication at present, but the diet is keeping him healthy. Doctors have also ruled out the need for surgery.

**His Diabetes Educator:** Dr. Kiran N. Patil

---

**Patient's Name:** Kailasam

**Age:** 46 years

**History:**

He was a Type 2 diabetic with High Blood Pressure. He also complained of fatigue.

**Diabetes Since:** 2009

**Medication taken:** Glycimax 500mg 1-0-1, Endas Syrup

**Present Status:**

He is not under any medication and has lost 5kgs of weight. His blood pressure is normal at 120/90mmHg. His blood sugar count stands at: Fasting-100mg/dl and PP-120mg/dl. He also feels more energetic.

**His Diabetes Educator:** Dr. L. Franklin Herbert Das

---

**Patient's Name:** Pitambar Patri

**Age:** 73 years

**History:**

Diabetes, Headache and High Blood Pressure

**Diabetes since:** 1992

**Medication taken:**

Glynase for more than 21 years

**Present Status:**

Presently, he is not under any medication and is leading a normal and healthy life.

**His Diabetes Educator:** Sidhartha Chakarborty



**Patient's Name:** Kusam Garg

**Age:** 67 years

**History:**

Had Diabetes and Blood Pressure since 2010. Suffered from side effects of medication like acidity, general fatigue, stomach upsets, loose motions after every meal, nausea and skin rashes; which made her change the medicines frequently.

**Diabetes since:** 6 years

**Medication taken:**

Glycomet 850 twice daily, Lozar H-1 daily

**Present Status:**

Not on any medication but following the diet plan. Her present blood sugar count, PP-140mg/dl and her Blood Pressure-148/90mmHg.

**Her Diabetes Educator:** Mahesh Chandra Arya

---

**Patient's Name:** Sanjay Kumar Gulati

**Age:** 51 years

**History:**

Suffered from Chronic Kidney Disease since Feb 2013, doctors suggested that he would have to either go for dialysis or kidney transplant.

**Diabetes since:** 6.2 years

**Medication taken:**

Rencheck, Tudoforte, Lanem c, Febotishony, Lerofies, Mdas 5

**Present Status:**

He has almost stopped all medications and his condition is steadily improving. Kidney transplant not required

**His Diabetes Educator:** Jaspal Singh

---

**Patient's Name:** M. K. Praharaj

**Age:** 45 years

**History:**

Diabetes, Blood Pressure; Fasting-174mg/dl, PP-180mg/dl.

**Diabetes since:** 6 years

**Medication taken:**

Glycomet GP 0.5

**Present Status:**

Cured since Feb 2016, with a present count below 100mg/dl (both

FBS and PPBS). No medicine either for diabetes or blood pressure.

**His Diabetes Educator:** Satyanarayan Sahoo

---

**Patient's Name:** Mohsin Azam

**Age:** 39 years

**History:**

He had been suffering from diabetes since the last 4 years. He first went to Apollo-Fortis and then to local doctors and then he even tried out home cures. Finally, he came to me 5 months back. He was then under medication and his sugar level was ranging between 250mg/dl-270mg/dl.

**Diabetes since:** 4 years

**Medication taken:**

Zoral M2

**Present Status:**

Presently, he is not taking medication and has only changed his food habits; which are showing great results.

**His Diabetes Educator:** S M Quamrul Hassan

---

**Patient's Name:** Usha Rani Manchanda

**Age:** 62 years

**History:**

Diabetes, Cancer patient

**Diabetes since:** 9 years

**Medication taken:** Glyciphage 500

**Present Status:**

No medicines for Diabetes

**Her Diabetes Educator:** Suraj Prakash Manchanda

---

**Patient's Name:** Nasrin Bano

**Age:** 32 years

**History:**

She had been suffering from diabetes since the last 3.5 years. She first visited a local hospital, that put her on medication; but it produced no results. Therefore, she went to Max hospital. When that too made no difference to her condition, then she visited our clinic.

**Diabetes since:** 3.5 years

**Medication taken:**

Glyciphage 500mg

**Present Status:**

She is not on any medication and has made changes in her food habits.

**Her Diabetes Educator:** S.M Quamrul Hassan

---

**Patient's Name:** Vijay Kumar Nayak

**Age:** 38 years

**History:** Diabetes with sugar count of Fasting-274mg/dl and PP-283mg/dl

**Diabetes since:** 6 years

**Medication taken:**

Glimpride-2, Metformin 500 twice daily

**Present Status:** No medications

Present sugar count: Fasting- 88mg/dl, PP-106mg/dl

**His Diabetes Educator:** Satyanarayan Sahoo

---

**Patient's Name:** Bikas Ranjan Bhokta

**Age:** 18 years

**History:**

Type 1 Diabetes with sugar count of: Fasting-453mg/dl, PP-516mg/dl and HbA1c-10.8%.

**Diabetes since:** 2 years

**Medication taken:**

72 units; 24-24-24 pts

**Present Status:**

No medication since 7th April 2016, with a count of 5.5% HbA1c even after consuming mangoes and all other fruits.

**His Diabetes Educator:** Satyanarayan Sahoo

---

**Patient's Name:** Gadadhar Nayak

**Age:** 60 years

**History:** Diabetes, High Blood Pressure. Sugar levels 250mg/dl, even after consuming medicines.

**Diabetes since:** 5 years

**Medication taken:** Metformin 500mg twice

**Present Status:**

He has not been on any medication for the last 5 months, and his present sugar count stands at 90mg/dl.

**His Diabetes Educator:** Satyanarayan Sahoo

---

**Patient's Name:** Pranbadhoo Sahoo **Age:** 38 years

**History:** Diabetes, Acute Glycolate 2mg and Insomnia

**Diabetes since:** 5 years

**Medication taken:** Glycajagate 2 , Glycomet 2, Metformin 500mg twice (Glycigon)

**Present Status:**

No medications. Present sugar count: Fasting-92mg/dl, PP-100mg/dl.

No sleep disorders and gastritis complaints.

**His Diabetes Educator:** Satyanarayan Sahoo

---

**Patient's Name:** Gobardhan Pati **Age:** 64 years

**History:**

Diabetes, Cardiovascular problems, High Blood Pressure. The Doctor advised heart surgery within 1 month.

**Diabetes Since:** 5 years

**Medication taken:** Glimepride m2, Metformin 500mg, Amcard 5

**Present Status:**

Free from Diabetes and Blood Pressure since last 4 months. He has been following a diet chart and is both healthy and energetic.

**His Diabetes Educator:** Satyanarayan Sahoo

---

**Patient's Name:** Amarnath **Age:** 31 years

**History:** Diabetes

**Diabetes Since:** 6 years

**Medication taken:** Glimepride m2

**Present Status:**

Not on any medication now. Weight reduced from 87Kgs to 75Kgs.

**His Diabetes Educator:** S. Vijaya Laxmi

**Patient's Name:** Amit Sethi

**Age:** 40 years

**History:**

Suffering from diabetes since 2015, sugar level was around 250mg/dl. Used to take two tablets one before breakfast and one after dinner, and one Capsule daily as a health tonic to avoid leg pains and lethargy.

**Diabetes Since:** 2015 (1 Year)

**Medicines taken:**

Metride DS 1 : 1 tablet daily in the morning , Remitorav : 1 Capsule after lunch, E- Cod Plus : 1 tablet after dinner

**Present Status:**

No Medications, physically fit, no diabetes, no leg pains, feeling more fit

**His Diabetes Educator:** Sachin Khullar

---

**Patient's Name:** Anmol Narang

**Age:** 13 years

**History:**

Since December 2015 her sugar level was around 250-300mg/dl.

**Diabetes Since:** 6 Months

**Medicines taken:**

Nour Rapid : 15-17 units daily, Lantus : 20 Units

**Present Status:**

Lantus – 1 Unit

**Her Diabetes Educator:** Sachin Khullar

---

**Patient's Name:** Gurwinder

**Age:** 40 years

**History:**

Diabetes detect from blood infection January 2016, at the time of test it was 550mg/dl average 200-250.I took one tablet before breakfast daily. Doctors said you need to take care of diabetes first, as this is only the cause of your blood infection. Body weight was 80 kgs.

**Diabetes Since:** January 2016

**Medicines taken:** Allopathic; one tablet daily before breakfast 1 mg, homeopathic treatment.

**Present Status:**

No Medications, weight is 68 Kgs now, I reduced by 12 kgs. Overall fit and more active.

**Her Diabetes Educator:** Sachin Khullar

---

**Patient's Name:** Ranjit Singh

**Age:** 51years

**History:**

Had diabetes since 2009, sugar level was around 300-350mg/dl. took three tablets daily; one before breakfast, one after breakfast and one after dinner. Minor pains in other parts of body.

**Diabetes Since:** 7 Years

**Medicines taken:**

Diaprod M2 : 2 tablets daily, Volmpig : 1 Tablet

**Present Status:**

No Medications, physically fit and well, no body pains at all.

**His Diabetes Educator:** Sachin Khullar

---

**Patient's Name:** Dharamveer Lal

**History:**

He had been a patient of diabetes with a sugar level of above 300mg/dl.

**Diabetes Since:** 3 years

**Medication taken:** Glador M forte

**Present Status:**

After following the diet prescribed, only in few days, his sugar level was reduced to 88mg/dl. He also feels healthier and more energetic.

**His Diabetes Educator:** Dr. Paawan Wadhawan

---

**Patient's Name:** Mandeep Kaur

**History:**

She had been a patient of diabetes with a sugar level of above 279mg/dl.

**Diabetes Since:** 15 years

**Medication taken:** Triglycomet BD, Teniva, Tab Glucobay

**Present Status:** After following the diet prescribed, in just 1 month, her sugar level was reduced to 86mg/dl; and all medications have been stopped. She also feels healthier and more energetic.

**Her Diabetes Educator:** Dr. Paawan Wadhawan

---

**Patient's Name:** Naresh Kumar

**History:**

He had been a patient of diabetes with a sugar level of 330mg/dl.

**Diabetes Since:** 6 years

**Medication taken:**

Tab Glycobay, Pioz 15mgBD, T-glip OD

**Present Status:**

After following the diet prescribed, in just 4 days, his sugar level was reduced to 119mg/dl. He also feels healthier and more energetic.

**His Diabetes Educator:** Dr. Paawan Wadhawan

---

**Patient's Name:** Jinender

**History:**

He had been a patient of diabetes with a sugar level of 220mg/dl.

**Diabetes Since:** 3 years

**Medication taken:** Glycomet GP2

**Present Status:**

After following the diet prescribed, in just 4 days, his sugar level was reduced to 150mg/dl. He also feels healthier and more energetic.

**His Diabetes Educator:** Dr. Paawan Wadhawan

---

**Patient's Name:** Reena

**Age:** 59 years

**History:**

She had been a diabetic patient with a sugar level of 309mg/dl.

**Diabetes Since:** 8 years

**Medication taken:**

Glycomet GP2

**Present Status:**

After she followed the diet prescribed, in only 10 days, her sugar level was reduced to 165mg/dl. She feels healthier and more energetic too.

**Her Diabetes Educator:** Dr. Paawan Wadhawan

**Patient's Name:** Kundan

**History:**

He was diagnosed with diabetes and his sugar level was 170mg/dl.

**Diabetes Since:** 3-4 months

**Present Status:**

He is not under medications, but just following the prescribed diet;which is keeping him healthy. His diabetes is under control and his present sugar level is 130mg/dl.

**His Diabetes Educator:** Dr. Paawan Wadhawan

---

**Patient's Name:** Smt. Sudesh

**Age:** 65 years

**History:**

She was diabetic with a sugar level of above 200mg/dl.

**Diabetes Since:** 14 years

**Medication taken:**

Gemer 3DF, Tiban 20 mg OD, Tab Vogo.3, Pioz 15mg BD

**Present Status:**

After following the diet, her sugar level was reduced to 132mg/dl and 3 of her medicines were stopped. She feels more energetic. She is hopeful that all medications will stop after some days.

**Her Diabetes Educator:** Dr. Paawan Wadhawan

---

**Patient's Name:** Surendra Kumar

**Age :** 55 years

**History:**

He was diagnosed with diabetes and his sugar level ranged from 450 mg/dl to 500mg/dl.

**Diabetes Since:** 4-5 Months

**Medication taken:**

Insulin (Mixtard)two times a day, 30 units; three times tablets a day, (Glycomet GP2)

**Present Status:**

He is not under medication and his diabetes has been completely cured. His present sugar count ranges from 120mg/dl to130mg/dl.

**His Diabetes Educator:** Dr. Paawan Wadhawan



**Patient's Name:** Ankush

**History:**

He was a patient of diabetes and his blood sugar counts were: Fasting, 230mg/dl and PP, 340mg/dl

**Diabetes Since:** 8 years

**Medication taken:**

Glycomet GT4, Insulin(Lantus)

**Present Status:**

After following the prescribed diet for just 3 days, his sugar level was reduced to 80mg/dl and he also feels healthier.

**His Diabetes Educator:** Dr. Paawan Wadhawan

---

**Patient's Name:** Jitendra Kumar

**History:**

He was a patient of diabetes with a sugar level of above 300mg/dl.

**Diabetes Since:** 6 years

**Medication taken:**

Triglycomet BD, Jalra M OD, Pioz 15 mg BD, Tab Glucobay

**Present Status:**

After following the diet, his sugar level was reduced to 120mg/dl, and he feels more energetic and 2 of his medicines have been stopped. He is hopeful that soon he will not need any medication at all.

**His Diabetes Educator:** Dr. Paawan Wadhawan

---

**Patient's Name:** Harish Teri

**History:**

He was diabetic with a blood sugar level ranging from 200mg/dl to 180mg/dl, even after taking medicines

**Diabetes Since:** 2 years

**Medication taken:**

Glador M forte, Teniva OD, Tab Vogo.3

**Present Status:**

After following the diet prescribed, his blood sugar level was reduced

to 120mg/dl, fasting and he feels energetic. He now tries to inspire his family to take natural diets. Only 1 medicine once a day(Glador)

**His Diabetes Educator:** Dr. Paawan Wadhawan

---

**Patient's Name:** S.P. Kapoor

**History:**

He had been diabetic with a blood sugar count ranging between 450mg/dl to 500mg/dl.

**Diabetes Since:** 10-12 years

**Medication taken:**

Glycomet GP 2, T-Glip, Tab Glucobay, and Pioz 15 mg BD

**Present Status:**

Since he has been following the diet, his all medications have stopped except Glycomet GP2 once a day, and his sugar level is reduced to 70mg/dl. He can even drink sugarcane juice without having to worry about his diabetes.

**His Diabetes Educator:** Dr. Paawan Wadhawan

---

**Patient's Name:** Jai Prakash Mittal

**Age:** 60 years

**History:**

He was diabetic with a sugar level ranging between 200mg/dl and 250mg/dl.

**Diabetes Since:** 8 years

**Medication taken:**

Glycomet GP2 1000mg tablet, twice a day

**Present Status:**

After following the diet, his sugar level was reduced to 102mg/dl.

**His Diabetes Educator:** Dr. Paawan Wadhawan

---

**Patient's Name:** Pradeep

**Age:** 28 years

**History:**

He was diabetic with 224mg/dl blood sugar level.

**Diabetes Since:** 4-5 months

**Medication taken:** Gemer 3DF

**Present Status:**

Taking diet plan . Sugar level is in between 120-130mg/dl and feeling energetic.

**His Diabetes Educator:** Dr. Paawan Wadhawan

---

**Patient's Name:** Smt. Sudesh

**Age:** 65 years

**History:**

She was diabetic with a sugar level of above 200mg/dl.

**Diabetes Since:** 14 years

**Medication taken:**

Gemer 3DF, Tiban 20 mg OD, Tab Vogo.3, Pioz 15mg BD

**Present Status:**

After following the diet, her sugar level was reduced to 132mg/dl and 3 of her medicines were stopped. She feels more energetic. She is hopeful that all medications will stop after some days.

**Her Diabetes Educator:** Dr. Paawan Wadhawan

---

**Patient's Name:** Praveen Chaturvedi

**History:**

He had been a patient of diabetes with a sugar level of 280mg/dl.

**Diabetes Since:** 8 years

**Medication taken:** Insulin(Mixtard) and Glycomet GP2

**Present Status:**

After following the diet prescribed, in just 1 day, his sugar level was reduced to 170mg/dl. He also feels healthier and more energetic.

**His Diabetes Educator:** Dr. Paawan Wadhawan

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**Patient's Name:** K. L. Mallick

**Age:** 60 years

**History:**

He had been a patient of diabetes with a sugar level of 157mg/dl, fasting.

**Diabetes Since:** 5 years

**Medication taken:** Triglycomet BD

**Present Status:**

After following the diet prescribed, in just one day, his sugar level was

reduced to 113mg/dl. He also feels healthier and more energetic.

**His Diabetes Educator:** Dr. Paawan Wadhawan

---

**Patient's Name:** Pudma Das

**Age:** 44 years

**History:**

High Blood Pressure, Diabetes Type 1, Thyroid, Cholesterol, Right Eye Operation (1 year ago), Gall Bladder Operation - 2.5 years ago.

**Diabetes Since:** 8 years

**Medication taken:** Ostocalcium, Glyciphage, Thyroxine, Enace\*D5, Insulin: 35 units before dinner, 25 units before lunch.

**Present Status:**

Only thyroxine 100mcg, Insulin before dinner: 22 units, before lunch: 15 units.

