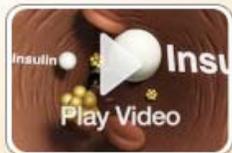


Diabetes Videos



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Is 'miracle' cure for diabetes simply healthy eating? Low-calorie diet reverses disorder in just four months, say scientists

- Healthy eating plan is 'most effective' way of tackling obesity-linked Type 2 disorder
- It could spell the end of long-term medication for sufferers

By **KERRY MCQUEENEY**

Last updated at 12:07 PM on 29th November 2011

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Type 2 diabetes could be reversed in just four months by simply following a low-calorie diet, a study has revealed.

According to the research, people who reduced their calorific intake in their daily diet experienced a far greater improvement in the condition - and their health in general - than any medication offered.

This means that life-saving insulin would no longer be needed to combat the disorder, cardiac function would improve and dangerous fats building up around patients' hearts would be significantly reduced.

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Bond actor spoke to GQ

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© Alamy

Good, old fashioned healthy eating: As obesity levels soar, so too has the rate of Type 2 diabetes - but a cure could be as simple as a low-calorie diet

As obesity levels soar, type 2 diabetes is fast emerging as one of the biggest priorities for the health profession.

The disorder has seen a worrying rise in the UK, thought to be driven by junk food diets and a lack of exercise.

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Dr Sebastiaan Hammer, the study's lead author, told The Express: 'It is striking to see how a relatively simple intervention of a very low-calorie diet effectively cures Type 2 diabetes.'

'Moreover, these effects are long term, illustrating the potential of this method.'

'Lifestyle interventions may have more powerful beneficial cardiac effects than medication in these patients.'

The research has been hailed as a breakthrough which could revolutionise the treatment of what was thought to be an incurable lifelong condition.

Dr Hammer, from the Department of Radiology at Leiden University Medical Centre in the Netherlands, added that the results showed significant improvements in patients after just 16 weeks of following a low-calorie diet.

Just last month it was revealed how the number of diabetes sufferers in Britain has risen by 50 per cent in only five years.

Campaigners warned that the increase is being fuelled by the soaring levels of obesity, with some 3million adults and children now living with the condition.



Eradication? The development could spell the end of insulin and other medication

[sets hearts racing in thigh-skimming lace dress](#)

Underworld actress, 38, also wore nude heels at the Spirit Award nominations



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Divorced after 72 days



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Actress, 29, looked the picture of happiness



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He treats her like a princess.



▶ [Now THAT's what you call a corset! Tamara Ecclestone pours her hourglass curves into a figure-hugging dress](#)
Socialite, 27, wore stunning sky-high heels



▶ [Injured Peyton Manning shows off his adorable baby son \(at least one of](#)

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And in the past 12 months alone, there has been an increase of more than 117,000 new cases.

The Diabetes UK charity warned that the NHS is now spending almost a tenth of its budget - £9billion - every year treating patients.

Some 90 per cent of sufferers have type 2 diabetes, the form which can be caused by being overweight or obese.

The remainder have type 1, which is believed to be genetic.

Scientists believe excess fat upsets the working of insulin – a key hormone which delivers sugar to cells – and this can lead to type 2 diabetes.

Those with the condition are five times more at risk of heart attacks and strokes and can also suffer damage to nerve endings in feet, cells in the eye's retina and kidney disease.

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I feel that a low carbohydrate diet has saved my life. Many of my ancestors died from autoimmune issues and diabetes- an entire branch of my family tree dead at least 20 years early. I got with a naturopath/chiropractor instead of the mainstream leachers and their expensive poisons. With a controlled diet I no longer bleed into my stools or have convulsions and wonder if I'll make it through the night. Now I only get sick, and only moderately, if I have too many carbs.

- Thebes, Santa Fe, NM, 30/11/2011 02:18

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Diabetes Type 2 can be reversed with the right diet and exercise regime.

- frankie, cork, 30/11/2011 02:09

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Oh and please read the headline. Healthy eating plan is 'most effective' way of tackling OBESITY-linked Type 2 disorder. In other words it will not help the slim. It will only aid the obese who we are well aware cause diabetes to themselves by their weight (in a lot of cases)

- kaz, wales, 30/11/2011 01:09

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them is in uniform!)
The NFL star dressed Marshall in a mini jersey



Not so sexy in the city: Cynthia Nixon is almost unrecognisable as she goes make-up free in New York
Looked a far cry from her Miranda Hobbes days



'What am I doing here?' Miranda Kerr questions why she was snapped by Victoria's Secret (while looking stunning in dress split to the thigh)



Kourtney Kardashian flashes her midriff in a cropped shirt and billowing skirt ensemble
Looked pretty with long dark hair and towering black Louboutin heels



Absolutely Flabulous! Real women proudly display their bellies
Blog reveals a spectrum of stomachs - from fit to flabby and everywhere in between.



