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Latest Research on Type 2 Diabetes Could Reduce the Need for Long-Term Conventional Drugs

Researchers find that modest lifestyle changes combined with select supplements can effectively manage the insulin resistance of many with Type 2 Diabetes

WASHINGTON, D.C. – An international team of medical scientists, including a world-renowned critical care physician, recently completed an exhaustive review of 170 published studies to further the understanding of how lifestyle changes and supplementation can have a significant impact on managing insulin resistance when preventing and treating Type 2 Diabetes. The peer-reviewed research published yesterday in the [Journal of American Physicians and Surgeons](#) showed that modest lifestyle changes, including time-restricted eating of low glycemic-index natural foods, exercise, and sun exposure, can effectively manage Type 2 Diabetes. These changes and a few widely available supplements show promise in reducing the need for conventional pharmaceuticals for managing Type 2 diabetes which are often associated with significant side effects.

“After following the conventional treatment protocols since my diagnosis of Type 2 Diabetes more than 20 years ago, I found different ways to manage my insulin resistance so that I no longer require any pharmaceuticals to treat my Type 2 Diabetes, and my overall health has greatly improved,” said Paul E. Marik, M.D., F.C.C.M., F.C.C.P., co-author of the study and chairman and chief scientific officer of the FLCCC. “Our research set out to further explore how the relatively simple lifestyle changes that have helped me and so many others manage their Type 2 diabetes can be applied by clinicians caring for their patients.”

The study examined the factors responsible for the increase in the incidence of Type 2 Diabetes, including the increasing consumption of processed food with high glycemic index, more sedentary and indoor lifestyles, the use of artificial food additives, and pesticide exposure. Therefore, insulin resistance is best managed by increasing the consumption of whole foods with a low glycemic index, getting moderate physical activity, spending time outdoors, and avoiding food additives and exposure to toxins.

The study also identifies several readily available medications and nutritional supplements acting through distinct biological mechanisms as potentially helpful in managing insulin resistance to prevent and treat Type 2 Diabetes, including Berberine, Metformin, Magnesium, Resveratrol, omega-3 fatty acids, and probiotics.

“Often treating Type 2 Diabetes means the lifelong use of a treatment protocol centered on commercial pharmaceuticals. Our research questions that approach for many patients and gives clinicians an alternative path forward on management,” said Mobeen Syed, M.B.B.S., a co-author of the study and renowned medical educator. “Our research takes a big step forward in better understanding how Type 2 Diabetes can be more effectively treated with less side effects through

well-studied approaches focusing on manageable lifestyle changes and readily available supplements.”

The published study can be found here: <https://www.jpands.org/vol28no4/marik.pdf>

The FLCCC published its I-CARE Insulin Resistance Protocol in February this year. A copy of the protocol can be found here: <https://covid19criticalcare.com/wp-content/uploads/2023/02/I-CARE-Insulin-Resistance-Protocol-2023-02-22.pdf>

About the FLCCC Alliance

The FLCCC Alliance was organized in March 2020 by a group of highly published, world renowned critical care physicians and scholars with the academic support of allied physicians from around the world. FLCCC’s goal is to research and develop lifesaving protocols for the prevention and treatment of COVID-19 in all stages of illness including the I-RECOVER protocols for “Long COVID” and Post Vaccine Syndrome. For more information: www.FLCCC.net