



&



Cordially invites you to
1 hours Training
on

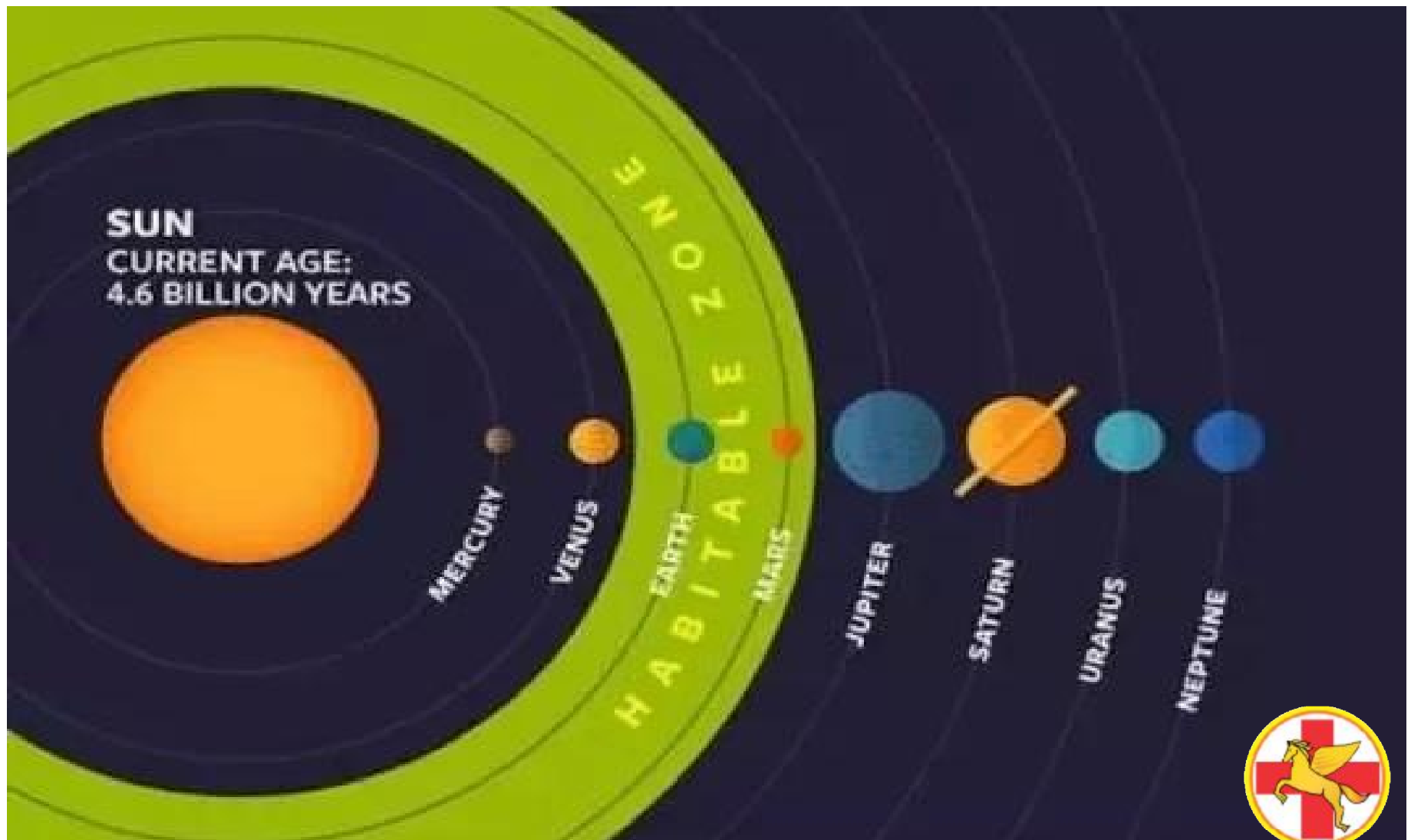
Food As Medicine

Hypertension/Diabetes Reversal in 72 Hrs

Training by: Dr. Biswaroop Roy Chowdhury

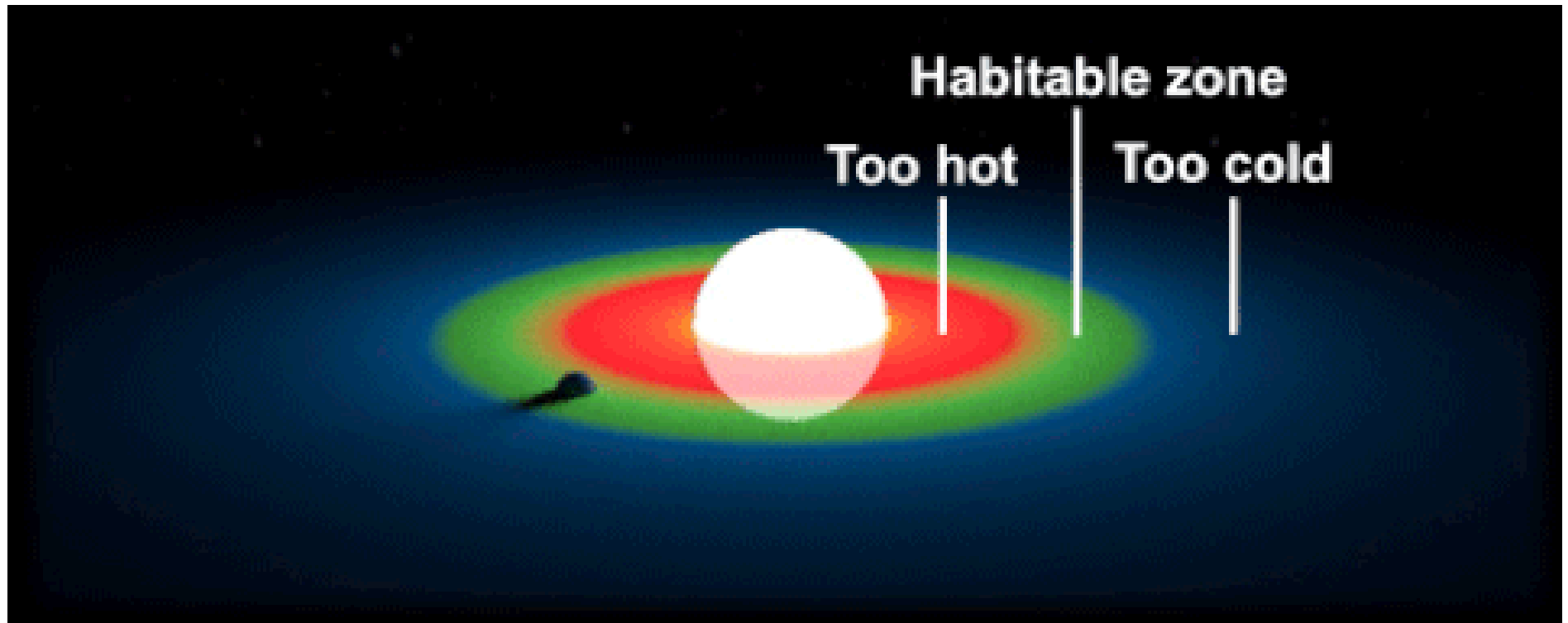


GoldiLocks Zone



INDO-VIETNAM
MEDICAL BOARD

GoldiLocks Zone



Planet



Human



Angiogenesis

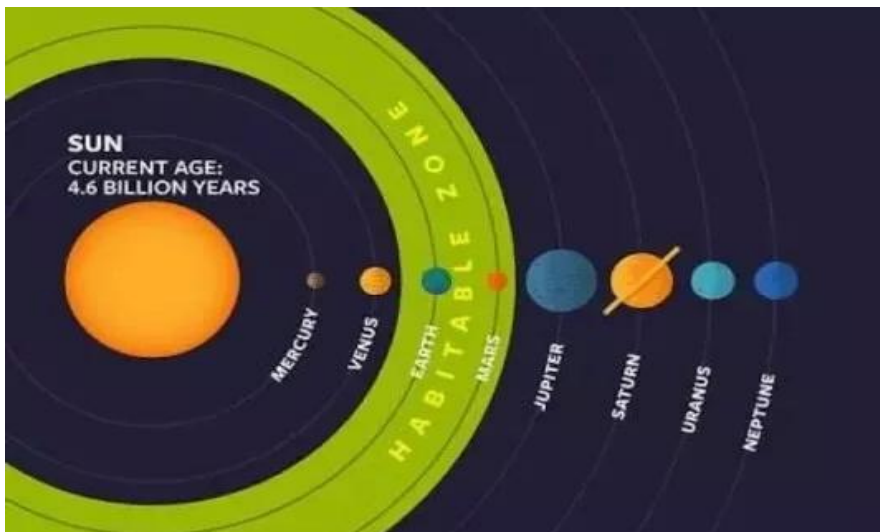
Noble Prize - 2019



INDO-VIETNAM
MEDICAL BOARD

Planet

Human



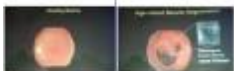
Angiogenesis

Noble Prize - 2019

Cancers hijack angiogenesis



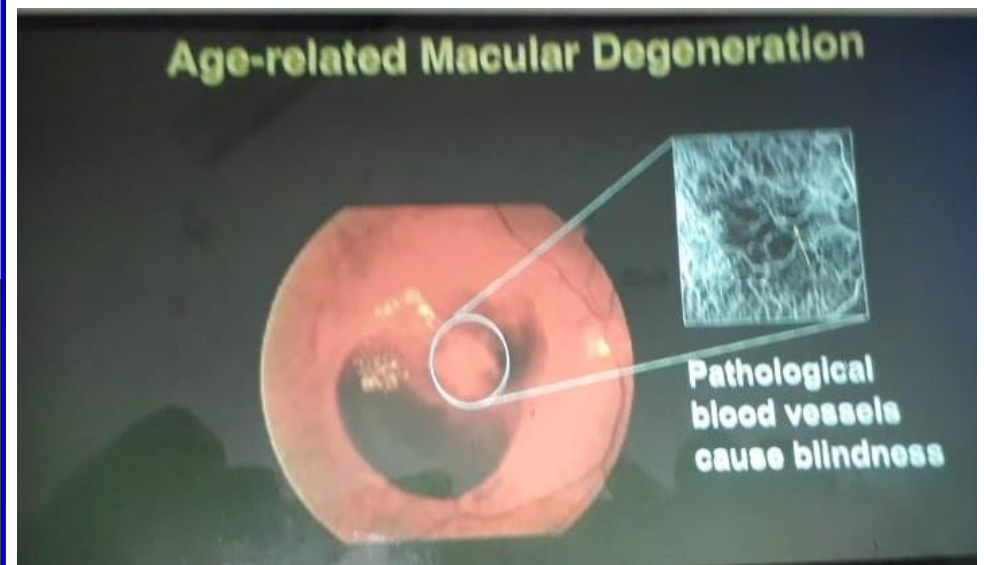
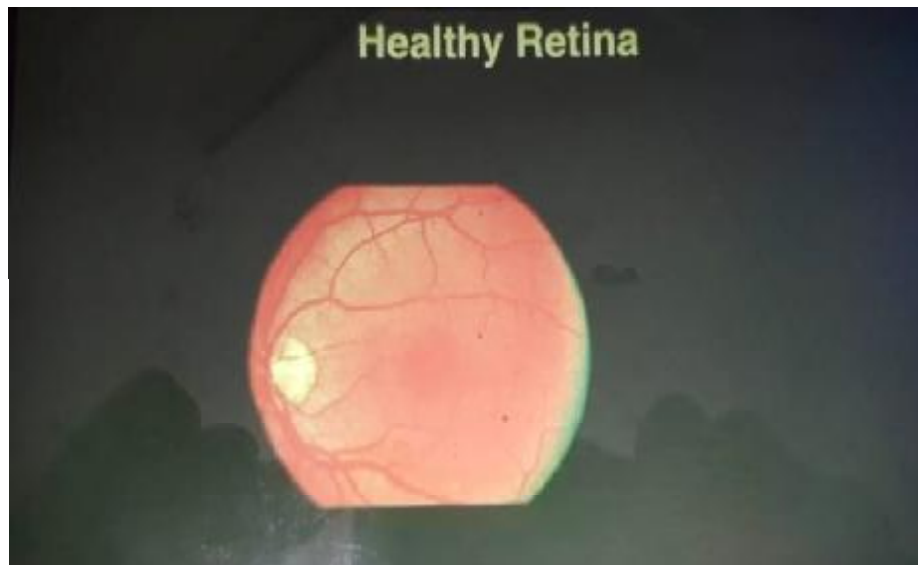
Healthy Eye Retinopathy



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MEDICAL BOARD**

Healthy Eye

Retinopathy



EXCESSIVE

INSUFFICIENT
Chronic wounds

- **Cancer**
- **Blinding diseases**
- **Obesity**



- **Heart Disease**
- **Stroke**
- **Hair Loss**
- **Erectile dysfunction**

**ANGIOGENESIS
DEFENSE
(Microcirculation)**

Diabetic Retinopathy