**Her Diabetes Educator:** Ayan Halder

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**Patient's Name:** Tapan Kumar Das

**Age:** 49 years

**History:** Blood Sugar count- 271mg/dl

**Diabetes Since:** 3 months

**Medication Taken:**

3 months ago, he was advised by Doctors to start medication; but on my advice, he refrained from doing so.

**Present Status:**

Present blood sugar count is 185mg/dl. He is clinically cured.

**His Diabetes Educator:** Ayan Halder

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**Patient's Name:** S. Vijayalaxmi

**Age:** 51 years

**History:** Diabetes Doctor also advised her to amputate an affected finger of her leg.

**Diabetes since:** 26 years

**Medication taken:** Insulin 70/30, 25-25 units twice.

**Present Status:** Leg is perfectly fine. She is no longer on insulin or any other medication for diabetes. It took 3 months to cure her completely.

**Her Diabetes Educator:** S. Vijaya Laxmi (self)

**Patient's Name:** C.H. Sujatha

**Age:** 42 years

**History:** Obesity, Diabetes

**Diabetes since:** 6-8 yrs

**Medication taken:** Metformin

**Present Status:** No medications She was able to reduce 16kgs within a span of three months.

**Her Diabetes Educator:** S. Vijaya Laxmi

---

**Patient's Name:** C.H. Satyanarayana

**Age:** 45 years

**History:** Diabetes

**Diabetes Since:** 6 years

**Medication taken:** Metformin

**Present Status:**

No Medications. Totally cured in just 40 days.

**His Diabetes Educator:** S. Vijaya Laxmi

---

**Patient's Name:** Sujata

**Age:** 60 years

**History:** Suffering from Diabetes and Blood Pressure

**Diabetes since:** 12yrs

**Present Status:** No Medications

**Her Diabetes Educator:** P.C. Sharma

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**Patient's Name:** Nirmala

**Age:** 65 years

**History:** Suffering from Diabetes since last 10 years, with uncontrolled blood sugar even after taking medicines

**Diabetes since:** 10 years

**Medication taken:** Gemer 3DF

**Present Status:** Not on any medications

**Her Diabetes Educator:** P.C. Sharma

---

**Patient's Name:** Vijai Papnai

**Age:** 39 years

**History:** Sugar patient for the last 6 years

**Diabetes since:** 5 years

**Present Status:** No Medications

**His Diabetes Educator:** P.C. Sharma

---

**Patient's Name:** Tarun Kumar Shrivastava      **Age:** 50 years

**History:** In February 15, 2016, he suddenly suffered from a huge weight loss of around 10kgs and approached Apollo Hospitals, Hyderabad. His blood sugar count was found to be as high as 580mg/dl. Doctors advised immediate hospitalization.

**Diabetes since:** 5 months

**Medication taken:** Patanjali Madhunashni.

**Present Status:**

No Medications. Presently, his blood sugar is reversed.

**His Diabetes Educator:** P.C. Sharma

---

**Patient's Name:** Subhash Sharma      **Age:** 76 years

**History:** He has been diabetic for the last 8 years, and has been taking allopathic medicines along with Homeopathic treatment sometimes.

**Diabetes since:** 8 years

**Present Status:** No medication.

**His Diabetes Educator:** P.C. Sharma

---

**Patient's Name:** Sarita Yadav      **Age:** 53 years

**History:** Knee Pain, Over weight

**Present Status:**

Active and healthy, with a present body weight of 63 Kgs after losing 12kgs. Additionally, she has no knee pain and can climb stairs with ease.

**Her Diabetes Educator:** Sarita Yadav (Self)

---

**Patient's Name:** Santosh Jena      **Age:** 35 years

**History:** Diabetic for 20 years, and in early 2016 his PP count was 302mg/dl with medications.

**Diabetes since:** 20 years

**Medication taken:** Glycomet- Glimpirid + Metformin, twice a day.

**Present Status:**

PP count is 99mg/dl, and he has not been on any medication for the last 3 months but has been following diet strictly.

**His Diabetes Educator:** Satyanarayan Sahoo

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**Patient's Name:** Kartik Chandra Sahoo **Age:** 28 years

**History:** High Blood Pressure, Sugar

**Diabetes since:** 4 years

**Medication taken:**

Metformin 500mg, Pios- 15

**Present Status:**

No medications. His present sugar count is: Fasting-97mg/dl and PP-105mg/dl.

**His Diabetes Educator:** Satyanarayan Sahoo

---

**Patient's Name:** Sushil Rai **Age:** 37 years

**History:**

Diabetes, Hypothyroidism, Triglycerides, underwent Cholecystectomy in 2005.

**Diabetes since:** 2007

**Medication taken:** Triglimesave Mv2 fast BD, Ultraxin 0.25 mg OD, Januvia 100mg OD

**Present Status:** No medications

**His Diabetes Educator:** Nisha Bharti Singh

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**Patient's Name:** Shahin Parveen **Age:** 27 years

**History:** Diabetes

**Diabetes since:** 1.5 years

**Present Status:**

Diabetes Reversed

**Her Diabetes Educator:** S.M Quamrul Hassan

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**Patient's Name:** Sampath Kumar **Age:** 55 years

**History:**

He has been suffering from diabetes since the last 12 years. He had

consulted local doctors as well as hospitals like Max and Apollo. At that time, even though he was under medication his sugar level was ranging between 250mg/dl to 270mg/dl.

**Diabetes since:** 12 years

**Medication taken:** Insulin

**Present Status:**

He is not on any medication, and has made changes in food habits; which are showing positive results.

**His Diabetes Educator:** S.M Quamrul Hassan

---

**Patient's Name:** S M Shameem

**Age:** 42 years

**History:** Diabetes

**Diabetes since:** 7 years

**Medication taken:** Insulin

**Present Status:**

He is not on any medication, and has made changes in his food habits; which is showing positive results.

**His Diabetes Educator:** S.M Quamrul Hassan

---

**Patient's Name:** Rakesh Sharma

**Age:** 48 years

**History:**

Previously, his blood sugar count was 450 mg/dl and he was losing weight substantially; which led him to develop general weakness.

**Medication taken:** Daib-amrit, Pramehanta, Vasankusumakar ras, Cap. Evion

**Present Status:**

No Medications He stands cured. Even after consuming sugar and sweets his blood sugar count now ranges between 115mg/dl to 130 mg/dl.

**His Diabetes Educator:** Dr. Harsh Dhingra

---

**Patient's Name:** Mahender Verma

**Age:** 50 years

**History:**

Diabetes. Sugar levels 300mg/dl to 350 mg/dl with medications

**Diabetes since:** 9 years

**Medication taken:** Metformin twice a day



**Present Status:**

No medications.He was cured after he started on a proper prescribed diet.

**His Diabetes Educator:** Yugjit Singh Verma

---

**Patient's Name:** P.S. Verma

**Age:** 59 years

**History:**

He had been suffering from diabetes since 2013, and his blood sugar count had been above 300mg/dl; inspite of being on regular medication. Additionally, he had also been suffering from shoulder and foot pain, skin problems and obesity.

**Diabetes since:** 3 years.

**Medication taken:** Metformin- 500mg.

**Present Status:**

No medications. His blood sugar level is normal. After following the prescribed diet his weight has also reduced.

**His Diabetes Educator:** Harbans Lal Beri

---

**Patient's Name:** Mr. D.P. Malik

**Age:** 66 years

**History:** Diabetes and Back Pain

**Diabetes since:** 4-5 years

**Present Status:** He is not on any medication, but has made changes in food habits; and it is showing positive results.

**His Diabetes Educator:** Sandeep Malik

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**Patient's Name:** Daya Nidhi Das

**Age:** 44 years

**History:**

In the year 2013, he had been diagnosed with diabetes and was over-weight.

**Diabetes since:** 2013

**Medication taken:** Trivate 2

**Present Status:**

Within 3 days of starting on the prescribed diet, he was able to stop

all medication. Presently, not only has lost 10 kgs of weight, but his energy level has also gone up noticeably.

**His Diabetes Educator:** Tilak Raj Virmani

---

**Patient's Name:** Urmila Devi

**Age:** 62 years

**History:**

In 2013, she complained of pain in the stomach. After initial treatment, she went to Saket Hospital in Jaipur, in July 2013. The doctors diagnosed her with a 19mm gall bladder stone and a blood sugar count of 353mg/dl in fasting, along with a blood pressure count of 145/95mmHg. She was instructed to stop consuming milk and all dairy items including ghee.

**Diabetes since:** 2013

**Medication taken:** Glimpride

**Present Status:**

No medications. After following that diet for 3 years, she feels better and her gall bladder pain has subsided without any operation. Presently, she is both healthy and energetic.

**Her Diabetes Educator:** Virendra Aggarwal

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**Patient's Name:** Tanwi Mittal

**Age:** 13 years

**History:**

Since 2005, she had been suffering from problems related to thyroid. Doctors put her under regular medication and, if she missed her medication; she felt unwell. Medicine thus became her lifeline.

**Thyroid since:** 2005

**Medication taken:** Thyroxin

**Present Status:**

It has been 5 years since she stopped her medication and her height has increased by 2 inches.

**Her Diabetes Educator:** Virendra Aggarwal

**Patient's Name:** Famida Mansoori Ahmed                      **Age:** 36 years

**History:**

She was diagnosed with diabetes, and prescribed a regular Insulin intake of 20 units, and 5 tablets each day. However, her blood sugar level remained above 200mg/dl.

**Diabetes since:** 7 years

**Medication taken:** Insulin 20units, Glimy M2 Forte Volibo 0.3

**Present Status:**

Presently, her diabetes has been completely cured, and she is not under any medication.

**Her Diabetes Educator:** Rayis Ahmed Mansoori

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**Patient's Name:** Rajeswari    **Age:** 56 years

**History:**

She had been suffering from High Cholesterol and High Blood Pressure. Consequently, she had developed diabetes (type 2) with an HbA1c count of 5.95%. Her cholesterol count was 191mg/dl, while she had a triglycerides count of 212mg/dl and Blood Pressure count of 160/103mmHg.

**Diabetes since:** 45 years

**Medication taken:** LIPIKIND 10mg

**Present Status:**

She is not under medication but had normal blood pressure. Though, she is yet to test her HbA1c.

**Her Diabetes Educator:** A B M K Varaprasad

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**Patient's Name:** Prakash Chander Dubey                      **Age:** 60 years

**History:**

He was diagnosed with diabetes and prescribed medication.

**Diabetes since:** 7-8 years

**Present Status:**

He is not under medication, but just following the prescribed diet, which is keeping him healthy.

**His Diabetes Educator:** Sandeep Malik

**Patient's Name:** Vidya Devi

**Age:** 65 years

**History:**

She was diagnosed with diabetes and prescribed medication.

**Diabetes since:** 3 years

**Present Status:**

She is not under medication and is leading a normal and healthy life.

**Her Diabetes Educator:** Sandeep Malik

---

**Patient's Name:** Laxmi Devi

**Age:** 52 years

**History:**

She was diagnosed with Diabetes and put on medication. She also had Thyroid related complications.

**Diabetes since:** 6 years

**Present Status:**

She is not under medication, and is leading a healthy and normal life.

**Her Diabetes Educator:** Sandeep Malik

---

**Patient's Name:** Kalavati

**Age:** 54 years

**History:**

She was diagnosed with diabetes and prescribed medication twice a day.

**Diabetes since:** 3 years

**Present Status:**

She is not under medication, but is leading a healthy life.

**Her Diabetes Educator:** Sandeep Malik

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**Patient's Name:** Dharampal Saini

**Age:** 55 years

**History:**

He had been diagnosed with Diabetes and also had high Blood Pressure and Cholesterol

**Diabetes since:** 15 years

**Present Status:**

He has been following the diet prescribed, since 13th May and is presently having only 2 medicines.

**His Diabetes Educator :** Ashutosh Mittal

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**Patient's Name:** Ram Rati Nagar

**Age:** 60 years

**History:**

Had suffered from heart attack 3 years back and had issues of diabetes and blood pressure.

**Diabetes since:** 10 years

**Present Status:**

He is not under medication since 25th April, but is leading a healthy life.

**His Diabetes Educator:** Jigna K.Mashru, ND

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**Patient's Name:** Pratap Nagar

**Age:** 45 years

**History:**

Diabetes, Fasting-120mg/dl, PP-165mg/dl

**Diabetes since:** 17 years

**Medication taken:** Glymates 24

**Present Status:**

He is not under any medication for the last two months and is completely healthy.

**His Diabetes Educator:** Jigna K. Mashru, ND

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**Patient's Name:** Harswaroop Nagar

**Age:** 64 years

**History:**

He had problems of diabetes, blood pressure and arthritis.

**Diabetes since:** 1998

**Medication taken:** Metfomin

**Present Status:**

He is not under medication and is leading a healthy life.

**His Diabetes Educator:** Jigna K. Mashru, ND

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**Patient's Name:** Sumant Kumar

**Age:** 46 years

**History:**

He was diagnosed with an ulcer and diabetes in 2013, and had additionally been facing problems of stomach disorder and obesity.

**Diabetes since:** 2013

**Present Status:**

He is not under medication since 2014, but has just been following a prescribed diet, which is keeping him healthy and energetic.

**His Diabetes Educator:** Yogesh Mittal

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**Patient's Name:** Rakesh Kumar Singhal

**Age:** 43 years

**History:**

He has been suffering from diabetes since 8 years, and has problems of Blood Pressure, Cholesterol, Back Pain, Stone and frequent fever.

**Diabetes since:** 8 years

**Present Status:**

He is not under medication, but just following the prescribed diet, which is keeping him healthy.

**His Diabetes Educator:** Yogesh Mittal

---

**Patient's Name:** Vijay Kumar

**Age:** 40 years

**History:**

He was suffering from diabetes accompanied by weakness, uncontrolled urination. He found it difficult to walk because of weakness. His blood sugar count showed Fasting-540mg/dl and PP-640mg/dl.

**Diabetes since:** 4 years

**Medication taken:** Metformin twice a day.

**Present Status:**

Presently, he is not under any medication and his blood sugar count shows Fasting-85mg/dl and PP-160mg/dl.

**His Diabetes Educator:** Upender Kumar

---

**Patient's Name:** Subha Chakraborty **Age:** 25 years

**History:**

She was a patient of Juvenile Diabetes, which led to phases of sudden weight loss and she had an irregular menstruation cycle.

**Diabetes since:** 15 years

**Medication taken:** Metformin for 1 year, Ayurvedic medicines for 6 years

**Present Status:**

She is completely cured with the diet treatment, and her blood sugar count shows fasting, 143mg/dl.

**Her Diabetes Educator:** Pravashnath Chakraborty

---

**Patient's Name:** Sanjiv Sachdev **Age:** 51 years

**History:**

Diabetes

**Diabetes since:** 2013

**Present Status:**

He is following a prescribed diet, which is keeping him healthy.

**His Diabetes Educator:** Renu Sachdev

---

**Patient's Name:** Pushpa Aggarwal **Age:** 47 years

**History:**

Diabetes, Pemphigus vulgaris

**Diabetes since:** 2009

**Present Status:**

Her present weight is 96 kgs, and she is not under any kind of medication.

**Her Diabetes Educator:** Ashutosh Mittal

---

**Patient's Name:** H.C. Goyal **Age:** 62 years

**History:**

He was perfectly healthy until 55 years of age, but in 2010, he developed

complications due to piles, diabetes and blood pressure. In 2012, he also had complications related to his lungs.

**Diabetes since:** 2010

**Present Status:**

He is not under medication but just following the prescribed diet, which is keeping him healthy and his work efficiency has gone up from 40% to 99%.

**His Diabetes Educator:** Ashutosh Mittal

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**Patient's Name:** Safdar Ali

**Age:** 38 years

**History:**

Diagnosed with Diabetes Mellitus. Though he is a non-smoker and teetotaler yet, he had a Blood Pressure count of 130/90mmHg and a pulse rate of 78/minute

**Diabetes since:** 4 years

**Medication taken:** Glimpride

**Present Status:**

He is perfectly healthy and just following the prescribed diet, which is keeping him healthy He is even taking sugar and fruits like mangoes and his blood sugar count ranges between 110-130mg/dl even after meals.

**His Diabetes Educator:** Jigna K. Mashru, ND

---

**Patient's Name:** Manjula Singh

**Age:** 60 years

**History:**

Diabetes, Weakness and Eye Problem.

**Diabetes since:** 6yrs

**Medication taken:** Amaryl two times, 8 units insulin

**Present Status:**

No medicine. She is cured after following diet. Feeling healthy and eye problem also gone.

**Her Diabetes Educator:** Avnish Kashyap



**Patient's Name:** Hema Visht

**Age:** 55 years

**History:**

Diabetes, Eye Problem, Knee Pain and High Blood Pressure

**Diabetes since:** 12 years

**Medication taken:**

Diaglim-m1, tazloc trio-40, soluble insulin injection ip (huminsulin)  
12 units

**Present Status:** Almost all problems are gone after following DIP diet. No need to take medicines and free from insulin. BP is normal and knee pain is gone. Feeling healthy.

**Her Diabetes Educator:** Avnish Kashyap

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**Patient's Name:** Narsingh Yadav

**Age:** 37 years

**History:**

Diabetes, Body Ache and Sexual Problems

**Diabetes since:** 6 months

**Medication taken:** Glymerfort 2, Glizid-M

**Present Status:** After taking natural diet feels healthy and energetic. Not taking any medications.

**His Diabetes Educator:** Avnish Kashyap

---

**Patient's Name:** Rahul Sharma

**Age:** 42 years

**History:**

Diabetes, Headache, Occasional High Blood Pressure

**Diabetes since:** 6-7 months

**Medication taken:** Dicura rus (Ayurvedic Medicine)

**Present Status:** No medicines after following diet. Feeling healthy.

**His Diabetes Educator:** Avnish Kashyap

---

**Patient's Name:** Asha Malhotra

**Age:** 71 years

**History:** Diabetes

**Medication taken:** Metformin

**Present Status:**

She is not under any medication, but just following the prescribed diet; which is keeping her healthy.