No more keeping mum! Maggie Gyllenhaal shows off her baby bump as she picks up her daughter from school
Had kept pregnancy quiet



'I've lost 39lbs!' Kelly Preston sheds her baby weight with the help of best friend Kirstie Alley
She is married to Grease star John Travolta



Woman reveals horrific damage to her face after it was injected with cement and tyre sealant by 'butt implant doctor'



Demi Moore emerges for the first time since Ashton Kutcher split as she

MARY MARY, Donegal, 29/11/2011 19:46 The extra low calorie diet will work for me too? What an idiotic and dangerous comment. The diet plan being hyped up here is aimed at OVERWEIGHT diabetics. Some of which have caused their diabetes by being obese. I am not in that category. If I do as you suggest I will become underweight which is not healthy at all. I have low cholesterol, low blood pressure and I am well within my medically correct weight to height range. When this news broke a few months ago I asked my GP about it. He warned me not to even contemplate this diet. I really despair at this one size fits all mentality that people have against type 2 diabetes. We are not all fat and unfit. One poster here has already explained that they are diabetic due to pancreas damage. Are you seriously suggesting that this person can go on an extreme diet and be cured?

- kaz, wales, 30/11/2011 01:07

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My type 2 diabetes started some years ago when I was hospitalised with acute pancreatitis and I found myself on a drip for 12 days. The cause was a very large gall stone which was removed after I was deemed to be well enough to have the operation. Pancreatitis is more common than envisaged, and all sufferers should be wary of getting diabetes afterwards, as insulin is made in the now damaged pancreas.

- Stuart, Birmingham, 29/11/2011 23:04

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Even registered to post this comment Raw food is the only answer as mentioned in 2 other posts, second to no food :). You can read one of Arnold Ehret books (mucusless diet, rational fasting) for beginning, or watch 'simply raw' on above subject or 'fat sick and nearly dead' on similar subject. There are many more books and movies. Healthy sceptics can watch 'Breakthrough'. From my personal experience I felt best while on raw (6 and 8 months in last 4 years). After stopping both times, regained 25kg i have lost during raw (both loss and gain were fast). Now slowly trying to restart and be raw for life. In 10 days 40.

- Mario, Monza, Italy, 29/11/2011 22:59

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I do eat healthily, I am a vegetarian and I am diabetic. Unfortunately I still need injections to stimulate my pancreas which stopped working suddenly. I am a type 2 diabetic, and diet alone will not fix my problem - if only it could.

- Lesley, Presley, 29/11/2011 22:44

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Click to rate Rating 12

Do you mean that if people eat properly, they get rid of their self-induced 'illness'? Is this meant to be news?

- karen, tonbridge, 29/11/2011 22:22

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Click to rate Rating 10

This "news" was released months ago. Why is the DM only reporting on it now? Surely there is no such thing as a "slow news day" any more the way the world is heading!

- Molly, UK, 29/11/2011 22:19

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Click to rate Rating 4

Avoid white flour, potatoes, carrots, bananas... pasta, rice, things like that.

- Gordon Wagner, San Diego CA USA, 29/11/2011 20:25

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Click to rate Rating 12

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gets back to work
Actress, 49, was seen at photo shoot in Hollywood



Back to business!
Heidi Klum ensures all eyes fall on her in plunging red suit for perfume launch
Wore stunning scarlet Michael Kors ensemble



Tom Brady the doting dad shares a tender moment with baby Benjamin
Quarterback, 34, and the one-year-old enjoyed a playdate in the park



Pictured: Professor, 65, who 'poses nude with his students in the name of art'
Michigan State's Danny Guthrie appears in 'sexually-charged' photos



Ab fab at 40!
Mother of four Brooke Burke shows off the results of her fitness regime
Dancing with the Stars host headed out for a jog near her Malibu home



'It's perked up my face': Real Housewives of Orange County star Alexis Bellino reveals she had a nose job
Admitted having surgery last month



That's my little girl!
Tori Spelling can't stop cooing over her adorable baby girl Hattie
Tori, 38, took the clan for a family stroll