Diabetic foot

All Diabetes drugs

All Diabetes drugs increase the mortality

**University Group Diabetes Program,
Diabetes 1975;24: 65-184**

**FDA decided
to put warning
on all Diabetes
medication in 1975**



**INDO-VIETNAM
MEDICAL BOARD**

**FDA decided
to put warning
on all Diabetes
medication in 1975**

Diabetes : The biography

1975

**40 Diabetologist hired a
lawyer to prevent FDA
from labeling warning**

Diabetes : The biography



1975

**40 Diabetologist hired a
lawyer to prevent FDA
from labeling warning**

Diabetes : The biography

2018

- 1) ACCORD
- 2) ADVANCE
- 3) UKPDS
- 4) VAOT

ACP Guidelines



2018

- 1) ACCORD**
- 2) ADVANCE**
- 3) UKPDS**
- 4) VADT**

ACP Guidelines

2018

IMA protested ACP guidelines



Indian doctors question new global norms for diabetes

Rupali Mukherjee | TNN | Updated: Mar 20, 2018, 9:24 IST



HIGHLIGHTS

- A new set of global guidelines on managing diabetes has stirred up a controversy within the medical community.
- The new norms recommend relaxing blood sugar targets and aim to replace those followed for over three decades.

Indian doctors unhappy with new global norms for diabetes

March 22, 2018

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The medical community in India are displeased at the introduction of a new set of global guidelines on managing diabetes. Medical practitioners in the country feel that aim to replace those followed for three decades will lead to serious complications in managing diabetes as

TRENDING TOPICS

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England West Indies
CPL Championship
Arun Jaitley funeral
GST Refund

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Jharkhand woman allegedly conserved on suspicion of...

New diabetes management guidelines issued: Doctors warn of serious impact in India

Health

Updated Mar 22, 2018 | 1:03 PM | Times Now Digital

The new norms recommend relaxing blood sugar targets for people with type 2 diabetes.



