

Article References for:

https://www.amchara.com/type-2-diabetes/can-you-really-reverse-diabetes-with-a-raw-food-diet

References/Sources:

- Clayton P (2000). Health Defence. Accelerated Learning Systems Ltd: Bucks UK.
- Cosma A et al. Intake of saturated and trans-unsaturated fatty acids and risk of all cause mortality, cardiovascular disease, and type 2 diabetes: systematic review and meta-analysis of observational studies BMJ 2015; 351: J3978.
- Egert S, Rimbach G. Which Sources of Flavonoids: Complex Diets or Dietary Supplements? Advances in Nutrition. 2011;2(1):8-14.
- Eskelinen et al. Increased insulin-stimulated glucose uptake in both leg and arm muscles after sprint interval and moderate-intensity training in subjects with type 2 diabetes foods to avoid or prediabetes. Scand J Med Sci Sports 2018;28:77–87.
- Francois ME, Little JP. Effectiveness and Safety of High-Intensity Interval Training in Patients With Type 2 Diabetes. Diabetes Spectrum : A Publication of the American Diabetes Association. 2015;28(1):39-44.
- Han E, Yun Y, Kim G, et al. Effects of Omega-3 Fatty Acid Supplementation on Diabetic Nephropathy Progression in Patients with Diabetes and Hypertriglyceridemia. Schunck W-H, ed. PLoS ONE. 2016;11(5):e0154683.
- <u>https://www.sciencedaily.com</u>
- <u>https://www.patrickholford.com</u>
- <u>http://lpi.oregonstate.edu/</u>
- https://news.sky.com/story/ diabetes-cases-in-the-uk-reach-37-million-with-another-123-millionat-risk-11268976
- Nagao K & Yanagita T. Medium-chain fatty acids: Functional lipids for the prevention and treatment of the metabolic syndrome. Laboratory of Nutrition biochemistry. Department of Applied Biochemistry and Food Science, Saga. 2014. [accessed 17.6.18]
- Newcastle University. "Type 2 diabetes is a reversible condition." ScienceDaily. ScienceDaily, 13 September 2017. <u>www.sciencedaily.com/</u>