**Her Diabetes Educator:** Gian Prakash Malhotra

---

**Patient's Name:** Guddi

**Age:** 50 years

**History:**

She had complaints of shivering sensation in her limbs on walking. Besides, she also had complaints of chronic pain in the knee, elbow and fingers. She had also been diagnosed with diabetes.

**Diabetes since:** 9 months

**Medication taken:** Diaculamin Medicine

**Present Status:**

Presently, she is free of all pains and is leading a normal and healthy life.

**Her Diabetes Educator:** Avnish Kashyap

---

**Patient's Name:** Gopi Ram

**Age:** 76 years

**History:**

Diabetes and Coronary problems

**Diabetes since:** 1990

**Medication taken:** AM2+volgivose 2MG morning and AM1 in Night (Sugar), Popidegrel 75mg, Ecosprin 150mg, Hetoprolal 15mg, Telmisarten 40mg, Rolefast 5mg

**Present Status:**

After following the prescribed diet chart, his diabetes now stands completely cured and he is only under medication for his coronary problems.

**His Diabetes Educator :** Vinod Bansal

**Patient's Name:** Dinesh Kumar Pattanaya **Age:** 51 years

**History:**

Diabetes

**Diabetes since:** 15 years

**Medication taken:**

Glymate-Geamate GP-1, Declimate PPG, Vogos Jalara M050/500

**Present Status:**

His Fasting blood count is 122mg/dl and his PP was reduced to 139mg/dl. Additionally, he feels active and energetic. No medications taken now.

**His Diabetes Educator:** Tapan Chakraborty

---

**Patient's Name:** Maheshwari **Age:** 56 years

**History:**

Diabetes, High Blood Pressure, Cervical and Knee Pain for 12 years

**Diabetes since:** 2003

**Present Status:**

She is not under any medication for diabetes, high blood pressure, cervical or knee pain since March 2015. She feels lighter, healthier and much more active.

**Her Diabetes Educator:** A.K. Sharma

---

**Patient's Name:** Gian Parkash Malhotra **Age:** 78 years

**History:** Diabetic

**Diabetes since:** 1992

**Present Status:**

He strictly followed Dr. Biswaroop Roy Chowdhury's diet plan and his diabetes now stands fully cured. He has no need to take allopathic medication too.

**His Diabetes Educator:** Gian Parkash Malhotra (self)

**Patient's Name:** Ram Prakash

**Age:** 68 years

**History:**

Diabetic and also suffered from asthma

**Diabetes since:** 30 years

**Medication taken:** Amaryl

**Present Status:**

Not under medication. Just following diet plan. He is Sugar count is 104mg/dl.

**His Diabetes Educator:** Neelima Chaterjee

---

**Patient's Name:** Justice Rakesh Tiwari

**Age:** 55 years

**History:**

He was diabetic and had problems of body ache and complaints of lethargy.

**Diabetes since:** 15 years

**Medication taken:** Insulin Dependent-35 units

**Present Status:**

Insulin has been reduced to 28 units within 10 days of starting on the prescribed diet. The body pain has been reduced considerably and his energy level has gone up.

**His Diabetes Educator:** Kavita Modi Chakravorty

---

**Patient's Name:** Usha Sharma

**Age:** 69 years

**History:**

Diabetes and she also suffered from high blood pressure. Sugar count FBS 200mg/dl, PP 150mg/dl.

**Diabetes since:** More than 30 years

**Medication taken:** Lantus 20units once a day.

**Present Status:**

After following the diet her health had shown improvement and her blood sugar count has changed to FBS - 140mg/dl.

**Her Diabetes Educator:** Kavita Modi Chakravorty

**Patient's Name:** Veena Sharma

**Age:** 50 years

**History:**

She was diagnosed with diabetes. Besides, she also complained of body pain and lethargy.

**Diabetes since:** 2 years

**Present Status:**

She is not under medication but just following the prescribed diet; which is keeping her healthy and energetic.

**Her Diabetes Educator:** Kavita Modi Chakravorty

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**Patient's Name:** I. Ravi

**Age:** 50 years

**History:**

He was diagnosed with diabetes, high BP and complained of gastritis. Additionally, he had issues related to stress, impotency and felt occasional numbness in his lower limbs.

**Diabetes since:** 10 years

**Medication taken:** Insulin 100 Units/day

**Present Status:**

Completely cured after 6 sessions. He is not under medications presently.

**His Diabetes Educator:** Dr. Krishnam Raju P.

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**Patient's Name:** Sathyanarayana

**Age:** 47years

**History:**

He was a patient of diabetes with a blood sugar count of 179mg/dl at fasting.

**Diabetes since:** 3 years

**Present Status:**

He is completely cured, not under any medication currently. After 3 sessions, his blood sugar count shows 77mg/dl at fasting.

**His Diabetes Educator:** Dr. Krishnam Raju P

**Patient's Name:** S. K. Duggal

**Age:** 58 years

**History:**

He had been suffering from diabetes with high blood pressure since the last 12 years

**Diabetes since:** 12 years

**Medication taken:** Tab gemer 21 OD, Tab Atornaslalis 10mg 1 OD, Tab Voglibos 0.3mg 1 BD, Insulin Novomix 30

**Present Status:**

He is not under any medication for diabetes except some HTM drugs, and his current blood sugar level is Fasting-124mg/dl and PP-136 mg/dl.

**His Diabetes Educator:** Dr. Shailendra Kumar Mishra

---

**Patient's Name:** Anil Bhosale

**Age:** 62 years

**History:**

He was a patient of Diabetes and was obese due to intake of insulin.

**Diabetes since:** 20 years

**Medication taken:** Medicines for diabetes for last 20 years and Insulin for last 1 year

**Present Status:**

Since he has started his treatment, his diabetes is normal and he has lost weight. Although, he was a non-vegetarian, he has been strictly following the diet, which is making him healthier.

**His Diabetes Educator:** Dr. Sandeep Singh

---

**Patient's Name:** Swati Patil

**Age:** 36 years

**History:**

She was a patient of diabetes. Besides, she was also obese and suffered from stress related problems.

**Diabetes since:** 10 years

**Medication taken:** Glycomet (500)

**Present Status:**

Since, she has started taking treatment at Sai Arogya, her blood sugar count has become normal and she has lost weight. Consequently, she also feels stress free.

**Her Diabetes Educator:** Dr. Sandeep Singh

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**Patient's Name:** Rameshwar Bind

**Age:** 55 years

**History:**

He was a patient of diabetes with blood sugar counts ranging from 310 mg/dl to 500mg/dl inspite of being on medication.

**Diabetes since:** 20 years

**Medication taken:** Glycomet GP

**Present Status:**

He is not under any medication at present, but he now has a blood sugar count of 115 mg/dl, which is considerably lower than his previous counts.

**His Diabetes Educator:** Dr. Sandeep Singh

---

**Patient's Name:** Paban Deb

**Age:** 60 years

**History:**

He was a patient of diabetes with high blood pressure. He also suffered from knee pain.

**Diabetes since:** 10 years

**Medication taken:** Glycomet, Target 20, Rozt-5

**Present Status:**

Since he started his treatment, his diabetes and blood pressure levels have come under normal range and he has had considerable relief from the knee pain. Not taking any medications.

**His Diabetes Educator:** Dr. Sandeep Singh

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**Patient's Name:** Dr. Dheeraj Shah

**Age:** 57 years

**History:**

He was a patient of chronic acidity and resultant weakness.

**Present Status:**

He is not under any medication but just following the prescribed diet; which is keeping him healthy. He has lost 4kgs within 2 months of starting the treatment. He has no complaints of acidity and feels light and energetic.

**His Diabetes Educator:** Dr. Sandeep Singh

**Patient's Name:** G. Venkata Ramana

**Age:** 42 years

**History:**

He was a diabetes patient. He also had high blood pressure and problems of gastritis, impotency and occasional numbness of lower limbs.

**Diabetes since:** 6 years

**Medication taken:** Insulin -100mg/day

**Present Status:**

He is not under any medication, but is completely cured and healthy.

**His Diabetes Educator:** Dr. Krishnam Raju. P

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**Patient's Name:** Ch. Seetha Maha Lakshmi

**Age:** 61 years

**History:**

He was a diabetic patient. Additionally, he had high blood pressure and gastritis as well as recurrent back pain.

**Diabetes since:** 2 years

**Present Status:**

He is completely cured and not under any medication at present.

**His Diabetes Educator:** Dr. Krishnam Raju. P

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**Patient's Name:** P. Raju

**Age:** 30 years

**History:**

He was a diabetic patient. Besides, he also had issues of impotency and suffered from piles.

**Diabetes since:** 30 Days

**Present Status:**

He is completely cured and not under any medication.

**His Diabetes Educator:** Dr. Krishnam Raju. P

---

**Patient's Name:** Madhu Valluri

**Age:** 46 years

**History:**

She was diagnosed with diabetes.



**Diabetes since:** 6 months

**Present Status:**

She is completely cured. There are no restrictions on her diet and she can even have sweets.

**Her Diabetes Educator:** Dr. Krishnam Raju. P

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**Patient's Name:** Akkamma Dastilcop

**Age:** 39 years

**History:**

She was diagnosed with Type 2 diabetes. She also complained of acidity, tiredness, weakness and tension.

**Diabetes since:** 3 months

Medication taken: No medicines started

**Present Status:**

She is completely cured, and has no complaints at present.

**Her Diabetes Educator:** Dr. Kiran M. Patil

---

**Patient's Name:** Prasad Khedkar

**Age:** 54 years

**History:**

He was diagnosed with diabetes, had complaints of weakness and chronic pain in joints and lower limbs. Besides, he had lost considerable weight in 3 months and had a burning sensation during urination.

**Diabetes since :** 18 July 2015

**Present Status:**

He is not under any medication, but his sugar level has reduced to a healthy fasting blood sugar -126mg/dl. He feels more energetic and has no pain in his lower limbs.

**His Diabetes Educator:** Dr. Kiran N. Patil

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**Patient's Name:** Shankar Bhatkhande

**Age:** 62 years

**History:**

He was diagnosed with diabetes, random blood sugar, 432mg/dl. He had issues of excess urination, sudden loss of weight, dimness of

vision. He also complained of burning sensation in the abdomen.

**Diabetes since:** 6 months

**Medication taken:** Glycomet 500mg

**Present Status:**

After taking Hunza tea and Diet plan his blood sugar count has reduced to a normal range of Fasting-138mg/dl and PP-210mg/dl. He has recovered the lost weight and feels energetic. His appetite has improved considerably and he has no problems related to gastritis.

**His Diabetes Educator:** Dr. Kiran N. Patil

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**Patient's Name:** Vasudev Deshpande

**Age:** 58 years

**History:**

He was diagnosed with diabetes and was advised dialysis

**Diabetes since:** 20 years

**Medication taken:** Human actrapid 45 Units/day, Insulatard 6 units/day, Tab Levipil, Lacoset dytor, pentoal, Prazopress XL.

**Present Status:**

After taking diet plan his blood sugar count has gone down considerably. Medication & insulin have been reduced and need for dialysis has been completely ruled out.

**His Diabetes Educator:** Dr. Kiran N. Patil

---

**Patient's Name:** Parvinderjit Singh Gulati

**Age:** 46 years

**History:**

He had been suffering from diabetes for 7 years, and had been on medications. However, inspite of regular medications; he had to be hospitalized on several occasions.

**Diabetes since:** 7 years

**Present Status:**

After he started to follow the diet, his condition saw drastic improvement, and he did not require any medication in the last 1.5 years.

**His Diabetes Educator:** Satvinder Kaur

**Patient's Name:** Gautam Singh

**Age:** 44 years

**History:**

He was diabetic along with kidney stones.

**Diabetes since:** 2010

**Medication taken:** Glucorel M1 Tablets twice a day

**Present Status:**

Within a month of starting the diet, he did not require any medication and is now completely healthy.

**His Diabetes Educator:** Rajwant Kumar

---

**Patient's Name:** Swati Shridhar Subhedar

**Age:** 50 years

**History:**

She had been suffering from Diabetes and High Blood Pressure

**Diabetes since:** 4 years

**Present Status:**

She is not under any medication and both her diabetes and blood pressure have been completely cured.

**Her Diabetes Educator:** Maruti Anand Pawar

---

**Patient's Name:** Ravi Chandran P

**Age:** 46 years

**History:**

He was a Type 2 Diabetic and also suffered from High Blood Pressure

**Diabetes Since:** 2014

**Medication Taken:** Metformin 500mg 1-0-1, Aten 50mg

**Present Status:**

His medications have been reduced to half and his present blood sugar count is: Fasting-110mg/dl and PP-160mg/dl. His energy level is higher and he is hopeful that he will be totally free from medications soon.

**His Diabetes Educator:** Dr. L. Franklin Herbert Das

**Patient's Name:** Arun P

**Age:** 26 years

**History:**

He was diagnosed with Type 1 diabetes. Besides, he also had High Blood Pressure

**Diabetes Since:** 6 months (2016)

**Medications taken:** Human Mixtard 30/70, 10 Units in morning, 10 Units in night, Aten 50- 50mg in the morning

**Present Status:**

He is not under any medication and his blood sugar levels show a normal count of Fasting-100mg/dl and PP-130mg/dl. His blood pressure count has also gone to a normal range of 120/88mmHg.

**His Diabetes Educator:** Dr. L. Franklin Herbert Das

---

**Patient's Name:** Suresh Kumar N

**Age:** 30 years

**History:**

He was a Type 2 diabetic and had spasms of High Blood Pressure

**Diabetes Since:** 2013

**Medication taken:** Herbal Anti Diabetic Capsule - Dextrail 1-0-1,

**Present Status:**

He is not under any medication and is completely free from Diabetes, with a blood sugar count of: Fasting-100mg/dl, PP-120mg/dl. His blood pressure is also in the normal range of 120 /90mmHg.

**His Diabetes Educator:** Dr. L. Franklin Herbert Das

---

**Patient's Name:** J.C. Chauhan

**Age:** 77 years

**History:**

Heart problem; High Blood Pressure; Blood Sugar above 300mg/dl.

**Diabetes Since:** 25 years

**Present Status:**

Within a month of diet, no medicine required; sugar and blood pressure normal.

**His Diabetes Educator:** Bhushan Chauhan

**Patient's Name:** Deshraj Singh

**Age:** 71 years

**History:**

High Blood Pressure, High Blood Sugar.

**Diabetes Since:** 15 years

**Medicines taken:** Insulin morning -12 units and evening-15 units.

**Present Status:**

After 40 days of diet, no insulin or medicine was required.

**His Diabetes Educator:** Bhushan Chauhan

---

**Patient's Name:** Mrs. Munni

**Age:** 52 years

**History:**

High Blood Pressure; High Blood sugar above 450mg/dl; Migraine.

**Diabetes Since:** 13 years

**Present Status:**

After 110 days of diet, no sugar or High Blood Pressure problem. Migraine cured within a month, now she looks beautiful, young, energetic, slim and happy.

**Her Diabetes Educator:** Bhushan Chauhan

---

**Patient's Name:** Amrawati Meena

**Age:** 65 years

**History:**

Sugar fasting, 240mg/dl; random, 350mg/dl; High Blood Pressure.

**Diabetes Since:** 18 years

**Medicines taken:** Insulin 35 units in morning and 20 units in evening.

**Present Status:**

Normal condition, Sugar fasting, 130mg/dl; random, 220mg/dl.

**Her Diabetes Educator:** Jugal Kishor Meena

---

**Patient's Name:** Shailesh Ngole

**Age:** 46 years

**History:**

Sugar fasting, 270mg/dl; random, 330mg/dl; High Blood Pressure.

**Diabetes Since:** 18 years

**Medicines taken:** Insulin and other medicines.

**Present Status:**

Normal condition, Blood Pressure-120/80mmHg.

**His Diabetes Educator:** Jugal Kishor Meena

---

**Patient's Name:** Ashwini Kathuria

**Age:** 52 years

**History:**Diabetes.

**Diabetes Since:** 10 years

**Present Status:**

Feeling better after taking diet. No Medicines.

**His Diabetes Educator:** Kaushal Bhatia

---

**Patient's Name:** Himakshi

**Age:** 21 years

**History:** Diabetes.

**Diabetes Since:** 15 years

**Present Status:**

Now, feeling better than before.

**Her Diabetes Educator:** Kaushal Bhatia

---

**Patient's Name:** Veena Beri

**Age:** 63 years

**History:**

Diabetes, Gastric problem, High Blood Pressure, Cardiac problem.

**Diabetes Since:** 5 years

**Present Status:**

On natural diet since last 6 months, she is not taking allopathic medicines and has shown tremendous improvement.

**Her Diabetes Educator:** Harbans Lal Beri

---

**Patient's Name:** Harpal Singh

**Age:** 57 years

**History:**

Shoulder pain, Diabetes, Cholesterol since 21st April, 2016.