New guidelines on diabetes management released. | Photo Credit: Shutterstock

New Delhi: The American College of Physicians (ACP), an organisation of internal medicine physicians, has issued new guidance on diabetes management, including relaxing the long-term blood sugar target called hemoglobin A1C for people with type 2 diabetes. The new global guidelines have not gone down well within the Indian medical fraternity. The new norms, which recommend relaxing blood sugar targets for people with type 2 diabetes, have been opposed by medical practitioners in India who feel that such rules will only worsen the diabetes epidemic in India. According to

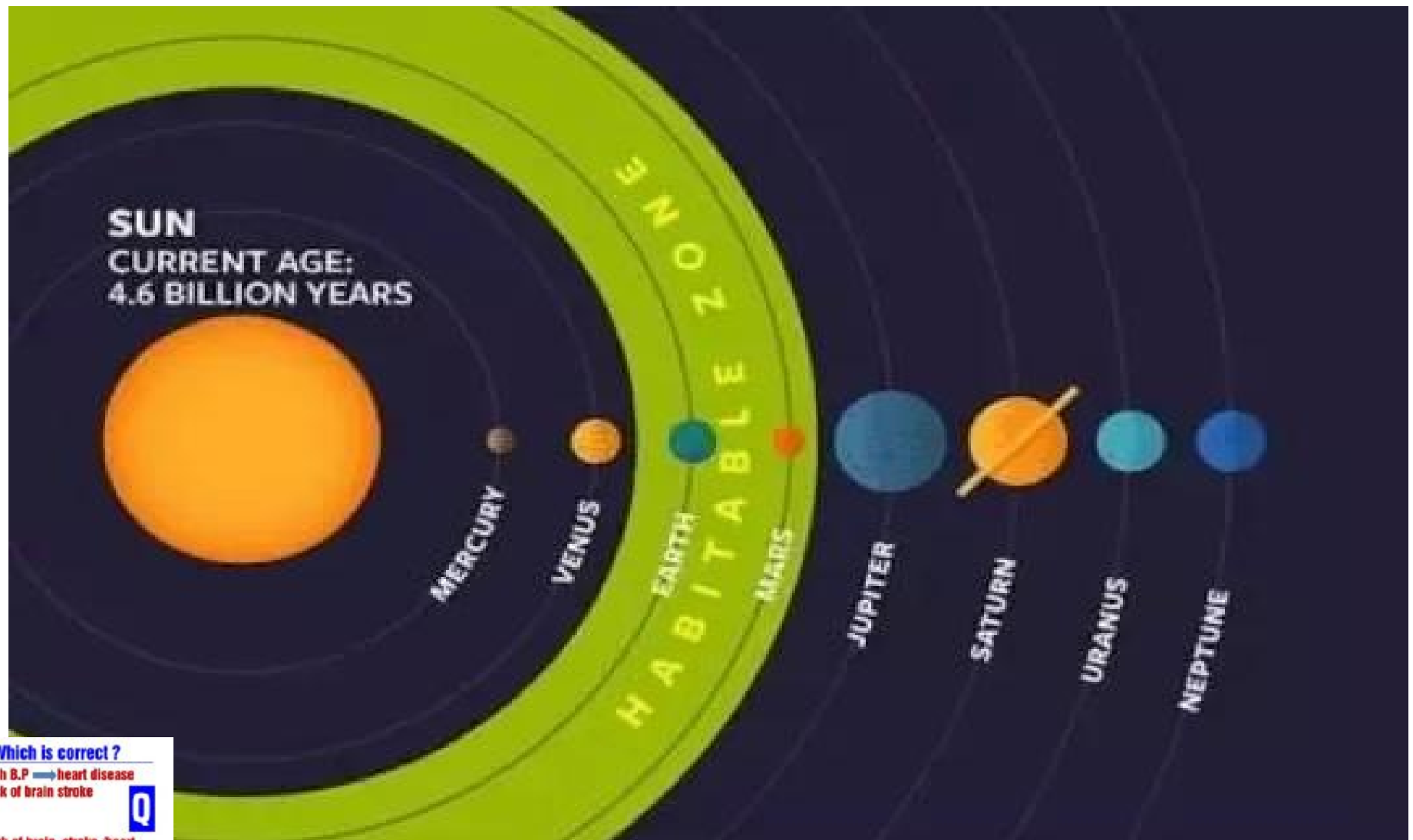
DOCTORS IN INDIA SAY

HbA1C 7% and below is criterion of good control for last 30 years. Previous studies provide robust data that maintenance of good diabetes control (HbA1C 7% or below) prevents and retards nerve, eye and kidney problems. The ACP guidelines suggest that upper limit of blood sugar control should be relaxed.

It might mean that more people will be put to danger of complications. In those with limited life expectancy, HbA1C should be maintained above 7%, sometimes around 8%. Same for those who are elderly and suffer from advanced complications. For younger people, the target of HbA1C should be <6.5%



GoldiLocks Zone



Which is correct ?

1) high B.P → heart disease
/risk of brain stroke

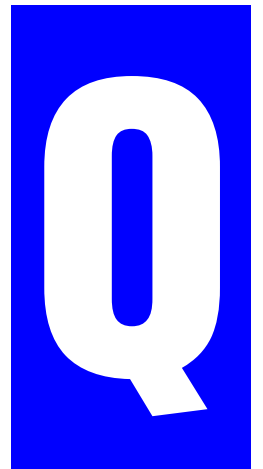
Q

2) Risk of brain - stroke /heart
disease → high B.P



Which is correct ?

**1) high B.P → heart disease
/risk of brain stroke**



**2) Risk of brain stroke /heart
disease → high B.P**

WHITE COAT SYNDROME

80% of the patients have
Higher Readings'
in Doctor's office!