Gary Speed's wife made desperate call for ambulance after finding him hanged at home, coroner hears
Tributes poured in from across the sporting world



I stepped into a soap opera... I lived in it for quite a long time': Guy Ritchie on marriage to Madonna

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Has finally opened up about the Material Girl

▶ His smile says it all: George Clooney jets home from romantic Mexican holiday with Stacy Keibler

Joined by Cindy Crawford and her family



▶ 'We don't pay much heed to gossip': How Hugh Jackman's wife copes with gay rumours

Deborra-Lee, 53, has been married to actor, 43, for 15 years



▶ Taking the plunge! Charlize Theron almost takes a tumble as she trips over stage light... in daring dress split to the navel at Gotham Awards

Honoured at ceremony



▶ Amy Winehouse's Back to Black dress sells at auction for more than \$60,000

Tragic singer wore the iconic polka dot chiffon on the 2006 album



▶ Sexiest Man Alive Bradley Cooper reveals his receding hairline with a new shorter cut

Seems to be a slight bald patch appearing at the front



▶ How Twilight fans are faking engagements so they can try on \$799 replica of Bella Swan's wedding dress

Fans desperate to be like Kristen



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- ▶ Number of people with HIV in the UK poised to hit 100,000 as infections rise 6% in a year
- ▶ On me head son! Well, maybe not: Headers can lead to brain damage, scientists warn
- ▶ Those who live to 100 'avoid diseases like cancer and are healthier than pensioners years younger'
- ▶ I didn't know MEN could get breast cancer - until I needed a mastectomy
- ▶ How to repair your memory: From long-haul travel to not eating enough meat, forgetfulness has many causes, but there is a fix..
- ▶ One in four patients say their local hospital is not up to standard
- ▶ NHS hospitals waste millions importing food from China
- ▶ The mother who's helped countless sick children by honouring her son's dying wish
- ▶ Pig saves vegetarian's bacon! 18-year-old Robyn is given animal's heart valve in life or death surgery
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- ▶ No need to fake it tonight, darling. Just try pepper gel: An expert guide to boosting libido

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DON'T MISS

▶ Sheer genius! Green goddess Uma Thurman gets some oomph in a VERY tight-fitting dress at UNICEF Snowflake Ball

Still knows a thing or two



▶ Charlie Sheen blows through cocaine capital Colombia... but he's only scouting for filming locations



▶ [Back to reality:](#)

Computer program that shows EXACTLY how images have been Photoshopped allowing magazines and ads to come with a 'health warning'



▶ She's all mouth! Kardashian pouts in a stick-on black and white lip tattoo
Kim Kardashian clearly wanted to try something different



▶ Miranda Kerr reveals how she gets husband Orlando Bloom in the mood (the leather trousers not enough?)
She bought him silk boxers



▶ George Michael's boyfriend shows the strain after visit to singer's hospital bedside
Star battling pneumonia



▶ Looking good is the best 'Revenge': CW stunner Amber Valletta shows off her toned tummy during a NYC photo shoot
The CW star is stunning at 37.



▶ Supermodel Karolina Kurkova flaunts her curves in a see-through crochet dress and tiny hot pants for sultry new Vogue shoot



▶ Nice bodywork! Paris Hilton brings sexy back in form-fitting dress as she takes her \$280k Ferrari for a spin
Wore sexy green backless number



▶ 'I have never truly felt cherished by a lover': Lady Gaga laments her bad romances... and fears she will end up alone



▶ Top marks in the style stakes: Glee's

Dianna Agron looks blissful in peach maxi skirt
Went for a pamper session in Beverly Hills



▶ Cut-price McQueen: The \$725 tartan dress celebrities can't get enough of
Rihanna, Emma Watson, and Katherine Jenkins have all been out in it



▶ 'Add 5lb of solid flesh in a week!' The vintage advrts promoting weight GAIN
From the Thirties to the Sixties they show a society preferring curvy to skinny



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▶ Mazel tov! New York's first 'Big Fat Jewish Wedding Expo' sees rabbis battle over kosher couples
Organisers hope to serve up to 500 couples tonight



▶ Pictured: Brad Pitt leaves cinema with children... as ex-wife Jennifer Aniston and new beau Justin Theroux arrive FIVE minutes later



▶ Why DO young women go out dressed like this? We meet British nightclubbers to find unsettling answer as mothers despair



▶ Proud Kate and brave William reunite at sophisticated Palace party after his daring sea rescue
Duchess dazzled in an emerald green dress