**Diabetes Since:** Came to know on 21st April, 2016.

**Medications taken:** Glycomet 2 times a day and cholesterol medicines of high dosage

**Present Status:** Now, not on any medication. He is presently cured and on a proper diet.

**His Diabetes Educator:** Sarita Yadav

---

**Patient's Name:** Alka Chadha

**Age:** 60 years

**History:**

She had been diabetic

**Diabetes Since:** 2014

**Medicines taken:** Homeopathic, Diabetic Aid, R7, Diabcom, Cardus M.

**Present Status:**

After following the diet prescribed, her sugar level has reduced and the present counts are: Fasting-90mg/dl and PP-125mg/dl; and all medications have been stopped. Her blood pressure is stable at 145/90mmHg. She also feels healthier and more energetic.

**Her Diabetes Educator:** Lok Nath Baluja

---

**Patient's Name:** Alpana

**Age:** 57 years

**History:**

She has been a patient of Type 2 Diabetes.

**Diabetes since:** 2013.

**Medicine Taken:** Tab. Glucono forte before breakfast, Tab. Gluco G-1 Plus (3x7 days)

**Present Status:**

After following the diet prescribed, her diabetes has been cured and the present counts are: Fasting-95mg/dl and PP-115mg/dl; and all medications have been stopped. Her blood pressure is stable at 135/85mmHg. She also feels healthier and more energetic.

**Her Diabetes Educator:** Lok Nath Baluja

---

**Patient's Name:** Lok Nath Baluja

**Age:** 63 years

**History:**

He had been suffering from Thyroid and Diabetes.

**Diabetes Since:** 13 years

**Present Status:**

After following the diet prescribed, his diabetes was cured and the present counts are: Fasting-95mg/dl and PP-126mg/dl; and all medications have been stopped. His blood pressure is stable at 145/85mmHg. He also feels healthier and more energetic, but is continuing with the diet as a precautionary measure.

**His Diabetes Educator:** Lok Nath Baluja (self)

---

**Patient's Name:** Ram Prakash

**Age:** 45 years

**History:**

He was diagnosed with diabetes and had a random sugar count of 400mg/dl.

**Diabetes Since:** 2 months

**Present Status:**

After following the prescribed diet, his blood sugar is well under control and is always below 110mg/dl.

**His Diabetes Educator:** Dr. Kaushik Kolluru

---

**Patient's Name:** P. Srinivasarao

**Age:** 32 years

**History:**

He had been suffering from diabetes for 1 year.

**Diabetes Since:** 1 year

**Medicines taken:** Metformin 500mg once daily.

**Present Status:**

After following the prescribed diet for just a month, his sugar level has reduced; all medications have been stopped. His diabetes is well under control. He also feels healthier and more energetic.

**His Diabetes Educator:** Dr. Kaushik Kolluru

---

**Patient's Name:** K. Srinath

**Age:** 28 years

**History:**

He had been a patient of diabetes for 1 year.

**Diabetes Since:** 1 year

**Medication:** Metformin 500mg twice daily.



**Present Status:**

After following the prescribed diet for just 3 months, his sugar level has reduced; and all medications have been stopped. His diabetes is well under control. He also feels healthier and more energetic.

**His Diabetes Educator:** Dr. Kaushik Kolluru

---

**Patient's Name:** Phanindra

**Age:** 27 years

**History:**

He was diagnosed with diabetes 3 months back.

**Diabetes Since:** 3 months

**Present Status:**

After following the prescribed diet for just 3 months, his diabetes is well under control. He also feels healthier and more energetic.

**His Diabetes Educator:** Dr. Kaushik Kolluru

---

**Patient's Name:** Mallikarjun Rao

**Age:** 62 years

**History:**

He had been a patient of diabetes since 15 years. He was also a cardiac patient and had undergone a bypass surgery just 3 months back.

**Diabetes Since:** 15 years

**Medicines taken:** Insulin 75 units per day.

**Present Status:**

After following the prescribed diet, his sugar level is under control and his daily insulin intake is reduced to 20 units. He also feels healthier and more energetic.

**His Diabetes Educator:** Dr. Kaushik Kolluru

---

**Patient's Name:** Bharati

**Age:** 32 years

**History:**

She had been a patient of diabetes for 10 years.

**Diabetes Since:** 10 years

**Medicines taken:** Insulin mixtard 30/70, taking 65 units per day.

**Present Status:**

After following the prescribed diet for 3 months, her sugar level is under control and her daily 30/70 insulin intake has been reduced to

6 units. She also feels healthier and more energetic.

**Her Diabetes Educator:** Dr. Kaushik Kolluru

---

**Patient's Name:** Gurpreet Bhinder

**Age:** 45 years

**History:**

He had been suffering from diabetes since 2011, and his blood sugar count was: Random – 250mg/dl, Fasting – above 160mg/dl and HbA1c - 7.7%.

**Diabetes Since:** 16 years

**Medicines taken:** Glycomet 1 tablet before dinner.

**Present Status:**

His blood sugar levels have shown considerable improvement and the counts are: Random – 140mg/dl, Fasting – 110mg/dl, HbA1c - 6.4%. All allopathic medicines have been stopped.

**His Diabetes Educator:** Ajit Singh Yadav/ Saloni Yadav

---

**Patient's Name:** Suresh Kumar Mittal

**Age:** 54 years

**History:**

He had been suffering from diabetes since 2000. Even after medication, his blood sugar level showed a random count of above 200mg/dl, while the fasting was above 150mg/dl and HbA1c, 8% approx.

**Diabetes Since:** 16 years

**Medicines taken:**

Glizid-M 1 tablet before dinner.

**Present Status:**

His condition has improved considerably. The current counts are: Random – 144mg/dl, fasting – 108mg/dl and HbA1c - 5.6%. He also feels fit, energetic and healthy.

**His Diabetes Educator:** Ajit Singh Yadav / Saloni Yadav

---

**Patient's Name:** D. N Bhagat

**Age:** 75 years

**History:** He had been suffering from diabetes since 3 years.

**Diabetes Since:** 3 years

**Medicines taken:** Glycomet 500mg

**Present Status:**

He is not under any medication, and his diabetes is completely cured.

**His Diabetes Educator:** Manu Dev

---

**Patient's Name:** Mrs. Poonam Jindal

**Age:** 42 years

**History:**

She had been suffering from diabetes since 5 years. She also had complaints of weakness and body pain.

**Diabetes Since:** 5 years

**Present Status:**

She is not under any medication, but is healthy and energetic.

**Her Diabetes Educator:** Man Singh Khatana

---

**Patient's Name:** Saroj Gupta

**Age:** 63 years

**History:** Diabetes

**Diabetes Since:** 10 years

**Medication taken:** Diamicion XR Mex 500 BD

**Present Status:**

No medication. Sugar under normal range

**Source:** Virtual OPD

---

**Patient's Name:** Rajiv Kumar Verma

**Age:** 39 years

**History:** Diabetes , Reading 200mg/dl

**Diabetes Since:** 5 years

**Medication taken:** No Medicine,

**Present Status:**

Now, 130 mg/dl-117 mg/dl. Feeling better

**Source:** OPD

---

**Patient's Name:** Harish Chand Gupta

**Age:** 68 years

**History:** Diabetes

**Diabetes Since:** 15-16 years

**Medication taken:** DiamiconXR MPx500, Insulin 55-60 units

**Present Status:**

No Insulin, no medications. Sugar level normal

**Source:** OPD

---

**Patient's Name:** Arun Nyasi

**Age:** 34 years

**History:** Diabetes above 300mg/dl

**Diabetes Since:** 4-5 years

**Present Status:** Now, 130 mg/dl-117 mg/dl. Feeling better

**Source:** OPD

---

**Patient's Name:** Naresh Kumar Singh

**Age:** 36 years

**History:** Cholesterol level high, suggested angiography by doctors.

**Diabetes Since:** 24-5-2015

**Medication taken:** Metformin

**Present Status:**

Just followed the diet and got test done, all test are normal. Angiography not required now

**Source:** OPD

---

**Patient's Name:** Balendu Arun Jha

**Age:** 62 years

**History:** Diabetes , stent Implanted.

**Diabetes Since:** 5 years

**Medication taken:** Glycomet 500 mg, T-ecosprin, Prasita, Gloristat, Alprax, Lessuride, Nikoran, T. Sonireb

**Present Status:**Very Happy with the treatment no medicines at all.

**Source:** Virtual tour

---

**Patient's Name:** Shailendra Nath

**Age:** 32 years

**History:** Diabetes, Uric Acid, Cholesterol

**Diabetes Since:** 2000

**Present Status:**

High Energy Levels PP-160-179mg/dl . Free from medicines.

**Source:** Virtual Tour

**Patient's Name:** Bandan Kumar **Age:** 51 years  
**History:** Diabetes  
**Diabetes Since:** 2000  
**Medication taken:** Glycodine, Glimiplex MF 2/500  
**Present Status:** No Medicine. feeling light and energetic.  
**Source:** Virtual Tour

---

**Patient's Name:** Rahis Shaikh **Age:** 38 Years  
**History:** Diabetes, B12 Deficiency  
**Diabetes Since:** 2000  
**Medication taken:** Exermet 500SR twice, Hosit  
**Present Status:** No Medicines  
**Source:** Virtual Tour

---

**Patient's Name:** Imran Khan **Age:** 37 years  
**History:** Diabetes  
**Diabetes Since:** 2013  
**Medication taken:** Dianorm 60mg-morning, Tab vogli at night  
**Present Status:**  
Free from medicines and diabetes reading always under 200mg/dl.  
**Source:** Virtual Tour

---

**Patient's Name:** Chander Shekhar Prasad **Age:** 73 years  
**History:** Diabetes , Dengue Fever  
**Diabetes Since:** 2 and half months  
**Medication taken:** Metformin, Insulin-12 units  
**Present Status:** No Medicine, now eating rice and chapatti  
**Source:** Virtual Tour

---

**Patient's Name:** Brig. Ranjit Prasad **Age:** 65 years  
**History:** In 2006 heart attack in army hospital, detected diabetes that time.

**Diabetes Since:** 12 years

**Medication taken:** Metformin, glimperide 500mg

**Present Status:** Completely free from medicines

**Source:** Virtual Tour

---

**Patient's Name:** Mohd. Onais

**Age:** 15 years

**History:** Before 2 months symptoms appeared

**Diabetes Since:** April 2016

**Medication taken:** Gemina M1-twice, Jaftiance 25-1 before breakfast and GlycoMet 500-1 tab after breakfast and dinner

**Present Status:** Free from Medicines

**Source:** Virtual Tour

---

**Patient's Name:** Niyati Joshi

**Age:** 38 years

**History:** Diabetes, Hypertension

**Diabetes Since:** 12 months

**Medication taken:** Amlong 50, thahitel80, Aztor, Glucofor-min XL 500mg +piazopeas

**Present Status:** Free from medicines, just following the diet only.

**Source:** Virtual Tour

---

**Patient's Name:** Jagjit Singh

**Age:** 53 years

**History:** Diabetes, Cholestrol

**Diabetes Since:** 5-6 Months

**Medication taken:** Zoryl M1

**Present Status:** No Medicine

**Source:** Virtual Tour

---

**Patient's Name:** Syed Amjad

**Age:** 41 years

**History:** Diabetes

**Diabetes Since:** 3 Months

**Medication taken:** Glizid M

**Present Status:** No Medicine, only diet following the diet.

**Source:** Virtual Tour

**Patient's Name:** Aiyaz Mulla

**Age:** 42 years

**History:**

Diabetes, High Blood Pressure & Cholesterol and also suffered from Back problem

**Diabetes Since:** 3 years

**Medication taken:** Glycomet GP2 Forte, Metxlam 25/5, Glycomet GP 1 forte, Rozat-F

**Present Status:** Free from Diabetes, No medications.

**Source:** Virtual Tour

---

**Patient's Name:** Nadit

**Age:** 21 Years

**History:** Type 1 Diabetes, Hypothyroid.

**Diabetes Since:** January 27th ,2016

**Medication taken:** Electroxin 75mg, Insulin

**Present Status:** No Insulin at all. Other medication also stopped.

**Source:** Virtual Tour

---

**Patient's Name:** Harpreet Singh

**Age:** 42 years

**History:** Diabetes

**Diabetes Since:** 6 years

**Medication taken:** Zomelis Met 50/1000mg

**Present Status:** No Medicines

**Source:** Virtual Tour

---

**Patient's Name:** Saomir Das

**Age:** 59 years

**History:**

Diabetes, High BP, Ischemic stroke with right limb Paralysed from 2014.

**Diabetes Since:** 5 years

**Medication taken:** Insulin Basugine 40units at night, Aphidra 30Units at Lunch, Istamet 50/1000mg, Concor 5mg, Telvas H80/125mg, Novostat 10mg.

**Present Status:**

No medications, Insulin zero, BP normal

**Source:** Virtual Tour

**Patient's Name:** Shashi Mohan Joshi **Age:** 41 years  
**History:** Diabetes, BP  
**Diabetes Since:** Nov 2015  
**Medication taken:** Amlodipine, once in morning.  
**Present Status:**  
No medicines for Diabetes; Sugar level in healthy range  
**Source:** Virtual Tour

---

**Patient's Name:** B. K. Dake **Age:** 63 years  
**History:**  
Diabetes, Operated for heart, knee joint. Also eye problem  
**Diabetes Since:** 5 years  
**Medication taken:** Ecospirin150 and Lozavel 120 after lunch, plavix  
75 betaone  
**Present Status:**  
Sugar normal, below 150mg/dl, No medicine for sugar, BP. Eye issues  
have also reduced  
**Source:** Virtual Tour

---

**Patient's Name:** Arun Kumar Singh **Age:** 34 years  
**History:** No Medicine  
**Diabetes Since:** Nov 2013  
**Present Status:**  
Sugar level FBS 100-106mg/dl , PP 90mg/dl . No medicines  
**Source:** Residential Tour

---

**Patient's Name:** Manoj Goyal **Age:** 40 years  
**History:** Diabetes  
**Diabetes Since:** 10 years  
**Medication taken:**  
Insulin - 150 units, Janumet 50/1000, Telma H, Glized 1 Prigava 75 at  
night, Dulcolex-10 mg (night),



**Present Status:**

Decreased insulin doses by 90 Units. taking 60 Units only, following 50% of the diet presently. No medications taken.

**Source:** Residential Tour

---

**Patient's Name:** S B. Mendiratta

**Age:** 57 years

**History:** Diabetes , HbA1c-9%

**Diabetes Since:** 25 years

**Medication taken:**

Mixtard 45 units , Cetapin XR 500 twice a day, EMBETA XR 50 morning, Ecosprin AV75/120 at night.

**Present Status:**

No medications. Insulin now reduced to 25units, sugar level below 200 mg/dl.HbA1c was 6.3%

**Source:** Residential Tour

---

**Patient's Name:** Renu Aggarwal

**Age:** 51 years

**History:** Diabetes

**Diabetes Since:** 8yrs

**Medication taken:** Jalra twice a day, Arbitel AM morning.

**Present Status:**

Not taking medications. But, sometimes when diet plan not followed or over work, sugar level fluctuates above 300mg/dl.

**Source:** Residential Tour

---

**Patient's Name:** Mohammed Ateeq

**Age:** 42 years

**History:** Diabetes

**Diabetes Since:** 10 years

**Medication taken:**

Janumet 50/1000 mg twice after breakfast and after dinner, Euglim 1mg (before 11 and before dinner.), Tazloc 20 ms + Rosedav 5 mg (after night meals)

**Present Status:**

Present sugar level 150mg/dl. Stopped medicines completely .

**Source:** Residential Tour

**Patient's Name:** Purnima Dubey **Age:** 54 years

**History:** Diabetes ,Cholesterol

**Diabetes Since:** 5-6 Months

**Medication taken:** Glycomet SR (1tab after bfst)

**Present Status:**

No medications at all. Following diet plan. Sugar level in healthy range.

**Source:** Residential Tour

---

**Patient's Name:** Dhanpat Rai Singla **Age:** 54 years

**History:** Diabetes

**Diabetes Since:** 20 yrs

**Medication taken:** (Riomet OD, pregoblin) Twice after meals, (S telepra 20, Zapiz 0.5)- Thrice after meals, (Venlor 75, Bolonet 50)- once a day, Insulin - twice a day 59 units.

**Present Status:**

Insulin intake reduced, earlier 59 Units now reduced to 29 Units. Not following diet plan 100%

**Source:** Residential Tour

---

**Patient's Name:** Abhijit Lonari **Age:** 42 years

**History:** Diabetes , High Cholestrol

**Diabetes Since:** 5-6 Months

**Present Status:** No Medicine. Sugar levels 102-108mg/dl

**Source:** Residential Tour

---

**Patient's Name:** Gopal Sane **Age:** 67 years

**History:** Diabetes Type 2

**Diabetes Since:** 20 years

**Medication taken:** 1/2tab reclideXR60

**Present Status:** Sugar level 148mg/dl . No medications at all.

**Source:** Residential Tour

**Patient's Name:** Partha Das **Age:** 38 years

**History:** Diabetes Type 2

**Diabetes Since:** 2yrs

**Medication taken:** Glycomet SR500, Atrovastatin 10mg

**Present Status:**

No maintenance diet taken, Sugar level around 100-110mg/dl, FBS and 140-150mg/dl not taking any medications.

**Source:** Residential Tour

---

**Patient's Name:** Krishnaiah Koonaa **Age:** 50 years

**History:** Diabetes Type 2, BP

**Diabetes Since:** 3 years

**Medication taken:** Telma, glycipbage-twice

**Present Status:**

Following diet, no medications, sugar level 126mg/dl , 116mg/dl

**Source:** Residential Tour

---

**Patient's Name:** V S S Reddy **Age:** 46 years

**History:** Diabetes Type 2

**Diabetes Since:** 17 years

**Medication taken:** JanumetXR, tab Pan40, Rozavel

**Present Status:** Sugar levels normal No medicine taken now.

**Source:** Residential Tour

---

**Patient's Name:** Dibakar Patnaik **Age:** 42 years

**History:** Diabetes Type 2

**Diabetes Since:** 10 months

**Medication taken:** Glycomet-twice

**Present Status:**

No medicines, sugar level 105mg/dl, feeling very good. Following diet plan 70-80%.