**INDO-VIETNAM
MEDICAL BOARD**

WHITE COAT SYNDROME

**80% of the patients have
Higher Readings'
in Doctor's office!**

**American Journal of
Cardiology - 1987**

Half of all Clinical
Trials never Published

alltrials.net



**INDO-VIETNAM
MEDICAL BOARD**

Half of all Clinical Trials never Published

alltrials.net

India	Vietnam
0.8%	9.9%
Diabetes	Diabetes
Mostly Fat	Mostly Thin
High % of Type-I	Less Type-I



India	Vietnam
8.8% Diabetes	5.5% Diabetes
Mostly Fat	Mostly Thin
High % of Type-I	Less Type-I

India	Vietnam
8.8%	5.5%
Diabetes	Diabetes
Mostly Fat	Mostly Thin
High % of Type-I	Less Type-I



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India		Vietnam
8.8%	Malaysia	5.5%
Diabetes		Diabetes
Mostly Fat		Mostly Thin
High % of Type-I		Less Type-I



**INDO-VIETNAM
MEDICAL BOARD**

Health spending pushed 55 million Indians into poverty in a year

Times of India, June 13, 2018

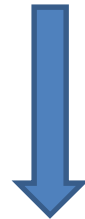


Excess Angiogenesis

DIABETES



**Kidney
Failure**



Death

Life Span

Poor Angiogenesis

DIABETES

↓
Medicine/Insulin

↓
Kidney Failure

↓
Death

Life Span

Poor Angiogenesis

DIABETES



Medicine/Insulin



Kidney Failure



Death

Life Span

Glipizide, an Antidiabetic drug, suppresses tumor growth and metastasis by inhibiting angiogenesis
Oncotarget, 2014, 5:20: 9966.



**Glipizide, an Antidiabetic
drug, suppresses tumor
growth and metastasis by
inhibiting angiogenesis
Oncotarget, 2014, 5.20: 9966.**

**Hypoglycemia
causes more death
than hyperglycemia**

Diabetes Care 2012
Sep; 35(9): 1814-1816



**INDO-VIETNAM
MEDICAL BOARD**

Hypoglycemia causes more death than hyperglycemia

Diabetes Care 2012

Sep; 35(9): 1814-1816



DIABETES



Medicine/Insulin



Kidney Failure



Kidney Transplant



Death



Angiogenesis:
implication
for diabetic retinopathy

Cardiovascular
diabetology, 2016, 15.1: 18.



Angiogenesis: implication for diabetic retinopathy

**Cardiovascular
diabetology, 2016, 15.1: 18.**

Heart and Diabetes

**Collateral
Circulation**

Circulation, 1999;99:2224-
2226



**INDO-VIETNAM
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Heart and Diabetes

Collateral Circulation

**Circulation, 1999;99:2224-
2226**

Start/Bypass Surgery

**Collateral
Regression**

Microcirculation 2010;17:3-20



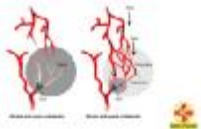
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Stent/Bypass Surgery