▶ Want to know the secret to successful weight-loss? Don't tell anyone you're on a diet
Study found not telling



family or friends could help prevent failure

▶ 'We're so exhausted that we broke down backstage': Little Mix reveal they are struggling to cope with X Factor pressure



▶ 'I'm so sorry for crying... I'm being so rubbish!' Tearful Victoria Beckham overcome at British Fashion Awards
Finally accepted by fashion elite



▶ Blow for Bethenny Frankel as her bid to launch talk show falls flat
Her brash New York accent reportedly put the networks off



▶ My hunt is finally over: 'Overjoyed' mother reunited with children 30 years after their father snatched them
Paulette Moray was left heartbroken in 1981



▶ Hot mama! Kate Hudson proudly shows of her svelte post-baby figure in a revealing mesh dress
Just four months after giving birth



▶ Next stop, an Oscar? Meryl Streep takes home prestigious film award for portrayal of Margaret Thatcher in The Iron Lady



▶ Before he was a Rolling Stone: Mick Jagger, 15, models gym shoes in his first ever TV appearance
Appeared on UK show Seeing Sport in 1959



▶ The oldest action hero in town!
Harrison Ford to play

Indiana Jones in FIFTH film... when he's 70
Grandfather-of-three pushing 69!



▶ Stella who? All eyes are on Jennifer Saunders' hilarious alter ego Edina Monsoon at McCartney's Absolutely Fabulous store lighting ceremony



▶ Is it Rhys' influence? Anna Friel ditches the dresses to wear skin-tight jeans and rock-chic boots
Actress, 35, echoed lover Rhys Ivans' leather look



▶ What a difference a few hours makes! Julianne Moore goes from scruffy to stunning at New York event
Proved what a spot styling will do



▶ He's Hoff! David confirms he won't be returning to Britain's Got Talent... but remains silent on reports he was sacked
Confirmed on Twitter



▶ 'I was very lucky to find him': Divorcee Eva Longoria on finding love again with Penelope Cruz's little brother Eduardo
Posed for Vanity Fair



▶ The Big Bucks Theory! Simon Helberg buys Charlie Sheen's mansion for a cool \$3million
If the walls could talk...



▶ Back in the bosom of her family: Single Kim Kardashian enjoys Thanksgiving dinner with the clan
It was a family affair at her mom's house



▶ Time for a shave, Greg? Emma Thompson's husband

sports some Wolverine-style sideburns
At least she looks smart!



▶ Don't mind us Prime Minister! Jeremy Clarkson and friends shoot scenes for Top Gear's Christmas special outside Number 10 Downing Street



▶ 'Orgasms and spinach!' Lady Gaga reveals the outrageous secret to perfect skin
Can she bottle it?



▶ Natalie Portman's baby boy wears trendy bandana as he enjoys a family day out with his parents
Young Aleph has clearly inherited his mom's style



▶ Excited young star Chloe Moretz has a royally good evening as she meets Prince Charles at London premiere of Hugo



▶ Puppy love: Joe Jonas gives one lucky pooch his undivided attention as he hits the beach
Paid more attention to dog than the bikini-clad women!



▶ Was that made from your dad's string vest, Kate? Fashion pack keep it quirky as they up the style stakes at British Fashion Awards



▶ Peter Crouch's No1 girl... sorry Abbey! Soccer star holds Sophia during daddy-daughter bonding
Enjoyed quality time with his eight-month-old tot



▶ Who are you calling fat? Kim Kardashian strikes back after weight jibes
Ex Kris Humphries made comments about her

weight



▶ What about the women? Gaby Logan and Clare Balding's anger against all male Sports Personality shortlist Pair hit out at the BBC



▶ Kristen Stewart, fashion pariah? Why stylists 'won't go near Twilight actress' She's doing fine without their help though



▶ Undressed to impress: UK reality star Amy Childs wears a sparkly bikini to promote new TV show 21-year-old launched It's All About Amy



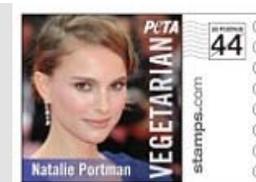
▶ Who's that girl? Brit actress Felicity Jones is new face of D&G Made her name in UK television series The Worst Witch as Ethel Hallow



▶ Overdone the make-up? Marie Osmond cakes on the cosmetics for Hollywood Christmas parade Wore too much foundation



