

Reversing diabetes through nutrition

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We Are What We Eat: Pay The Farmer Not The Pharmacy

- August 24, 2020
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- SEASON 1

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It is impractical to count the daily calories we eat. So, the recommended daily allowance (RDA) of 2000 to 2500 calories/day is largely anecdotal. Also, it is crucial where these calories come from: simple carbs or complex carbs, plant or animal proteins, saturated or unsaturated fats. And computing this is equally hard.

So, the effective regimen is to start from our everyday baseline and make incremental changes to both quantity and quality of calories in our food. Even if we start our new regimen 10 years after the onset, research shows, we can reverse Type 2 diabetes. The 3-point mantra is eat less, eat right & workout more.

Find out more at <https://umaglobalfoods.com/blog/>