Twitter Thread by Manish Dhawan.



Manish Dhawan.
@mysticfuture

Spoke with my neighbour. A type 2 diabetic on medications and realized even now there is so much ignorance on this subject. I have done extensive research on this subject (was forced 2 after being diagnosed)

Here sharing it with you all. retweet it, it may save someone's life.

My Neighbour said his hba1c is 7. Everything is fine, he just needs to bring it below 6.9 and he would be fine.
That is just baloney! anything more than 5.6 will result in all kind of complications (Kidney failure,retina failure (blindness) amputations& heart attack etc etc

When i told him the benifits of intermittent fasting and fasting, My neighbour Nitin said, I cannot fast as doctor said i need to eat 5 -6 times a day.

FACT: If you are NOT on any insulin enhancing drugs. you can fast as much as you want. (metformin is OK)

to which he said These drugs r permanent & progressive, you can never stop using them.
FACT: if you can change your diet, you can change your sugar and insulin levels and no longer need these drugs. (advise not aplicable to type 1 diabetics, they wud always need insulin injection

Diet, I am on diet precribed by WHO.
FACT: Fuck WHO, and don't eat carbohydrates. infact another name of diabetes is carb intolerance. You can never acheive 5.6 or lower while eating your rice and roti.

I will get weakness if i don't eat carbs.
Fact: Nobody is asking you to go keto (although even that is fine). you can eat your veggies and it has all the carbs you need in a day. Carbs are sugar, its just an addiction. you don't feel complete without it coz u r addicted.

With all that fat from eggs, cream etc my cholestrol will rise & result in heart complications
Fact: I don't know any fat eating person who is fat. Dietary fat has nothing 2 do with cholestrol and trygly. in body
The main culprit is seed oil, make ur food in desi ghee and butter

Disclaimer: i am not a physician, the tweet thread was based on books i have read, unbiased, without incentive research i have done for myself.

https://t.co/Ya5APcjPkE

> 1 big disclaimer here. If you are NOT disciplined and are unable to leave carbs, please continue with your medications otherwise u will have worse of both worlds result. you cannot have it both ways.
> https://t.co/gYMAO6uFbS
>
> — Manish Dhawan. (@mysticfuture) January 6, 2022

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https://t.co/X6IwvHaAGJ

Follow @dlifein to get access to Indian recipes (including veg) to maintain your levels.

Also follow this youtube channel.
https://t.co/EyGDtZcArQ