▶ Natalie Portman leads the famous vegetarians on PETA's new stamp collection Pamela Anderson and Ellen DeGeneres also made the cut



▶ Turning back the clock: Ashley Greene channels her inner Sixties siren with glam vintage makeover Actress worked the retro look



▶ 'I want all the hurt and heartache to be over': Footage of Taylor and Russell Armstrong trying to

save marriage in therapy... just months before his suicide



▶ How will you gain the weight back eating that? Pat Sharp lunches scrimps on a mini-meal after losing a stone in the jungle



▶ 'It's a lie': Tameka Raymond denies saying Usher doesn't deserve his children Reports suggested she blasted her ex for bad parenting



▶ Eighties offspring Amber Le Bon and Tali Lennox cement their place in the social elite at British Fashion Awards and Groucho



▶ 'I have not had a facelift': Kate Gosselin denies going under the knife... but she's 'flattered' the rumours Unusual response to surgery accusations



▶ Another little bundle on the way: Maggie Gyllenhaal 'expecting second child' with husband Peter Sarsgaard A sibling for Ramona, five



▶ Angelina: 'I will never be as good a mother as mine' but my golden rule is that one parent should always be at home How she and Brad juggle brood of six



▶ Sacha Parkinson and on-screen lover Brooke Vincent show off their enviable pins Both braving the chilly weather without stockings or tights



▶ 'The only time I've ever been a size six is in a shoe': Crissy

Rock is delighted as she reveals weight loss during I'm A Celeb



▶ He's behind you! Kerry Katona competes with also-ran Lembit Opik in pantomime horse race



Took part in This Morning's Pantomime horse Grand National

▶ Over before it started: Emily Scott and Mark Wright's short-lived romance comes to an end as she's voted off I'm A Celebrity



▶ By George, it's love! Stacy Keibler can't keep her hands off Clooney on romantic getaway in Cabo



Pair looked smitten with each other

▶ I predict a riot! One Direction cause a stampede as they are chased by hysterical fans at filming of new video Brought London to a halt



▶ Is a cardigan really necessary? Diane Kruger covers up on Mexican vacation with Joshua Jackson



Actress has offbeat approach to style

▶ Demi Lovato gets into a hairy situation after ripping out one of her extensions onstage



She handled the situation like a pro.

▶ Remember our name! Little Mix's Jade gears up for UK X Factor semi-finals in personalised tights at Hugo premiere



▶ Pregnant and proud! Jessica Simpson dresses her growing baby bump in tight Lycra for New York shopping



[trip](#)
Eager to show it off

▶ 'The kitchen floor is red with my blood': SNL's Darrell Hammond reveals how his abusive mother cut his tongue with a steak knife when he was three



▶ Kirk Norcross enjoys a romantic Xmas date ice skating... with a porn star
British reality star looked like a kid in a candy store



▶ 'I have cellulite on my bum and I hate it': Kelly Rowland admits to the dreaded orange peel
Says she has to work hard at her figure



▶ Kardashian star Kylie Jenner, 14, enjoys a date with Australian pop singer Cody Simpson
The 14-year-olds enjoyed an afternoon together at the Grove mall



▶ 'With every every mouthful of food I've always felt guilty': Gary Barlow on going from being 'the fat one' to 'the hot one'
Had his weight issues



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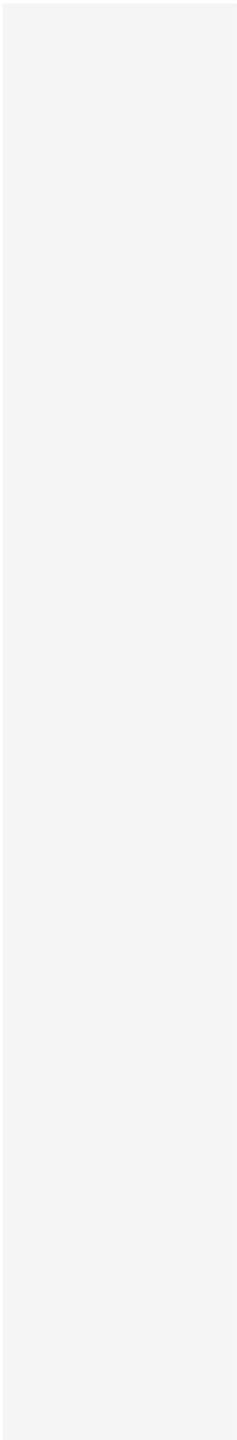


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