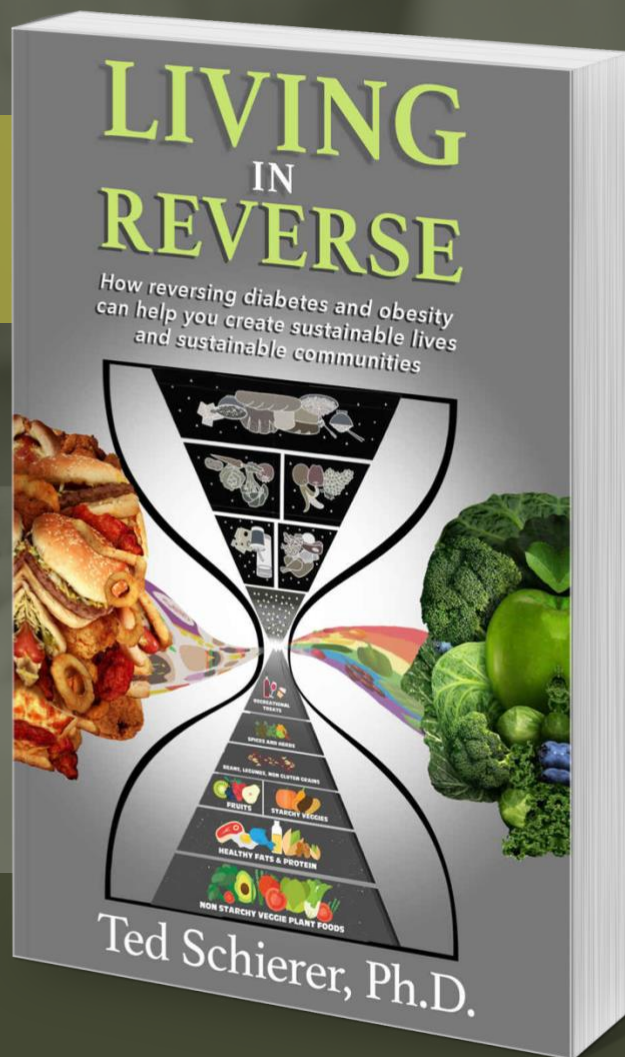


LIVING IN REVERSE

How targeting the centers of chronic disease (obesity and type 2 diabetes) can serve as a focal point for creating more sustainable lives, more sustainable communities and a sustainable health care system

**LIVING IN REVERSE IS A NEW BOOK
AUTHORED BY TED SCHIERER, PH.D.**

<http://bit.ly/LivinginReverse>



BOOK SUMMARY

Fifty percent of Americans are either prediabetic or diabetic. Prediabetes and the early stages of type 2 diabetes (T2D) are asymptomatic. As a result, diabetes progresses unnoticed for those who don't get tested. This lack of awareness played a major role in the development of the diabetes epidemic. The diabetes epidemic is not limited to itself. It has a central role in all the major chronic diseases: obesity, heart disease, cancer, and Alzheimer's.

Diabetes creates an environment that drives these diseases. Obesity and type 2 diabetes are the diseases most dependent on food and therefore the most reversible. If you reverse diabetes, you increase the chances of preventing or reversing heart disease, cancer and Alzheimer's. The implications for people's lives and our communities are enormous. Diabetes reversal can literally function as a central process for creating sustainable lives, sustainable communities, and a sustainable healthcare system. Living in reverse explains the process of diabetes reversal and how targeting diabetes can help create more sustainable communities.

History of the development of chronic disease

Living in Reverse begins with a summary of the development of the diabetes epidemic in America over the past 40-60 years. Forty years of high carb/low fat led to other diet-driven diseases centered around type 2 diabetes. The major chronic diseases including diabetes, obesity, heart disease, cancer and Alzheimer's strongly interact and reinforce each other. The food environment also reinforces chronic illness. The standard American diet will continue to impact chronic disease for decades to come because cravings and food infrastructures do not change quickly.

Key components of preventive health care

Recent changes in the federal dietary guidelines may have marked a major turning point in the American diet. A healthy diet is central to effective preventative healthcare. Health monitoring and testing is also vital. The simple and widely available monitoring and testing techniques available for obesity and diabetes greatly facilitate the ease with which these centers of chronic disease can be identified in individuals.

Type 2 diabetes disease progression

Type 2 diabetes is a chronic disease driven by insulin resistance and progressive loss of beta cell function. Some individuals are more susceptible to the start of type 2 diabetes depending on their genetics. It is not possible to acquire type 2 diabetes based on genetics alone. Early stages of T2D are mostly without symptoms and can remain so for many years. However, as your cells are increasingly unable to respond to insulin, major complications begin to take place. T2D late stages can include blindness, amputation, heart disease, and vascular degeneration.



Effective reversal programs

It is astounding that chronic diseases that took decades to develop can be reversed in months or weeks as in the case of early stage type 2 diabetes. Doctors in functional medicine are seeing this happen on a regular basis. The chronic diseases easiest to reverse are obesity and type 2 diabetes. Several different programs have been shown to either prevent or reverse type 2 diabetes including the government's Diabetes Prevention Program, the Cleveland Clinic's Institute for Functional Medicine, Mediterranean diet and other diets that remove simple carbohydrates and replace them with healthy fats.

Key screening metrics for preventive health care

The process of reversing diabetes begins with measuring blood sugar and conducting a health inventory. Even though simple measurements such as Body Mass index, blood sugar and belly fat can provide more than enough information to get started, detailed testing and blood screening allows more specific treatments and preventive measures. Ongoing health risk screening and blood analysis can help people maintain reversal. Functional medicine diets rich in healthy fats and natural fibers are helping people to maintain diabetes recovery, lose weight and keep it off. In addition, physical health and non-physical health help each other. Spiritual, emotional, relational, and mental health all help maintain good physical health.

How wellness outreach can create more sustainable communities

Once a person is able to maintain diabetes reversal status, they can reinforce their recovery by helping others. Workplace wellness is one of the best ways to help others become healthy. Large employers typically have wellness facilities and financial incentives for wellness program participation. The characteristics needed to set up a successful workplace wellness program have been well studied. Workplace wellness provides a natural environment for helping coworkers to improve their health. The effectiveness can be increased by utilizing workout time as a learning opportunity for increasing jobs skills and knowledge. Wellness is also a natural creator of common ground that can help a variety of community groups work together for common goals. Collective Impact and Intentional Living provide models for maximizing community collaboration.