**Source:** Residential Tour

**Patient's Name:** Ranjana Yadav **Age:** 36 years  
**History:** Diabetes Type 2  
**Diabetes Since:** 1 years  
**Medication taken:** Glisen-MF forte  
**Present Status:** No medications. Sugar level normal  
**Source:** Residential Tour

---

**Patient's Name:** Sushil Sharma **Age:** 45 years  
**History:** Diabetes  
**Diabetes Since:** 2 years  
**Present Status:** 2 kgs weight reduced, feeling fresh, sugar reversed.  
**Source:** Residential Tour

---

**Patient's Name:** Mamta Kathuria **Age:** 39 Years  
**History:** Diabetes Type 2  
**Diabetes Since:** 3 years  
**Medication taken:** Zoryl M3, Zelvus  
**Present Status:** Not taking any medications.  
**Source:** Residential Tour

---

**Patient's Name:** Melvin Paul **Age:** 48 years  
**History:** Diabetes Type 2  
**Diabetes Since:** 5 years  
**Medication taken:** Galusmet50/1000-twice, valis160mg,statix  
**Present Status:** No medications, sugar level 160-180mg/dl  
**Source:** Residential Tour

---

**Patient's Name:** Kaushal Srivastava **Age:** 66 years  
**History:** Diabetes Type 2, Blood pressure, Thyroid.  
**Diabetes Since:** 5 years  
**Medication taken:** Janumet 100/1000, Glizid 40 twice daily, Trajenta, Loxar 50, Thyronorm  
**Present Status:** No Medications at all. Feels good  
**Source:** Residential Tour

**Patient's Name:** Hayan Azizi **Age:** 6 years  
**History:** Diabetes Type 1  
**Diabetes Since:** Feb 2016  
**Medication taken:**  
Novarapid 4Units, every meal & Lantus 4U bed time  
**Present Status:**  
Declared Diabetes Type 1 free by UK Health care system  
**Source:** Residential Tour

---

**Patient's Name:** Dhiraj Tripathi **Age:** 36 years  
**History:** Diabetes Type 2  
**Medication taken:** Gluconorm M-twice  
**Present Status:** No Medicine. Feeling energetic.  
**Source:** Residential Tour

---

**Patient's Name:** Amar Singh Punia **Age:**50 years  
**History:** Diabetes type 2  
**Medication taken:** Glycomet 500mg  
**Present Status:** No medications . Feeling Fit and fine.  
**Source:** Residential Tour

---

**Patient's Name:** Rekha Roy Chowdhury **Age:** 43 years  
**History:** Diabetes  
**Diabetes Since:** 10 years  
**Present Status:**  
No medicine. for both BP and Sugar  
**Source:** Residential Tour

---

**Patient's Name:** N. Kamalamma **Age:** 68 years  
**History:**  
Diabetes and thyroid patient from past 40 years  
**Diabetes Since:** 1979  
**Medicines taken:**  
Thyronorm 50 mg and Reclamal 60 OD(only since 10 years)

**Present Status:**

Now, it is normal and not taking any drugs

**Her Diabetes Educator:** N. Kamalamma (Self)

---

**Patient's Name:** Vijaya Raju

**Age:**47 years

**History:**

Diabetes, frequent urination, sweating and High Blood Pressure

**Diabetes Since:** 2 years

**Medicines taken:**

Glynose MF tablet once in a day

**Present Status:**

Used to take D1 D2C diet plan since April, 2015; very good results were found with normal sugar levels. Completely normal FBS -121 mg/dl, PPBBS-114 mg/dl. No medicines.

**Her Diabetes Educator:** N. Kamalamma

---

**Patient's Name:** Narendra Singh Shekhawat

**Age:** 67 years

**History:**

Diabetes. Sugar 350mg/dl after fasting 300mg/dl during fasting

Blood Pressure 180/90mg/dl

**Diabetes Since:** 2010

**Medicines taken:** Telmistal, 2 times in a day, Ecospririn 3 times in a day, Xetagliptin 3 time in a day, Pentapropozol, 2 time in a day, Multivitamin, 2 times in a day

**Present Status:**

No Medication. Now, feeling better than before.

**His Diabetes Educator:** Yogesh Singh Shekhawat

---

**Patient's Name:** Ramkishan

**Age:** 61 years

**History:** Diabetes. He had sugar level of 350mg/dl after food.

**Diabetes Since:** 2003

**Medicines taken:** Glycomet GP2, Gemer, Vogo.3

**Present Status:**

No Medication .Body weight reduced upto 18 kgs in first month, with total reduction of 24 kgs upto 31/1/2016 from 101kgs to 81kgs.

**Her Diabetes Educator:** Yogesh Singh Shekhawat

---

**Patient's Name:** Mrs Gopal Kanwar

**Age:** 45 years

**History:**

Cyst in Uterus worth size of 37\*36 mm. Suggested for removal of cyst through operation.

**Medical condition Since:** 23 March, 2016

**Present Status:**

No medicines. No operation required. On 9/6/16, she again went for ultrasound & doctor was surprised and said, 'it is not possible how it happened in 60-70 days". She is feeling healthy and good.

**Her Diabetes Educator:** Yogesh Singh Shekhawat

# SECTION IV

This section is about people who not only have cured themselves of diabetes / associated illnesses by adopting DIP diet (refer to section - I), but also went a step ahead by being a certified diabetes educator to help INDO-VIETNAM MEDICAL BOARD in their mission called "DIABETES FREE INDIA"

(To be a certified diabetes educator refer to page no.- 198)





# DIABETES EDUCATOR'S PROFILE

## MR. YOGESH MITTAL

*I belong to a business family of Ballabgarh, but am now residing in Faridabad. During my education, I imbibed the values of humanity and benevolence from my teachers and family. I am self-motivated, organized and capable of working under pressure. Presently, I am running a mining company, named Shivalik Silica in Rajasthan.*



## **WHY I BECAME DIABETES EDUCATOR:**

I was suffering from a severe gum problem in the year 2014, for which I was advised flap surgery of the gums by my dentist. But fortunately, I came to know about Dr. Biswaroop and under his treatment my gums were rapidly and miraculously cured.

My mother, who was diabetic since 1971 and was a host to many other ailments; also started following the diet plan prescribed by the doctor. Our happiness knew no bounds when her weight was reduced from a staggering 99kgs to 70kgs and then 65kgs within a span of six months. We were amazed at her recovery without the aid of medicines. For a person who was unable to walk without the aid of a stick; now walks easily without any help.

My Father was diabetic since 12 years and suffering with "Parkinson's". My Wife has been suffering from "Migraine" since many years. Both are now cured of this.

Today I can say with pride that my family (whose members are from 15 years to 82 years) are totally free of all medicines. I believe this to be a

calling from God that I met Dr Biswaroop who is now my close family friend. He has changed my life and given it a new dimension and also charted a path on which I can walk assisting hundreds of others; who are suffering from diseases like Diabetes, Heart Problems, Insomnia, Constipation, Skin Rashes, Allergy, Arthritis, Joint Pain, Acidity etc. I finally decided to become a diabetes educator.

**City:** Faridabad **State:** Haryana

**Contact me at:** 9950438488, 9910171122

**Email:** yogeshh\_mittal@yahoo.co.in

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### MR. MAHESH KAUSHIK

*Presently, working in Life Insurance Corporation as a Senior Branch Manager Faridabad and a resident of Sector-11, Faridabad, Haryana*



### **WHY I BECAME DIABETES EDUCATOR:**

In 2001, I was diagnosed with High Blood Pressure of 200mmHg, and was prescribed Amlozaar 50mg twice a day. After checkup in Apollo Hospital, I was diagnosed with Diabetes. In May 2014, I attended the seminar “Diabetes Type 1 & 2 Cure in 72 Hours.” I decided to start the diet recommendation by Dr. Biswaroop Roy. As a good Samaritan, I decided to equip myself with the necessary knowledge to help my colleagues and friends, to reverse diabetes and other illnesses. I even enrolled and completed Diabetes Educator’s Training.

**City:** Faridabad **State:** Haryana

**Contact me at:** 9818435243,

**Email:** maheshkaushik152@yahoo.co.in

## MR. ASHUTOSH MITTAL

*I am a commerce graduate with P.G Diploma in Business Administration from YMCA, New Delhi. Presently, I am working with an import house, dealing in medical products; as a Managing Director. I am associated with Lions Club Faridabad City, RWA Sec-21A, Faridabad and an NGO "END OF ILLNESS."*



### **WHY I BECAME DIABETES EDUCATOR:**

My mother was cured of Diabetes and High Blood Pressure after following the diet suggested by Dr. Biswaroop Roy Chowdhury. Having interest in social work, I thought, "If this diet can do miracle then, I should do my bit to propagate it." We made an NGO "END OF ILLNESS" which will educate and cure patients suffering from diabetes and other diseases through this diet.

**City:** Faridabad

**State:** Haryana

**Contact me at:** 9811199551 **Email:** amittal34@yahoo.com

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## MR. BHUSAN CHAUHAN

*I am 47 years of age, retired from LIC. Presently, doing a Global Business, and I am residing in Faridabad.*



### **WHY I BECAME DIABETES EDUCATOR:**

In September 2013, I was diagnosed with high blood pressure, sugar and weight problem; took medications' for high blood pressure, but it was controlled. In September 2014, I attended Dr. Biswaroop's seminar. I followed his diet and within 3 days, I left all kinds of medicines and still I feel more energetic and healthy. I further desired to contribute to Dr. Biswaroop's mission.

**City:** Faridabad

**State:** Haryana

**Contact me at:** 9810163321 ,

**Email:** bhushanchauhan1998@gmail.com

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**DR. PAAWAN WADHAWAN**

- *MD in Internal Medicine at SDUMC.*
- *Former Doctor at Dr. Ram Manohar Lohia Hospital.*
- *Medicines Consultant at Ravindra Hospital, Panipat.*



### **WHY I BECAME DIABETES EDUCATOR:**

Dr. Biswaroop Roy Chowdhury has very good knowledge of Naturopathy. His deep research has revealed the pros and cons of modern medicine. He showed me the path of healing with natural food. His message is very clear “Let the Food be your Medicine”. My father was suffering from Hypertension and Diabetes. He was cured of both the problems in 3 days during the residential tour conducted in September 2015. This miracle changed me totally. Now, I focus mainly on healing my patients with natural food.

**City:** Sonipat

**State:** Haryana

**Contact me at:** 8396800016

**Email:** paawanwadhawan@yahoo.co.in

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**DR. INDUPREET**

*Dental Surgeon*

### **WHY I BECAME DIABETES EDUCATOR:**

After being a conventional doctor one thing that worried me was, what is the reason that people need to take medicine throughout the life and still don't get cured and then I came in contact with



Dr Biswaroop and his modality of treatment and I started treating patients with him so with time became Diabetes educator.

**City:** Kurukshetra

**State:** Haryana

**Contact me at:** +917836870089

**Email:** drindupreet@biswaroop.com

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**MR. KAILASH MITTAL (FATAK)**

*I am 50 years old, and presently into business (Fruit Commission Agent) in Jaipur. Also, I am Secretary of Association JAIPUR FAL THOK VIKERETA SANGH MUHANA (TERMINAL MARKET).*



### **WHY I BECAME DIABETES EDUCATOR:**

In 2000, I was diagnosed with diabetes and was on medication twice a day. But still, my sugar level was not under control and doctors were prescribing Metformin salt higher doses and increasing the number of pills. I attended Dr. Biswaroop Roy's conference, and approached him for the diet plan. Within 3 months, my sugar level was under control. Today, I live medicine free. Then, I decided to join Dr. Biswaroop Roy in his mission to benefit the society.

**City:** Jaipur

**State:** Rajasthan

**Contact me at:** 9828014767 Email:

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**MR. SURAJ PARKASH MANCHANDA**

*Retired banker (SBBJ)*

*Awards: Best Senior Citizen Award 2015 (on 1.10.2015 by Hon'ble CM of Delhi), National Award 2016, by Avantika, Delhi.*



## WHY I BECAME DIABETES EDUCATOR:

I am an admirer of Dr. Biswaroop Roy Chowdhury and have read many of his books on various subjects. When my wife got cured from her diabetes by following Dr. Chowdhury's diet plan; both of us decided to join and promote Dr. Chowdhury 's vision, that we should avoid three D's from our life, 'Diabetes, Drugs and Doctors'.

**City:** Keshav Puram

**State:** Delhi

**Contact me at:** 91-9891827669 **Email:** suraj\_1511@yahoo.com

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### MR. SACHIN KHULLAR

*My Name is Sachin Khullar. I belong to Jalandhar City in Punjab State. I am a graduate in commerce, followed by CFA (Chartered Financial Analyst) & MS (Finance). I am serving Indian Education industry in different capacities for the last 11 years. Presently, heading my own venture Smartlink Solutions, Jalandhar and engaged in providing solutions for Interactive learning, helping parents/ teachers in understanding and improving child psychology, parenting solutions & memory lab by Dr. Biswaroop Roy Chowdhury. On personal front, I am married to Richa and blessed with daughter Ruhani. My key interests include practicing spirituality and playing outdoor games. Self-motivation, learning new things and never say die attitude are my core strengths.*



## WHY I BECAME DIABETES EDUCATOR:

Being into Educational Industry, I feel and understand that Education is the most important part of one's life. Hence, making difference by educating the society on health in my own little way inspired me to become a Diabetes Educator.

**City:** Jalandhar

**State:** Punjab

**Contact me at:** 9888690699, **Email:** Sachin.Khullar@yahoo.com

## MR. H.N.KUMAR

*I am about 70 years of age, retired as Executive Director with Dalmia cement. A hypertensive, Diabetes Type 2 patient since last 12 years, presently, involved in social and charitable activities, in addition to my religious and Philanthropic pursuits.*



### **WHY I BECAME DIABETES EDUCATOR:**

I came in contact with Dr. Chowdhury through a training camp “talk of Diabetes” through Mr. Somnath Bharti and followed his diet plan and his guidance through his books. Subsequently, trying to follow the diet plan and other tips and achieving good results. I want to contribute in humble way to the dedicated mission to serve the society and suffering masses.

**City:** New Delhi      **State:** New Delhi      **Contact me at:** 9810160333

**Email:** narainji@hnkumar.com

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## DR. KRISHNAM RAJU P

*Shri Raju is a product of ancient therapies with a name called Nadipathy. He is the recipient of many awards namely Ekaveera, DIY, Uttama Seva Purakaram, Acu Ratna, etc. Recently in Oct 2016, he was awarded with an ‘Indo-Vietnam Health Award-2015’ for his excellence in Nadipathy and Sand Therapy.*



### **WHY I BECAME DIABETES EDUCATOR:**

Because I am already practicing Nadipathy so used to come across many patients of Diabetes.

**City:** Kakinada

**State:** Andhra Pradesh

**Contact me at:** 08885011325

**Email:** nadipathy@gmail.com



## DR. KIRAN NARAYAN PATIL M.D. (HOM.)

- *Consulting Homoeopathic Physician, Anandi - Kiran Clinic, Patil Mala, Belgaum.*
- *Professor, Guide and H.O.D, Dept. of Homoeopathic Philosophy, AMSHMC Belgaum.*
- *Diabetes Educator for China Diet.*



### **WHY I BECAME DIABETES EDUCATOR:**

Diabetes as a lifestyle disease, which needs to be managed with major changes in the lifestyle; rather than prescribing medications. I was very much impressed with Dr. Biswoorop Roy Chowdhury's statement: DIABETICS NEED EDUCATION AND NO MEDICATION

Medicines are not the solution for the errors of lifestyle.

**City:** Belgaum

**State:** Karnataka

**Contact me at:** 9341101536, 8762187406

**Email:** chindak.jyoti@gmail.com

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## DR. L FRANKLIN HERBERT DAS

- *Naturopathy Practitioner,*
- *Certified Diabetes Educator,*
- *Regional President INO - South India Region,*
- *Adjudicator, India Book of Records,*
- *Adjudicator, Asia Book of Records,*
- *South Region Head - Global Touch International.*



### **WHY I BECAME DIABETES EDUCATOR:**

- To understand how to apply principles of Natural Food for Diabetes.
- To reach to the community with Drug Free Methodology for Diabetes Management.
- To do research on Natural Diabetes Management.

- To educate the society on Real Health.

**City:** Chennai

**State:** Tamil Nadu

**Contact me at:** +918939024101, **Email:** frankdas1962@gmail.com

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**DR. KAVITA MODI**

*Profile: DMBS (KOL), MD (BIO), Sr. Lecturer, Chief Coordinator Eastern Zone-Acupressure Shodh Upchar Evam Prashikchan Sansthan, Allahabad Secy, Vedanshi Foundation*



### **WHY I BECAME DIABETES EDUCATOR:**

I want to serve and aware people to get rid of un-necessary medicines, which itself are proving to be an epidemic in this modern world.

**City:** Kolkata

**State:** West Bengal

**Contact me at:** 09831052260 **Email:** modi.kavi@gmail.com

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**MR. TAPAN CHAKRABORTY**

*Bachelor of Legal Law and Small Businessman.*

### **WHY I BECAME DIABETES EDUCATOR:**

After following Dr. Biswaroop Roy Chowdhury's advice and diet plan; I became free from all medicines for Diabetes, Blood Pressure and Cholesterol.