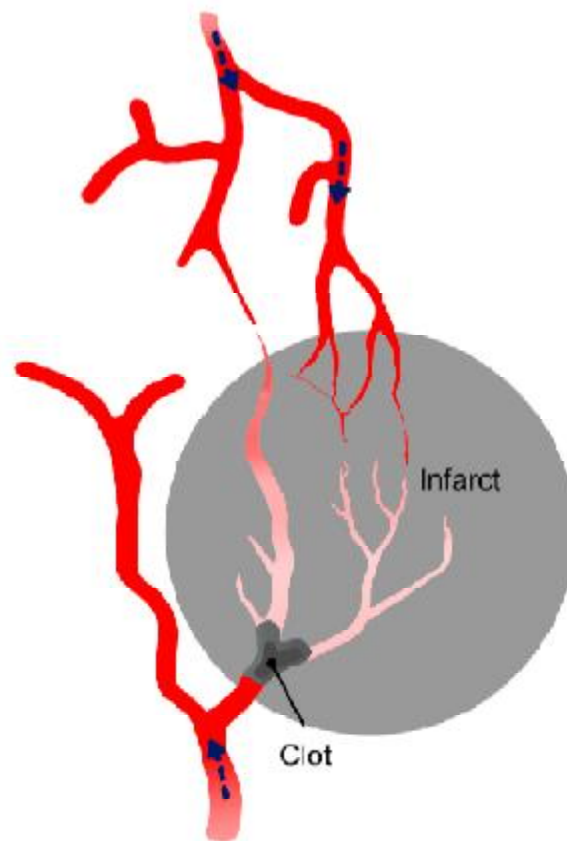
Collateral Regression

Microcirculation 2010;17:3-20

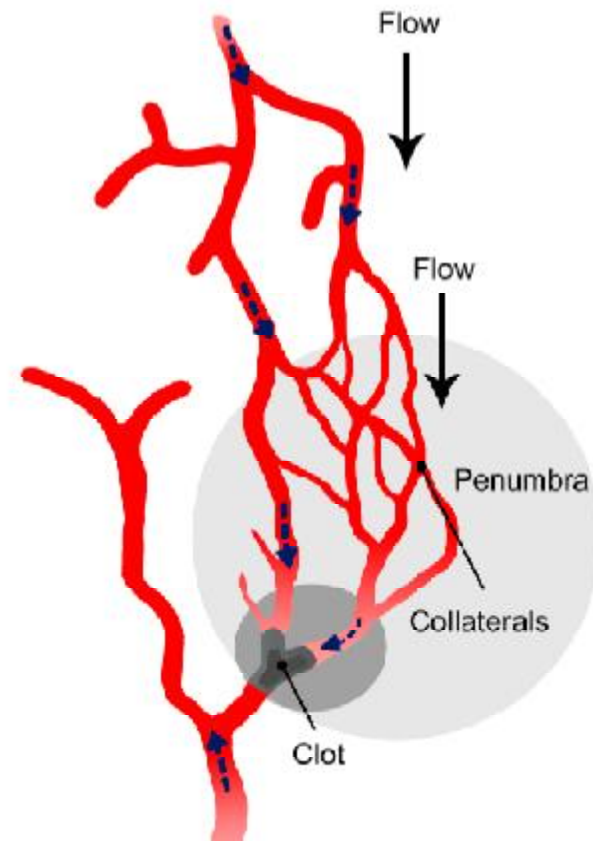
International journal of molecular
sciences, 2017, 18,12: 2669.



International journal of molecular sciences, 2017, 18.12: 2669.



Stroke with poor collaterals

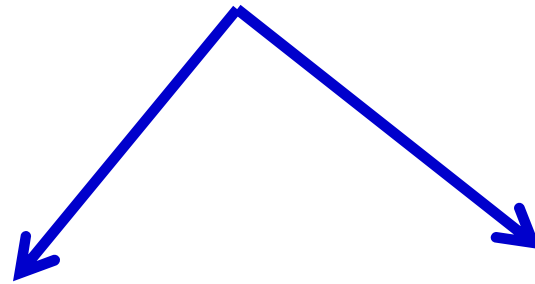


Stroke with good collaterals



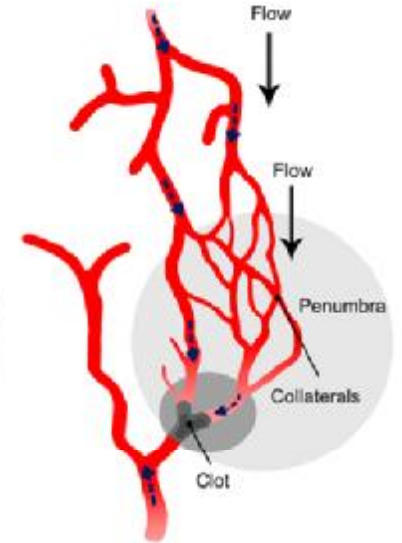
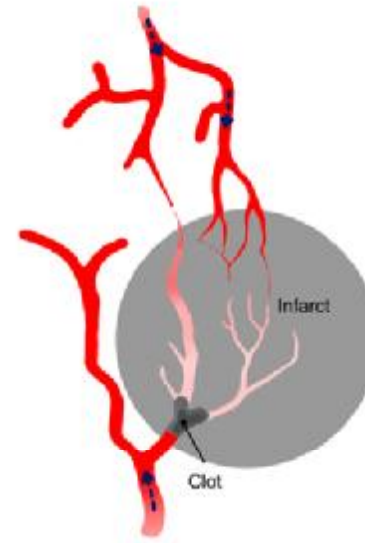
Angiogenesis

