

Thermoregulation and supplementation with anti-diabetic therapy in the treatment of patients with diabetes mellitus type 1 and type 2

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Introduction: To demonstrate the positive therapeutic effects of synergism thermoregulation and supplements as a method of integrative medicine with the use of conventional medicine in patients with Diabetes Mellitus type 1 and type 2.

Method: The sample in this study consisted of 40 patients diseased of type 1 DM (20 patients), and type 2 (20 patients), both sexes, aged between 18 and 78 years, with a follow-up of three months. We applied with conventional therapy, and methods of integrative medicine – thermoregulation and supplements – Planet Health. We emphasized the importance of nutrition 'food without animal protein'. We controlled laboratory parameters, biochemical and hematological, state organs and systems non-invasive blood count analyzer. In particular, we analyzed during the study: the level of blood glucose levels, insulin levels, blood flow (Doppler sonography), the existence of polyneuropathic disorders and the dose of oral antidiabetic, and compared the situation at the beginning and at the end of follow-up.

Results: With the application of adequate nutrition, thermoregulation and supplements, as well as the application of the methods of conventional medicine, we recorded significantly better therapeutic results in patients with DM type 1 and type 2, in stabilizing blood glucose glycemic – level was gradually reduced from 30 to 50%. This allowed a reduction of oral antidiabetic therapy. Insulin requirements decreased by more than 50%, and three patients were taken off the insulin. Polyneuropathy visual disturbances are reduced. Supplies improve circulation and cardiovascular system. It is essential to improved physical condition of patients and thus the quality of life. Reduce the costs of treating patients with DM all patients.

Conclusion: In this study we demonstrated the positive effects of synergism thermoregulation and supplements by applying the methods of conventional medicine in patients with DM type 1 and type 2, in the stabilization of blood glucose, reduce the need for insulin, polyneuropathic noise reduction, improving circulation and cardiovascular system as well as the psychological and physical condition patients.

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