**City:** Balasore

**State:** Odisha

**Contact me at:** 9437065725

**Email:** tapanchkraborty5725@gmail.com

DR. SHALINDRA KUMAR MISHRA

- *B.Sc, MBBS, MBA HMG*
- *Certificate in Weight Management*
- *MSV Surgeon*
- *Certificate in Cosmetology*



### **WHY I BECAME DIABETES EDUCATOR:**

During Weight Management Programs, we find some obese patients with diabetes. They recover only with the combination of diet and exercise. So, we decided to go for Diabetes Educators' Program.

**City:** Allahabad

**State:** Uttar Pradesh

**Contact me at:** 9450616834/ 9415663420

**Email:** mishra.734@rediffmail.com

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MR. A.K. SHARMA

*I am 54 years old, B.Sc and Mechanical Engineer. Presently, working as Sub Divisional Engineer in Central PSU.MTNL, Corporate office, New Delhi*



### **WHY I BECAME DIABETES EDUCATOR:**

On 23/1/2014, I attended a seminar of Dr. Biswaroop Roy Chowdhury at his office cum clinic at Green Fields Colony, Faridabad on the subject of HEART MAFIA. I was very much impressed by his presentation of the facts. Also I enjoyed Hunza Tea and Lunch in the seminar. Then, a seminar was conducted by Dr. Biswaroop for MTNL's employees on 'Health Care: Prevention and Control of Life Threatening Diseases through suitable diet plan' on 19/12/2014 at MTNL auditorium, CGO Complex, Lodhi Road, New Delhi. Seminar was a super hit and many MTNL employees and their families got the substantial benefits from the seminar.

I am following his advice and diet plan since 2014 in an appropriate manner. My weight is reduced to 60Kgs from 75Kgs, since 2014;

resulting in lightness in the body. I was having chest pain for two days, but now I have no pain in the chest area, since 2014. My Blood Pressure is also now normal. I was having irritating cough since 2008 at regular intervals, like Delhi Chief Minister Sh. Kejriwal, but now I am very normal since 2014. I had knee pain but now I have substantial relief in knee pain also. I am drugless since January 2014.

His teaching's as well as his diet plan with facts and figures, educate the people on how to get rid of 3D's (Drugs, Doctors and Diseases), and teaches how to 'Be Your Own Doctor' in a true sense.

**City:** Faridabad

**State:** Haryana

**Contact me at:** 9868134590 **Email:** happythoughts.in@gmail.com

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MR. SIDDHARTHA CHAKRABORTY

*Master Degree of Commerce*

**WHY I BECAME DIABETES EDUCATOR:**

As a social worker, I also freed myself from medicines by following Dr. Biswaroop Roy Chowdhury's diet plan and advice.



**City:** Balasore

**State:** Odisha

**Contact me at:** 9439055301

**Email:** chakrabortysiddhartha1984@gmail.com

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BIPUL SAHAY

- *A lifestyle nutrition enthusiast, certified in lifestyle medicine and interested in educating people to free from lifestyle diseases, and metabolic syndrome.*
- *A soft-skill trainer by passion, and have trained over 3000 people across India.*



- A software professional with over 25 years of IT industry experience.

## **WHY I BECAME DIABETES EDUCATOR:**

I was having High Blood Pressure, High Cholesterol and was Obese for more than 5 years. Was trying various ways to correct myself on & off; and was partially successful. One thing I was not able to reduce, was my weight. In early 2016, I was detected with high blood sugar, and with reading above 180mg/dl; doctor declared me a Diabetic Type 2, and prescribed the medicine lifelong. Then, I got into the Lifestyle & Nutrition Management of Dr BRC. In 72 hrs, I was free of diabetes, and it never returned. Most interestingly, my weight started moving downwards; towards a healthy weight. I have not changed any routine in life, except changing my food, including only fruits in breakfast and raw veggies in lunch & dinner.

As, I experimented successfully on myself, I got interested, as why not I educate people around me and in similar approach make them free of lifestyle diseases.

I am certified for “Lifestyle Medicine: Nutrition and the Metabolic Syndrome” from Harvard Medical School, USA.

**City:** Kolkata

**State:** West Bengal

**Contact me at:** +91 9163684330

**Email:** amIdiabetic@gmail.com, webnetin@gmail.com

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## **MR. SUMEET NARANG**

*I am 33 years of age, presently Business Head of Desire 2 Learn. I have a vast experience in the education field by providing trainings and innovative IT solutions.*



## WHY I BECAME DIABETES EDUCATOR:

While working in the educational field from the past many years; I got to know about Dr. Biswaroop Roy Chowdhury, in the field of education as a Memory Expert. I associated with him in 2015, and opened a memory centre. After their immense work in the field of health, then I decided to join Dr. Biswaroop Roy in his mission to benefit the society as well as to build my career in the same.

**City:** Jammu

**State:** Jammu & Kashmir

**Contact me at:** 9419294653 **Email:** sumeet.narang83@gmail.com

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DR. KAUSHIK KOLLURU

*MBBS, MD/ Diabetologist*



## WHY I BECAME DIABETES EDUCATOR:

I am a Diabetologist, treating patients with allopathy. But, as I came across Dr. Biswaroop Roy Chowdhury's initiative for diabetes reversal with plant based diet; I was very much impressed by it.

I thought of introducing this concept of reversing diabetes with plant based diet on my patients. As I started treating my patients with plant based diet, the results were very good and promising. This concept is now scientifically proven and validated.

**City:** Tenali

**State:** Andhra Pradesh

**Contact me at:** 9550747857

**Email:** kaubat@yahoo.com

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MR. ACHARYA (DR) ASHUTOSH ARORA

*Gold Medalist, Reiki Grand Master and Mahavastu Expert.*

*Actuated by desire to cure various diseases and pains by Healing and adopting Natural Life Style. Acquired knowledge in various fields namely Reiki*



*Healing; Mahavastu; Sujok; Naturopathy; Color therapy; Magnified Healing and Diabetic Educator. All this from internationally renowned specialists with 10 years full scale practicing in curing and controlling Acute and Chronic diseases. We cured cases which hospitals denied! 100 above Satisfied Patients! We also provide natural heating therapies FREE OF COST to needy people or patients. Daily 150+ patients visit our Ghaziabad Center, which is known as Narayani Health Care. We also conduct Health Awareness programmers from time to time and awareness courses on Health, Harmony & Relationship problems.*

### **WHY I BECAME DIABETES EDUCATOR:**

Five years back, by the grace of God; I came in contact with Dr. Biswaroop Roy Chowdhury. After that, I attended Diabetes Education Program & successfully qualified as Diabetes Educator. With the guidance of Dr. Biswaroop Roy Chowdhury, I could treat many patients. Till date, above 100 patients have cured their various diseases & living a happy life without medication.

**City:** Ghaziabad

**State:** Uttar Pradesh

**Contact me at:** 9953071948 **Email:** drashuttosh@gmail.com

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**MR. LOKNATH BALUJA**

*Private Teacher*

### **WHY I BECAME DIABETES EDUCATOR:**

- To bring awareness about diabetes amongst people.
- To educate people how conspiracy by medical researches and corporations takes place in the society.
- To reverse this so called adopted disease from its root, and work against 3D's (Drugs, Doctors and Diseases).

**City:** New Delhi

**State:** Delhi

**Contact me at:** 9971854586 **Email:** balujaloknath@gmail.com



MR. AYAN HALDER

*I am a 3rd year student of Electronics and Instrumentation Engineering.*



**WHY I BECAME DIABETES EDUCATOR:**

I want to help myself, my neighbor, my relatives and my friends; because I understand people need education, not medication to cure their lifestyle diseases.

**City:** Dankuni

**State:** West Bengal

**Contact me at:** 8100266484

**Email:** ayanhalder25@gmail.com

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MR. SATYA NARAYAN SAHOO

*Retired Chief Manager, SBI. Now, I conduct diabetes camps at various places in Odisha, and practically guide patients to be cured from diabetes. I have made this my mission to eradicate diabetes in Odisha.*



**WHY I BECAME DIABETES EDUCATOR:**

As a social service, which I had been doing throughout my life.

**City:** Bhubaneswar

**State:** Odisha

**Contact me at:** 9438761527

**Email:** satyasahoo.1950@rediffmail.com

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MR. S M QUAMRUL HASSAN

*Country Head in TechSIS (Project Operation Head)*



**WHY I BECAME DIABETES EDUCATOR:**

I had been diabetic since 5 years, and was taking Zoral M2. I saw Dr Biswaroop's You Tube Video 'Diabetes Cure in 72 Hrs' and contacted him. For treatment, I joined his 'Virtual/online- 72hrs



Diabetes Cure Tour’ and cured my diabetes. I was impressed by this technique that how by just changing the diet one can get rid of so many medical conditions and not just diabetes. I felt the inner need to promote this cause. So, I became Indo-Vietnam Medical Board Certified Diabetes Educator.

**City:** Zaker Nagar

**State:** New Delhi

**Contact me at:** 9266160105 **Email:** hassan.qua@gmail.com

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MR. RAYIS AHMED MANSOORI

*Software Engineer*



### **WHY I BECAME DIABETES EDUCATOR:**

Everybody was having diabetes at my home (mother, father, wife and brother). So, I was compelled to do something about it. Just then, I came to know about Diabetes Educators’ Certification course offered by Indo-Vietnam Medical Board. After learning about diabetes education and equipping myself with appropriate know-how; I successfully cured my wife’s diabetes. I am now working towards curing my parents diabetes.

**City:** Hyderabad

**State:** Telengana

**Contact me at:** 9100937706 **Email:** ask2rayis@gmail.com

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MR. JASPAL SINGH

*A Serviceman, working as an Administrative Officer at LIC of India, Faridabad.*



## WHY I BECAME DIABETES EDUCATOR:

To be a part of Dr Biswaroop Roy Chowdhury's campaign to eradicate Diabetes, and his efforts to reveal the medical conspiracy for diabetes. I was suffering from High Blood Pressure for the last 15 years and was taking medicine daily. After watching Dr. Chowdhury's program in September 2014, I took the diet as advised by him and my Blood Pressure was fully cured. So, I decided to be a Diabetes Educator.

**City:** NIT, Faridabad

**State:** Haryana

**Contact me at:** 0129-2480175/9818816276

**Email:** jaspal.singh1@licindia.com

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MS. SRISHTI ANEJA

*I am student of BBA, Business Economics, 3rd year.*



## WHY I BECAME DIABETES EDUCATOR:

- In my family, there are number of my relatives suffering from Lifestyle Diseases especially Diabetes; and I want to help them in curing this disease completely.
- To gain knowledge and learn new things.
- To educate the people in my surroundings about curing the lifestyle diseases.
- I would love to give my valuable contribution towards the campaign of making this planet a better place to live, free from 3D's - Diabetes, Drugs and Doctors.

**City:** Palwal

**State:** Haryana

**Contact me at:** +919813150849

**Email:** srishtianeja.aneja@gmail.com

## MR. VINOD BANSAL

*I am 51 years old, involved in social activities like Yoga and Blood donation. Along with that, I am an Advisor of Life Insurance and General Insurance, also a Real Estate Consultant.*



### **WHY I BECAME DIABETES EDUCATOR:**

I suffered from diabetes and took allopathic treatment, but my diabetes was not cured in 6 years. I attended the seminar of Dr. Biswaroop Roy at MCF Auditorium FBD (December 2014). I became Certified Diabetes Educator in March 15, 2015. By following the diet plan, I completely cured my diabetes. Now, I am happy and thankful to Dr. Biswaroop Roy Chowdhury and his entire team.

**City:** Faridabad

**State:** Haryana

**Contact me at:** 9136188966 **Email:** bansaltravel@rediffmail.com

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## MR. BRIJ BIHARI ARORA

*Aged 67 years, B.E (Mechanical). Served Samtel, Moser Baer as Plant Head. Presently, retired and pursuing Social Work in the field of Naturopathy.*



### **WHY I BECAME DIABETES EDUCATOR:**

To bring Awareness among masses on Diabetes.

**City:** Noida

**State:** Uttar

Pradesh

**Contact me at:** 9818438250

**Email:** brij.arora2@gmail.Com

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## MR. P.C. SHARMA

*I am 71 years of age, retired from govt. service and presently engaged in social service; particularly old and sick people by way of helping them in diet, lifestyle management, holistic and alternative methods of healing.*

## WHY I BECAME DIABETES

### EDUCATOR:

I was suffering from diabetes for the last 10 years, and even after taking medicines; sugar levels were not under control. I came in contact with Dr. Biswaroop Roy in a program in Faridabad. I came to know the diet plan and followed it strictly, with the result, sugar levels remained under control.

I decided to join Dr. Biswaroop Roy for his noble mission of Manav Seva.

**City:** Faridabad

**State:** Haryana

**Contact me at:** 8800908497

**Email:** sai\_pcsharma@yahoo.co.in

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## MR. MAN SINGH KHATANA

*Working at LIC of India.*

## WHY I BECAME DIABETES

### EDUCATOR:

I had been taking medicines for heart, high blood pressure and knee pain. As I followed the diet plan, I could get rid of all my medicines.

So, I thought why not be a trainer as Diabetic Educator and help needy people. So, I became a Diabetes Educator and I educate needy persons.

**City:** Faridabad

**State:** Haryana

**Contact me at:** 9810749052

**Email:** mansinghkhataana@gmail.com

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## MR. RUPESH KUMAR

*Profile: Bachelor of Engineering (EEE)*

## **WHY I BECAME DIABETES EDUCATOR:**

I have treated my father and now he is free from all kinds of medicines. So, I thought to move forward myself and help others in this field.

**City:** Banka                      **State:** Bihar

**Contact me at:** 9599822271

**Email:** rupesh.eee444@gmail.com

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## **MR. CHANDAN ARORA**

*I acquired my graduate degree in Commerce from Guru Nanak Dev University. It's been enriching and long career; since I have graduated in 2000. I have an interest in Computers and Health. During my career, I worked across different industries and different verticals which includes; insurance and education industries to be very precise. I have been handling projects which require Sales, Training and Team Handling Skills. Smart Link Solution is a venture which has been backed by a team of professionals from different fields like Education, Insurance, and Human Resource Development. While interacting with so many heads of the institutions, schools and other clients from every walks of the society; I have gained in-depth insight of the education industry and different challenges they are facing.*



## **WHY I BECAME DIABETES EDUCATOR:**

I felt somehow there is a strong need of Health Awareness among the young generation and youth of this country; so, that we can ensure a better future for India. I want to make a contribution in any which ways I can. Being associated with Dr. BRC in the health arena would help me individually; but I am sure, I would be able to contribute socially by making the youth across the schools and institutions aware about the health. I strongly believe that having knowledge about health and understanding would help each and every one of us to improve our

future prospective as far as health is concerned. This Association would help me to serve the purpose in a more concrete manner.

**City:** Jalandhar **State:** Punjab **Contact me at:** 9876583272

**Email:** info@smartlinksolutions.in

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DR. K. K. GOEL

*I am Dr. K. K. Goel. MBBS, MD (Medicine). Physician practicing medicine for the last 31 years and mainly treating Diabetics.*



### **WHY I BECAME DIABETES EDUCATOR:**

After having a long experience of treating Diabetics, I have reached a conclusion that Allopathy can not cure it. So I started a search for alternative methods of curing it. My search proved futile. Then, one day by chance I stumbled upon a video on YouTube by Dr. Biswaroop Roy Chowdhury on Diabetes cure in 72 hours. After listening to him; I thought that, this man seems logical and I should try it on my friends and relatives. That is why I became a Diabetes Educator.

**City:** Muzaffarnagar

**State:** Uttar Pradesh

**Contact me at:** 9719020573(whatsapp no.)

**Email:** drkkgoel@gmail.com

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DR. K. SHASHI BHUSHAN

Wellness and Life Style Diseases Educator and Therapist.

### **WHY I BECAME DIABETES EDUCATOR:**

I want to see Diabetes Free India, so I became Diabetes Educator.

**City:** Muzzaffarpur

**State:** Bihar

**Contact me at:** 9334007748 **Email:** dr.kshashibhushan@gmail.com



## MR. YOGESH SINGH SEKHAWAT

*I am 38 years of age, a Technical Officer in Haryana Co-operative Department. I belong to farming and consulting to the farmer department, to the Zero Budget Natural farming.*



### **WHY I BECAME DIABETES EDUCATOR:**

On July 11th 2014, I came to know about Dr. Biswaroop through his book; my father was diabetic patient from April 2010. Since then, he was on medicines, but there was no help. With Dr. Biswaroop's treatment, my father got completely cured. Thereafter, I joined as Diabetes Educator in March 2016. Hence, I have decided to help Dr. Biswaroop Roy in his journey to benefit the society and create a Diabetes Free India.

**City:** Narnaul

**State:** Haryana

**Contact me at:** 9416312579

**Email:** sekhawat.y@gmail.com

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## DR. HARSH DHINGRA

*B.A.M.S, MBA (Market), MSW (Master of social works), Chief Trustee: SHOONYA OUNDTION.*



### **WHY I BECAME DIABETES EDUCATOR:**

To eradicate diabetes from this planet Earth, with the co-operation of like-minded people and organizations.