Engine

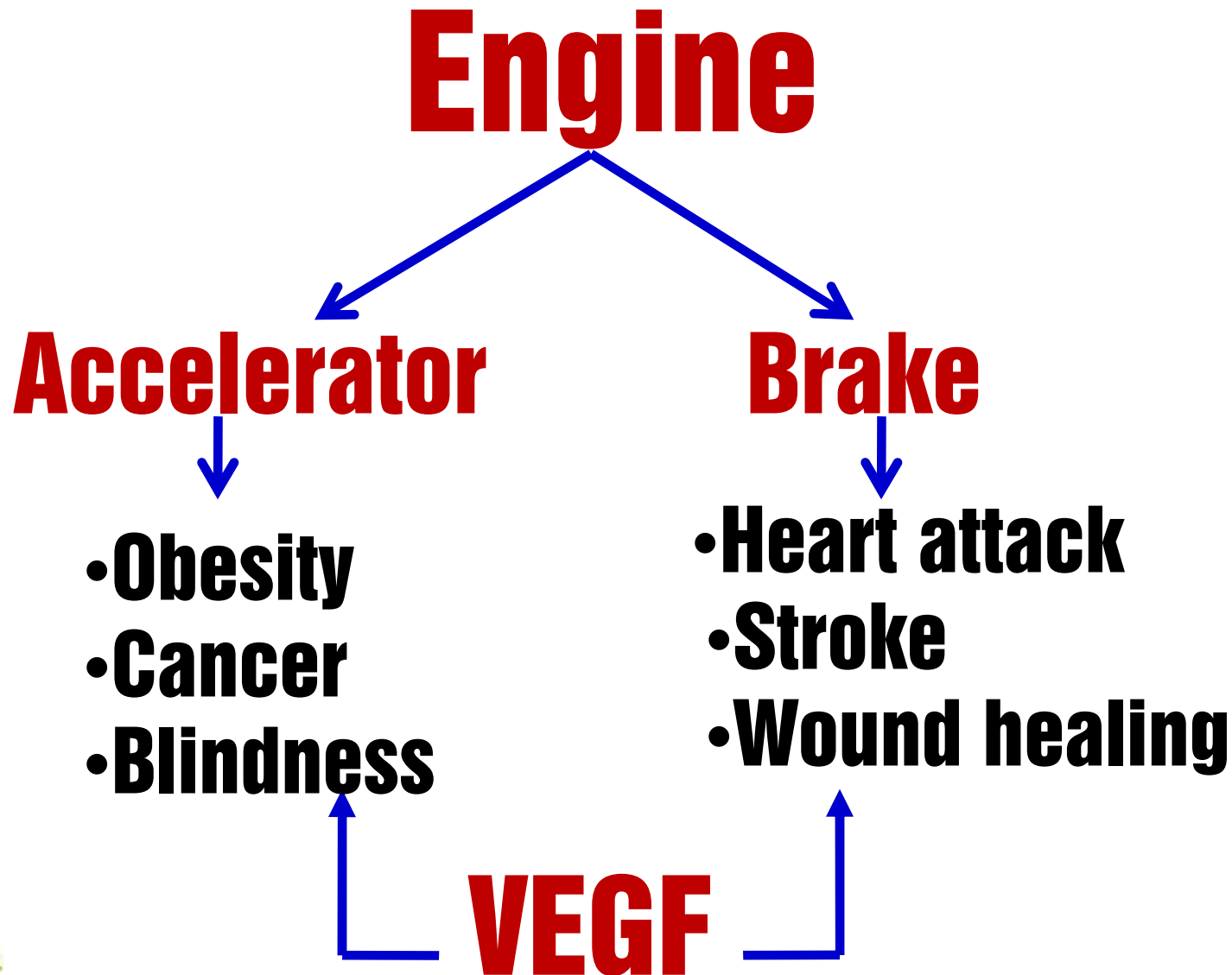


Accelerator

Brake



Angiogenesis



Angiogenesis in the
metabolic syndrome

SORRES, Raquel; COSTA, Carla
(ed.), Heidelberg, Germany:
Springer, 2009.



INDO-VIETNAM
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Angiogenesis in the metabolic syndrome