**City:** Saharanpur

**State:** Uttar Pradesh

**Contact me at:** 9528581613/9568430462

**Email:** harsh\_star59@rediffmail.com

DR. MAHESH CHANDRA ARYA

*M.Phil in Yoga; Naturopath; Diabetes Educator;  
Consultant Stress Management through Yoga.*



### **WHY I BECAME DIABETES EDUCATOR:**

I am associated with Dr. B.R. Chowdhury since 2013. I prescribe various modules on different health issues as per medical wing. These are very much effective to our patients.

When this course was started, I opted this for more knowledge and its effectiveness. I prescribe this diet program to all my patients.

**City:** Noida

**State:** Uttar Pradesh

**Contact me at:** 09873606276 **Email:** chandraarya782@gmail.com

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MR. MUKUL BHATNAGAR

*I am 50 years of age, Practicing Homeopathy from last 16 years, Center at Q-238, Ground Floor, Vivek Phase-1, New Delhi-95. INO member and East Delhi Zone Secretary.*



### **WHY I BECAME DIABETES EDUCATOR:**

In 2014, I attended seminar of Dr. Biswaroop, due to I am not getting better result, offer became a Diabetes Educator I add Dr BRC diet got the good result.

**City:** Delhi

**State:** Delhi

**Contact me at:** 9718989035 **Email:** mukulbhatnagar66@gmail.com

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MRS. NISHA BHARTI SINGH

*I am 49 years old, a Naturopath by profession and been part of Health and Wellness industry for the past 20 years.*



## WHY I BECAME DIABETES EDUCATOR:

My father was a diabetic; he passed away at the age of 54 due to heart attack. This was a very big loss for me, so when I attended Dr. Biswaroop Roy Chowdhury's seminar in 2015, I was surprised to know that, by just following raw vegetables and fruits diet; people can get rid of this lifestyle disease. Dr. Biswaroop Roy's way of explaining things scientifically, appealed to me and it's because of this that, I decided to be a part of this mission. I am very obliged and thankful for this opportunity as a Diabetes Educator by Indo-Vietnam Medical Board.



**City:** Delhi

**State:** Delhi

**Contact me at:** 9312505260    **Email:** nishabhartisingh@gmail.com

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MRS. JIGNA K. MASHRU, ND.  
*Naturopathic Doctor*

## WHY I BECAME DIABETES EDUCATOR:

To assist diabetes patients, to get rid of the disease.



**City:** Anand (Amul)

**State:** Gujarat

**Contact me at:** 9769724275    **Email:** jkmashru@gmail.com

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MR. MARUTI ANANDA PAWAR

*I am 55yrs of age, serving Reliance Industries as Mechanical Technician from the last 28 years; apart from that, I also practice yoga programs.*



## WHY I BECAME DIABETES EDUCATOR:

In my yoga classes, I come across many diabetic patients. I began searching Dr. Biswaroop's website, then I ordered the book and later, did the Diabetes Educator course in April 2016. I totally believe in Dr. Biswaroop Roy Chowdhury's diet and his mission for Diabetes Free India. Therefore, I will continue to support to him.

**City:** New Panvel

**State:** Maharashtra

**Contact me at:** 9967585660 **Email:** mapawar3763@gmail.com

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## MS. SATVINDER KAUR

*I am 54 years of age, and presently into online business. I did a Naturopathy course and managed a Naturopathy Center in Gurgaon.*



## WHY I BECAME DIABETES EDUCATOR:

In 2014, I attended Dr. Biswaroop Roy Chowdhury's seminar, and became a Diabetes Educator. I wanted to contribute to Dr. Biswaroop's mission of Diabetes Free India. I incorporated the natural diet plan within my family and further educated people around me.

**City:** Gurgaon

**State:** Haryana

**Contact me at:** 9873667877 **Email:** satvindermalik44@gmail.com

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## MR. MANU DEV

*Graduate, Diabetes Educator, Yoga Trainer by Patanjali Yogpeeth.*



## WHY I BECAME DIABETES EDUCATOR:

For Social Service.

**City:** Faridabad

**State:** Haryana

**Contact me at:** 8287270064

**Email:** dev.manu88@gmail.com

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MRS. S. VIJAYA LAKSHMI

*Housewife*



**WHY I BECAME DIABETES  
EDUCATOR:**

As I cured myself from the diet, so it boosted my confidence and then, I decided to become a Diabetes Educator.

**City:** Hyderabad

**State:** Telengana

**Contact me at:** 8019815186

**Email:** vsanipini@yahoo.com

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MR. YUGJIT SINGH VERMA

*Government Service*



**WHY I BECAME DIABETES  
EDUCATOR:**

Mission is for Diabetes Free India

**City:** Rohtak

**State:** Haryana

**Contact me at:** 7206318876

**Email:** yugjitsingh58@gmail.com

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MR. HARBANS LAL BERI

*I am 70 years of age, and retired from Intelligence Bureau (Ministry of Home Affairs) in October, 2007. Presently, I am working as a Social Activist in my society in New Delhi.*



## WHY I BECAME DIABETES EDUCATOR:

In 1995, I was diagnosed with Diabetes with 654mg/dl blood sugar level. Since, I became a diabetes patient; I started medicines approx 20 tablets in a day including Heart/Blood Pressure and other health issues. In 2015, as an INO member; I attended Dr. Biswaroop's seminar. After the seminar, I started with Dr. Biswaroop's suggested diet. Within 9 months, my blood sugar was within the normal range. After two months, all my medicines were stopped, and I became more healthy and energetic.

During that time, I attended Dr. Biswaroop's Diabetes Educator seminar, and I became a Diabetes Educator. After that, I treated more than 200 people and they got cured from diabetes. Now, I have decided to join Dr. Biswaroop Roy in his mission to beautify society selflessly.

**City:** Delhi

**State:** New Delhi

**Contact me at:** 9911736352

**Email:** soneetmalhotra@yahoo.in

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## MR. SANDEEP MALIK

*Naturopath and Advocate*

## WHY I BECAME DIABETES EDUCATOR:

As I am a Naturopath, patients keep on coming for treatment of diabetes; for social purpose I became Diabetes Educator.

**City:** Sonapat

**State:** Haryana

**Contact me at:** 9355212988

**Email:** sandeepraj13@yahoo.com

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## DR. VIRENDRA AGARWAL

*Ndds, Dnys. I am in the field of naturopathy from the last 15years, treating incurable diseases. Where, I have provided complete cure to around 1500 people.*



## WHY I BECAME DIABETES EDUCATOR:

I am in the field of naturopathy and cured more than 1500 patients

**City:** Bharatpur

**State:** Rajasthan

**Contact me at:** 9413917821

**E-mail:** swasthyamandirbtp@rediffmail.com

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### DR. SUBHASH CHANDER MASSON

*I am about 74 years old, a multi-fields professional, Mechanical Engineer worked in Senior Managerial Cadres. I am also an Astrologer, and also have been a Lead-Guitarist. I am president of INO-International Natural Organization. Also, Sr. Consultant in Alternative Medicine since 20 years.*



## WHY I BECAME DIABETES EDUCATOR:

I met Dr. Biswaroop Roy Chowdhury about 3years back during his various Diabetes seminars' at various places. I was very much impressed by his depth of knowledge and research in diabetes. I used to have high blood pressure, up to 160/100mg/dl, and was also on border line of diabetes. I used to take blood pressure medicines, Losar-H and Nehicard-SM. I used to drink; though not much. I stopped all non-veg and drinks in January 2016, and now I don't take any medicines. Since then, I am feeling perfectly ok. The Diabetes Educator's Certification changed my entire thinking and the concept behind the natural diet, which I advice to all my patients.

**City:** New Delhi

**State:** Delhi

**Contact me at:** 9312381340

**Email:** scmlpn66@gmail.com

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### MR. VIJAY SHARMA

*I am 48 years of age, presently Business Development Manager at Virohan Institute of Allied Health and Management Sciences and an Acupressure Therapist.*

### **WHY I BECAME DIABETES EDUCATOR:**

Along with my job, I work as an Acupressure Therapist; which is my hobby. When I heard about Dr. Biswaroop Roy and attended his seminar in Delhi. From that day, I decided to join Dr. Biswaroop Roy's mission to benefit society selflessly and fight against diabetes.



**City:** Faridabad

**State:** Haryana

**Contact me at:** 7428778383

**Email:** vjmsharma1@yahoo.co.in

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### **MS. NEELIMA CHATTERJEE**

*Naturopathy Yoga Doctor*

### **WHY I BECAME DIABETES EDUCATOR:**

To create awareness among people, to educate them about English Medicines.



**City:** Karolbagh

**State:** New Delhi

**Contact me at:** 9213852855

**Email:** neelima\_chatterjee@yahoo.com

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### **MR. RAJWANT KUMAR**

*I am 38 years of age, and presently Director of Spectrum up receives windows in Sector-6, Noida.*

### **WHY I BECAME DIABETES EDUCATOR:**

In March 2015, I was diagnosed with diabetes; with fasting-290mg/dl and PP-390mg/dl, weight-95kgs. In April, I saw the video on You Tube and followed the diet plan of Dr. Biswaroop. Within a month, my sugar level was normal and my weight reduced to 75kgs in next 3 months.



**City:** Greater Noida

**State:** Uttar Pradesh

**Contact me at:** 9717333077

**Email:** rajwant@spectrumupvc.com

## MR. ANAL DEO SATYARTHI

*I am 33 years of age, and presently working as a Yoga and Naturopathy Instructor. I am associated with INO and my articles are published in Sujeevan Magazine.*



### **WHY I BECAME DIABETES EDUCATOR:**

In 2014, I attended Dr. Biswaroop's seminar in Delhi. Since then, I was really impressed by his diet plan especially about milk and other packaged products. So, I became a Diabetes Educator to spread the effects of diet among people. With this diet, I have treated many patients' with multiple diseases.

**City:** Bhubaneswar

**State:** Odisha

**Contact me at:** 9910667793 **Email:** yoga.vastu@gmail.com

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## MR. AVNISH KASHYAP

*Network Engineer*

### **WHY I BECAME DIABETES EDUCATOR:**

I wanted to be a doctor in my life, but that couldn't be possible. However, my interest gradually increased in how I can live healthy and remain healthy. One day, I got an opportunity to be a Diabetes Educator; I realized that as a diabetes educator, I can bring a huge smile on others faces. I am trying to cure diabetic patients' as much as I can, without any side effects and make them happy.



**City:** Faridabad

**State:** Haryana

**Contact me at:** 9210060991 **Email:** avnishkashyap1@gmail.com

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## MR. VEDPRAKASH JAISWAL

*M.com, LLB Nagpur. Age 67 years; Electronic Dealer.*

## **WHY I BECAME DIABETES EDUCATOR:**

Diabetes since last 25 years, changed diet, within 3 months; medicines reduced by 70%. I attended Dr. Biswaroop Roy Chowdhury's seminar, after that I changed my diet as natural and raw foods.

**City:** Nagpur      **State:** Maharashtra

**Contact me at:** 9373393301

**E-mail:** info@vedoms.com



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## **MR. NITIN GUPTA**

*Pharmacist*

## **WHY I BECAME DIABETES EDUCATOR:**

I had suffered brain strokes, when my weight was 92Kgs. After watching Dr. Biswaroop Roy Chowdhury's 'You Tube videos' and following his diet plan, now I am 63Kgs. Feeling Fit than ever before.

**City:** New Delhi      **State:** New Delhi

**Contact me at:** 9582827491

**Email:** 1977nitingupta1311@gmail.com



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## **DEEPAK KUMAR SINHA**

*Working as Divisional Engineer, Mobile Services in Bharat Sanchar Nigam Limited in Police Surveillance in Mahanagar Telephone Exchange at Lucknow.*

## **WHY I BECAME DIABETES EDUCATOR:**

For social service and to educate people against the diseases. How to cure them free of cost without spending any money. I have to go anywhere in luckow uttar pradesh in india and abroad also for guiding and training how to cure yourself from all diseases at my own cost and expenditure with books





dvd and also with other literature you have to spent nothing

**City:** Lucknow

**State:** Uttar Pradesh

**Contact me at:** 09450904880

**Email:** deepaksinha5127@yahoo.com

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**DR. R. P. SINGH VERMA**

*Practicing as a Naturopath in Delhi.*

**WHY I BECAME DIABETES EDUCATOR:**

I want to serve people who cannot afford medical expenses for diabetes, pains, etc. Hence, I became Diabetes Educator.

**City:** Delhi

**State:** New Delhi

**Contact me at:** 9811849395 **Email:** puneetrverma@gmail.com

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**MR. MANOJ KHANDELWAL**

*Life coach & amp; Health Motivator Manoj Khandelwal is a Health Journalist & amp; Acupuncturist by Qualification. Earning livelihood by media and serving society by Motivational & amp; Educational Health Workshops around India under campaign "Life with Khandelwal". He delivered lectures, presented research papers and participated in more than hundreds of workshops, seminars and conferences of national as well as international levels and he bagged more than 112 medals, awards, honors' and certificates in the field of hischaritable health work.*



**WHY I BECAME DIABETES EDUCATOR:**

I deeply feel that every person must take one social responsibility in life. 22 years ago, Dr Loiya just told me that soon India is going to

be a capital of Diabetes; which is a silent killer, and Arthritis is the number one Disability & Painful disorder. Both are preventable as well as reversible by drugless modalities. As a Drugless Healer, I know Education is more important than Medication. So, I became a Life coach & Health Motivator & Educator to help Diabetes & Arthritis patients. I am trying my level best to help them.

**City:** Guwahati

**State:** Assam

**Contact me at:** 09435021306 **Email:** drmanojkhandelwal@gmail.com

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**MR. ABHIJAT UPADHYAY**

*MBA in marketing and finance from HPUBS Shimla.  
A Social Worker and running a Trust, Swasth Jeevan.*



**WHY I BECAME DIABETES EDUCATOR:**

I want to serve humanity and getting amazing results from Dr. Biswaroop Roy Chowdhury's diet.

**City:** Kangra

**State:** Himachal Pradesh

**Contact me at:** 8629000723 **Email:** abhijatupadhyay24@gmail.com

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**MR. MAHENDER GERA**

*MBA,DGM in Service Industry*

**WHY I BECAME DIABETES EDUCATOR:**

To Keep Healthy and Help Family and society to live Healthy without medicine.

**City:** Faridabad

**State:** Haryana

**Contact Me at:** 9818512879

**Email:** geramahender@gmail.com



MR. JITENDER PURBEY

*Business and Social Worker*



**WHY I BECAME DIABETES EDUCATOR:**

Social Cause. I learnt from Dr. Biswaroop Roy Chowdhury that, “we can help people in low cost.” I love helping people.

**City:** Faridabad      **State:** Haryana

**Contact me at:** 9818451338      **Email:** jitendrapurbey9@gmail.com

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MR. BHARATH AVVAI

*I am 39 Years old. Completed Lifestyle Medicine: Nutrition and the Metabolic Syndrome from Harvard Medical School USA and Professional Member of American Diabetes Association*



**WHY I BECAME DIABETES EDUCATOR:**

3 Years before I was diagnosed type 2 diabetes. By changing diet and life style within 3 months, I could reverse diabetes myself. Then I found simple procedure to reverse diabetes in you-tube by Dr. Biswaroop Roy Chowdhury. I want to help more people get rid of diabetes along with all side effects.

**City:** Bangalore      **State:** Karnataka

**Contact me at:** 9901444488      **Email:** bharathavvai@gmail.com

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MR. NADI VAIDYA AJIT SINGH YADAV

*Nadi vaidya Ajitsinghyadav – BAMS, pulse diagnosis expert, Medical astrloger, marma therapy expert, spiritual healer, 26 years of Practice experience, conducts nadi pariksha(pulse diagnosis)courses for National and international candidates, patron of HEAL India(ngo) believes in healing the patient*



*with diet and lifestyle first and then take support of ayurvedic herbal medicines if required.*

### **WHY I BECAME DIABETES EDUCATOR:**

I was quite impressed with Dr Biswaroop Roy Chowdhury's approach as 'Food as Medicine'.

**City:** Karnal

**State:** Haryana

**Contact me at:** 9034540540, 8950856163

**E-mail:** nadivigyan@gmail.com

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### **MS. NADI VAIDYA SALONI YADAV**

*Nadi vaidya Saloni yadav – pulse diagnosis expert, vedic medical astrologer, varmam therapy expert, diabetes educator, BAMS(final year), organizes and conducts workshops on pulse diagnosis for national and international doctors, written study material on pulse diagnosis*



### **WHY I BECAME DIABETES EDUCATOR:**

My family has been into practice and I've always seen my family treating patients with diet and lifestyle rather than emphasizing in medicines. I got the chance to attend one seminar of Dr. Biswaroop Roy Chowdhury in my college. I was very much inspired by his thoughts and his vision. I then discussed it with my family and thought that it would be in great benefit of the patients that if Dr. Biswaroop Roy Chowdhury's concept and theories were amalgamated with our ayurvedic pattern of treatment. Since then I have attended many workshops of Dr. Biswaroop Roy Chowdhury and studied almost all his books. It was then I thought that I should become a diabetes educator and I did the course. Now I along with my father counsel, guide and help people manage diabetes.

**City:** Karnal

**State:** Haryana

**Contact me at:** 9034540540, 8950856163

**E-amil:** nadivigyan@gmail.com

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**DR. R. K. CHANNA**

*Coordinator, INO Haryana; Nature Cure and Yogic Science.*



**WHY I BECAME DIABETES EDUCATOR:**

I attend lot of patients; presently, 1000-2000 only sugar in my life. Struggle of life sewa is first motive to cure without Drugs.

**City:** Raipur

**State:** Chhattisgarh

**Contact me at:** 9034936422

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**MR. GIAN PRAKASH MALHOTRA**

*I am 78 years of age, and retired from LIC as Divisional Manager. I am also working in the field of treatment of patients by Acupressure.*



**WHY I BECAME DIABETES EDUCATOR:**

I was suffering from diabetes since 1992, and was taking allopathic treatment; but my diabetes was not treated as fully cured. I attended one of the seminars of Dr. Biswaroop Roy at Faridabad, and later met him personally. I strictly followed his diet plan and my diabetes is fully cured; I am not taking any Allopathic Medicines.

**City:** Faridabad

**State:** Haryana

**Contact me at:** 9910158467

**Email:** ruchimahajan.malhotra@gmail.com

## MR. JUGAL KISHOR MEENA

*I am pursuing Naturopathy from N.D.D.Y, Rajghat and Sujok Therapy. A Diabetes Educator from Indo-Vietnam Medical Board and self Xerox engg working as a service engineer. Self working(own)*



### **WHY I BECAME DIABETES EDUCATOR:**

I feel that, in India Diabetes is a large scale problem. I wish to be a social worker; so, I want to treat diabetes patients as much as I can; being glad to help them.

**City:** Delhi

**State:** Delhi

**Contact me at:** 9810376185

**Email:** kishor261278@gmail.com

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## MS. KAUSHAL BHATIA

*Naturopathy*



### **WHY I BECAME DIABETES EDUCATOR:**

I have to share my experience. On 9th December 1993, I suffered from asthma attack. This shattered me and the conditions did not change. After 3 years, in 1996, my health worsened and the time came when, I was not even able to talk. I was highly depressed. All the times, I used to think about my health problem. In 2014, I went for acupuncture classes to Salila Tiwari at Kalkaji. She treated me with naturopathy treatment, but it was not beneficial for me. One day, I attended Dr. Biswaroop Roy Chowdhury's seminar and changed my diet as prescribed by Dr. Biswaroop. Within few days, I felt healthy and energetic, and also my voice problems were gone; just like a miracle. Today, I do not have any health issue, only because of Dr. Biswaroop; whom I am thankful from the bottom of my heart.

**City:** Geeta Colony

**State:** Delhi

**Contact me at:** 9999495502

**Email:** kaush.bhatia@gmail.com

## MR. NITIN SHARMA

*Builder & Reiki Grandmaster; Internationally Awarded Reiki Best Master Healer & Best Reiki Couple Award. Also, running Reiki centre in the name of Wonders of Reiki.*



### **WHY I BECAME DIABETES EDUCATOR:**

I wish to remove/cure diabetes name & fear from this earth, and by becoming Diabetes Educator; I have been able to cure diabetes of most people.

**City:** Dehradun

**State:** Uttarakhand

**Contact me at:** 08439827778 **Email:** npsnps7788@gmail.com

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## MS. PREET SHARMA

*Running Institute, Business & Reiki Grand Master; Internationally awarded Best Reiki Couple Award & Best Master Healer & Crystal Ball Gazer; also running Reiki Centre in the name of Wonders of Reiki.*



### **WHY I BECAME DIABETES EDUCATOR:**

It's my dream to free this world from diseases & by becoming Diabetes Educator; I have already succeeded in curing diabetes of most people.

**City:** Dehradun

**State:** Uttarakhand

**Contact me at:** 08439827778 **Email:** npsnps7788@gmail.com

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## MR. VED PRAKASH GARG

- *Qualifications: B.Sc. and M.B.A. from Delhi University*
- *University of Manchester (United Kingdom)*
- *Presently working with: NITI Aayog, Government of India*



- L.L.B. from Delhi University
- M.A. (Economic and Social Sciences)

### **WHY I BECAME DIABETES EDUCATOR:**

For a Social Cause for eliminating Diabetes from the life of people.

**City:** Delhi

**State:** New Delhi

**Contact me at:** 9971204410

**Email:** vpgarg@gov.in

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MR. S. K. GUPTA

*Businessman*



### **WHY I BECAME DIABETES EDUCATOR:**

There are a lot of people like me who are suffering from Diabetes. I want to help and educate them to cure this without the use of Allopathic Medicine.

**City:** New Delhi

**State:** New Delhi

**Contact me at:** 9810407405

**E-mail:** skguptadw@gmail.com

---

MR. S.C. KHURANA

*Diploma in Naturopathy and Yogic Science (DNYS) from Rajgarh, Delhi; B.Tech in Mechanical Engineering; Acupressure Therapist.*



### **WHY I BECAME DIABETES EDUCATOR:**

I am a Naturopath and understand the efficiency of natural diet. So, I became Diabetes Educator to help the diseased to leave their medicines.

**City:** Janakpuri

**State:** New Delhi

**Contact me at:** 9811041409

**Email:** khuranasc@hotmail.com



## DR. QAZI NASIR UDDIN

*Founder of Heal The World, Rashtriya Gaurav and Diamond Health Service International Awards recipient, Vaastu Consultant, Sofi Mystic Distant and online healer, Amal-e-Haazarat, Dowsing Master, Mind Meditation Trainer, and cosmic energy healer.*



### **WHY I BECAME DIABETES EDUCATOR:**

Already practicing in alternate healing system

**City:** Jammu Tawi

**State:** Jammu and Kashmir

**Contact me at:** 9697319810

**Email:** dr.qazi@rediffmail.com

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## MS. VASUDHA ASHOK

*Principal*

### **WHY I BECAME DIABETES EDUCATOR:**

Passion to explore new fields and love to treat patients and inspired by our Dr. Biswaroop.

**City:** Hyderabad

**State:** Telangana

**Contact me at:** 9866194627

**Email:** vasudhaashok6@gmail.com

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## MR. SHATRUGHAN KUMAR SINHA

*I am a P.G in Psychology engaged in marketing FMCG products. Actively involved social and charitable activities leading a regulated and disciplined life.*

### **WHY I BECAME DIABETES EDUCATOR:**

I attended training cum talk programme of Dr. Chowdhury and strictly following as well propagating and consulting customers, clients



and all. And observing very good results. I wish a great success to Dr. Chowdhury in his mission.

**City:** New Delhi

**State:** New Delhi

**Contact me at:** 9811335101

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**MR. GIRISH BANVI**

*I am engineer by profession, I am into cultivation of organic herbs and spices*



**WHY I BECAME DIABETES EDUCATOR:**

For educating people on correcting ones food habits and telling them what is correct food. As I my self have seen results in 3-days of virtual tour by having food advised by Dr. Biswaroop.

**City:** Dharwad

**Sate:** Karanatak

**Contact Me at:** 9845220803 **E-mail:**gbanvi@gmail.com

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**DR. ABHILASH MODI**

*Academical*



**WHY I BECAME DIABETES EDUCATOR:**

On March 16th 2015, When I was honored by Honorary Doctorate Degree; I came to know that, not only in the field of records but, also in the field of curing people in just 72 hours from Diabetes; Dr. BRC is doing a splendid job. Over that time, I tried being Certified Diabetes Educator by Indo-Vietnam Medical Board but due to some hurdles, I couldn't get it done. On the occasion of World Health Day, IBR and Indo-Vietnam Medical Board chose some candidates to cure Diabetes in so many cities and I was also chosen to do this Nobel work. I was told to take online exam by going through some books and videos. I did it and cleared that exam and performed on the occasion of World

Health Day. Presently, I am awakening so many people, who have been living life of a sick.

**City:** Bhilwara

**State:** Rajasthan

**Contact me at:** 9610839421

**Email:** modiabhilash308@gmail.com

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BRIJ MOHAN

**WHY I BECAME DIABETES EDUCATOR:**

*To make Diabetes Free India.*

**City:** Bathinda

**State:** Punjab

**Contact me at:** 85910-24800, 98033-24800

**E-mail:** anjaliranisingla@yahoo.in

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DR. L. D. ARORA

*MBBS HCMS Clinic: Dr Aroras Clinic, X-ray Lab*

**WHY I BECAME DIABETES EDUCATOR:**

I was inspired by dr biswaroop lectures and selfless Service I want to learn more about diabetes and dr biswaroops diet plan.I want educate people and expand dr biswaroops work

**City:** Faridabad

**State:** Haryana

**Contact Me at:** 9811123273 **Email:** kumudarora2002@yahoo.co.in





Indo-Vietnam Medical Board is an initiative taken by India Book of Records and Vietnam Book of Records with the mission to heal the society by exposing the medical corruption and educating the masses of the emerging and promising science of “Food As Medicine” with the prime focus on curing diabetes and associated medical conditions like Hypertension, Heart diseases, High Cholesterol and Obesity.

Chairman & President (India)

Dr Biswaroop Roy Chowdhury

President (Vietnam)

Mrs. Nguyen Hoang Anh

Board of Advisors (Administration)

Le Tran Truong An

Vijay Yadav

Board of Advisors (Technical)

Dr. Giang Phung Tuan

Dr. Nguyen Manh Quoc

Dr. Hoang Hiep

Dr. Nguyen Van Ngot

Dr. Paawan Waadhawan

Dr. Shailendra Mishra

Dr. Satish Malhotra

Dr. Indupreet Kaur

Dr. Nitesh Kumar

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Mahesh Kaushik  
Ashutosh Mittal  
Huynh Cong Su  
Vo Van Trung

### Goodwill Ambassador

Mr Somnath Bharti

### Coordinators

Rachna Sharma  
Mohan Joshi  
Komal Singh  
Pratiksha Vats  
Kalpana Bourai  
Clara Bui Thi Duyen Chau  
Dau Thi Nhung  
Ly Thuy Nhu Truc  
Nguyen Thi Hong Phuc

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Sachin Khullar	Punjab
Soni Virdi	Sikkim

## Let every morning be the Hunza Morning

If you have decided to pick only one of my suggestions for the sake of your health. Then take this suggestion:

Stop consuming tea specially, morning tea. The early morning tea makes the inner lining of your intestinal wall acidic, as after night of fasting your stomach is empty and craving for food. An acidic stomach on a regular basis is the single biggest cause of all kind of inflammatory and lifestyle diseases including arthritis, diabetes etc.

**How to stop craving of tea —> Switch to Hunza Tea**

Hunza Civilization: Hunza people are the Indians living at extreme northwest of India in Hindu Kush range. They are known to be one of the world's healthiest civilizations, often living up to the age of 110 years.

### How to prepare Hunza Tea (serves four):

#### Ingredients:

- 12 Mint leaves(Pudina)
- 8 Basil Leaves(Tulsi)
- 4 Green cardamom (Elaichi)
- 2 gm Cinnamon (Dalchini)
- 20 gm Ginger (Adrak)
- 20 gm Jaggery (Gur)

#### Instructions:

- Take 4 cups of water in a tea pan
- Add all ingredients, simmer it for 10mins
- Add a dash of lemon juice and serve hot or cold

**For those who are too lazy to collect the above ingredients (to make their own hunza tea) may order**



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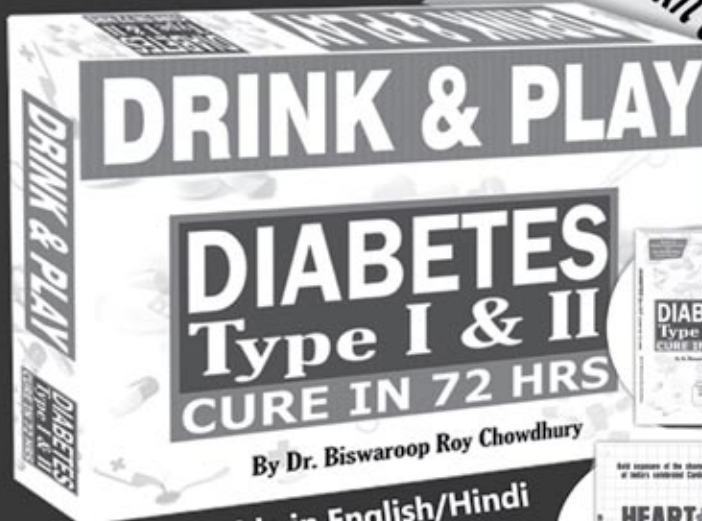
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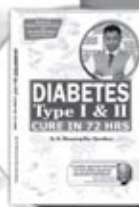
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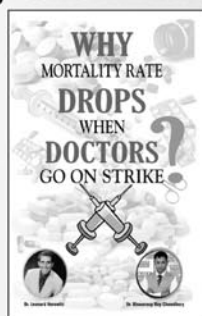
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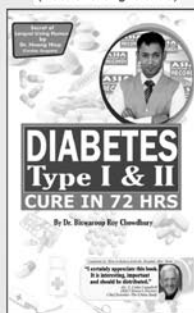
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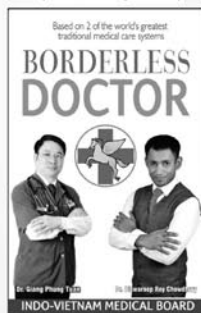
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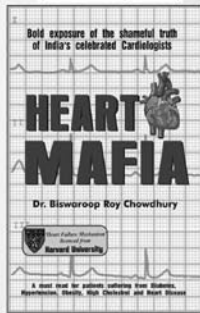
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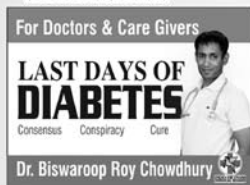
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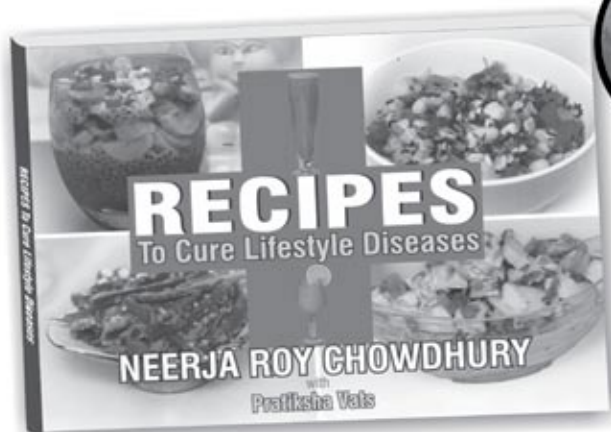
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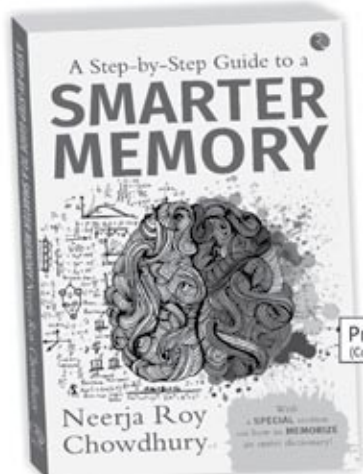
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The project is being led by Vedic Brain Solutions And World Innovative Brain Sciences jointly under the able leadership of world renowned memory guru Dr. Biswaroop Roy Chowdhury and his intensively trained Brain Science faculty and memory expert Mr. Vinod Sharma.

### PROFILE Vinod Sharma

- National Record Holder
- Internationally awarded and renowned as Memory Expert.
- Many of his programs have been telecasted on National TV Channels and Radio.
- Has Served companies like NIS, Sparta, Future Group and Max India as a Corporate Trainer.
- Has Addressed more than 3 lac trainees.
- Youngest Science Fiction Writer.
- Shiksha Shastri
- More than 6 Years of experience of Corporate Training.
- Working in the field of Brain Science and its development for the last 10 years.
- A Renowned Mimicry Artist Able to do mimicry in 256 Voices.
- Highly acclaimed Motivational Speaker in Corporate Circles.
- Intensively Trained by Dr. Biswaroop Roy Chowdhury.





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**For More Details Contact us at:**

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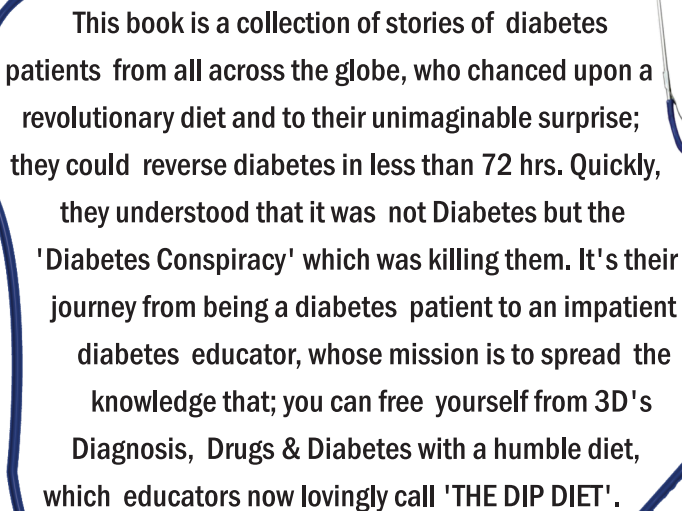


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... आज देश अंग्रेजी दवा का गुलाम है।

- Dr. Biswaroop Roy Chowdhury

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## **Dr. Biswaroop Roy Chowdhury**

- Two Guinness World Records (Mind & Body)
- Specialization in China Study, Cornell University (USA)
- Author of 25 books on Mind & Body
- Doctorate in Public Health (Vietnam)
- Paper published on 'Diabetes Cure in 72hrs' (Mangalore University)
- Certificate in Cochrane Guidelines-Penang Medical College (Malaysia)
- Cardiovascular Life Support Instructor- American Heart Association
- Post Graduation in Diabetes Education- International Diabetes Federation
- Diploma in Echocardiography- Medical University of Vienna (Austria)