**SOARES, Raquel; COSTA, Carla
(ed.). Heidelberg, Germany:
Springer, 2009.**



Man made

Accelerator

**Becaplermin
(Wound)**

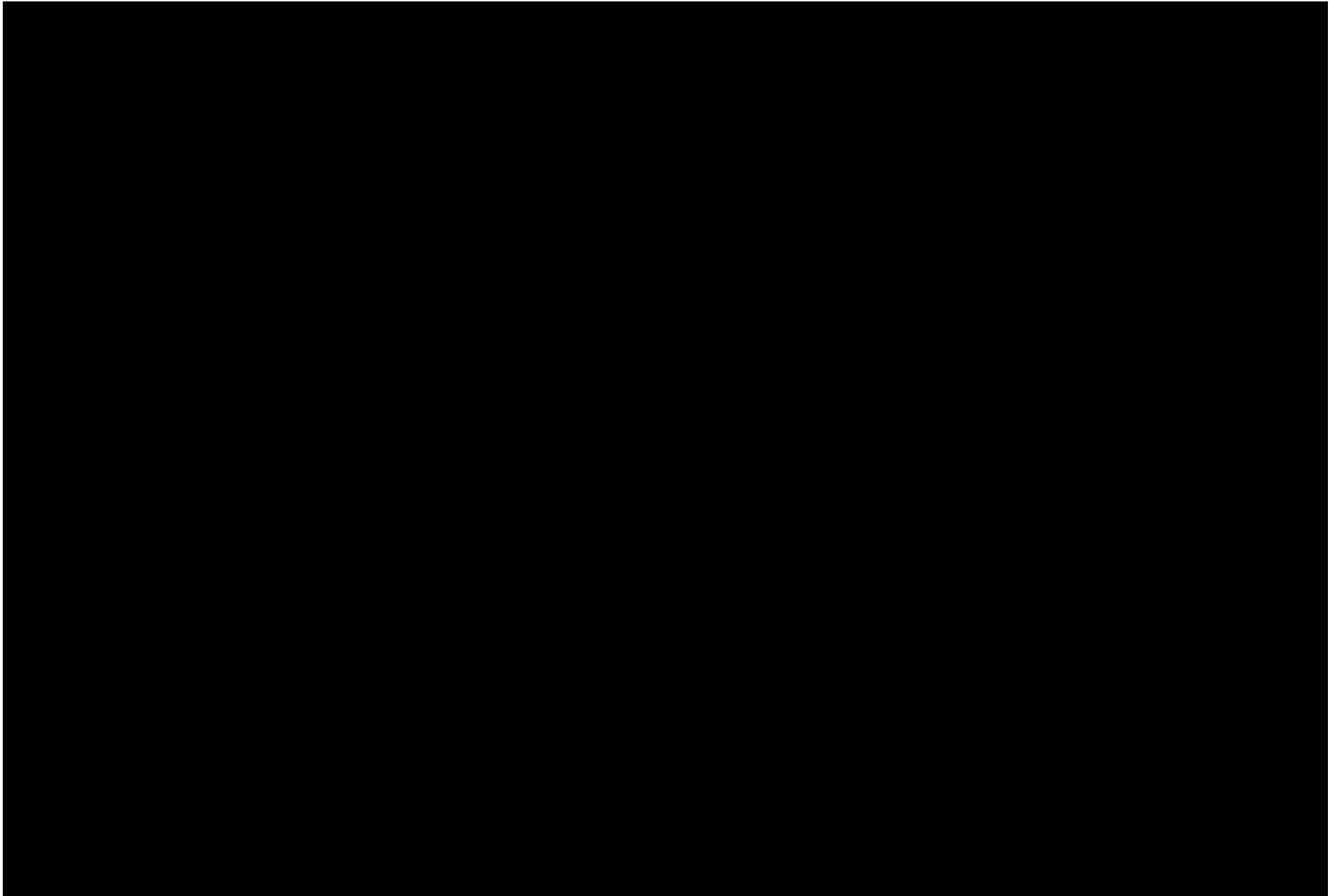


Brake

**Bevacizumab
(Cancer)**

**Pegaptanib
(Blindness)**





Man made

Accelerator

**Becaplermin
(Wound)**

God made
Accelerator/Brake

1. Vasodilation
2. Food



Brake

**Bevacizumab
(Cancer)**

**Pegaptanib
(Blindness)**



God made Accelerator/Brake

Food - Plant Bioactive

- **Lycopene**
- **Anthocyanin**
- **Quercetin**
- **Ursolic acid**

**Red Raspberry Phenols
Inhibit Angiogenesis**

**Journal of Cellular Biochemistry
2016.117: 1604-1612**



Red Raspberry Phenols Inhibit Angiogenesis

**Journal of Cellular Biochemistry
2016.117: 1604-1612**

Inhibitory effects of quercetin
on angiogenesis in larval
zebrafish and human umbilical
vein endothelial cells.

European journal of pharmacology.
2014, 723: 360-367.

 Elsevier



Inhibitory effects of quercetin on angiogenesis in larval zebrafish and human umbilical vein endothelial cells.

**European journal of pharmacology,
2014, 723: 360-367.**

**Antiangiogenic properties of
carotenoids: a potential role of
maize as functional food**

Journal of Functional Foods, 2009,
1.3: 284-290.



**INDO-VIETNAM
MEDICAL BOARD**

Antiangiogenic properties of carotenoids: a potential role of maize as functional food

**Journal of Functional Foods, 2009,
1.3: 284-290.**

Effects of lycopene and apigenin on human umbilical vein endothelial cells in vitro under angiogenic stimulation.

Acta histochemica,
2012, 114.2: 94-100



Effects of lycopene and apigenin on human umbilical vein endothelial cells in vitro under angiogenic stimulation.

**Acta histochemica,
2012, 114.2: 94-100**

A prospective study of tomato products, lycopene, and prostate cancer risk.

Journal of the National Cancer Institute, 2002, 94.5: 391-398.



A prospective study of tomato products, lycopene, and prostate cancer risk.

Journal of the National Cancer Institute, 2002, 94.5: 391-398.



Quercetin glucosides promote ischemia-induced angiogenesis, but do not promote tumor growth

Life sciences, 2013, 93.22: 814-819.

Quercetin attenuates cell
survival, inflammation, and
angiogenesis via modulation
of AKT signalling in murine T-
cell lymphoma.

Nutrition and cancer, 2017, 66.3:
476-480.



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Quercetin attenuates cell survival, inflammation, and angiogenesis via modulation of AKT signaling in murine T-cell lymphoma.

**Nutrition and cancer, 2017, 69.3:
470-480.**

Quercetin inhibits
angiogenesis by targeting
calcineurin in the xenograft
model of human breast cancer.

European journal of pharmacology,
2016, 781: 60-68.



**INDO-VIETNAM
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Quercetin inhibits angiogenesis by targeting calcineurin in the xenograft model of human breast cancer.

**European journal of pharmacology,
2016, 781: 60-68.**

Flavonoid intake and mortality
from cardiovascular disease and
all causes: A meta-analysis of
prospective cohort studies.

Clinical nutrition ESPEN, 2017, 29:
68-77.



**INDO-VIETNAM
MEDICAL BOARD**

Flavonoid intake and mortality from cardiovascular disease and all causes: A meta-analysis of prospective cohort studies.

**Clinical nutrition ESPEN, 2017, 20:
68-77.**



Improvement of endothelial function with dietary flavanols is associated with mobilization of circulating angiogenic cells in patients with coronary artery disease.

Journal of the American College of Cardiology, 2010, 56.3: 218-224.



**Ursolic acid induces allograft
inflammatory factor-1 expression
via a nitric oxide-related
mechanism and increases
neovascularization.**

**Journal of agricultural and food
chemistry, 2010, 58.24: 12941-
12949.**



Ursolic acid inhibits colorectal cancer angiogenesis through suppression of multiple signaling pathways.

**International journal of oncology,
2013, 43.5: 1666-1674.**

195 Countries -Study

Global Burden of Diseases Study 1990 -2017

**The Lancet, 2019, 393.10184:
1958-1972.**

72hrs Diabetes/B.P Reversal

**Impact of DIP Diet
in 1st 72hrs**

Chandrasekhar BR, Diabetes Reversal by Plant Based
Diet, Journal of Metabolic Syndromes, 2017; 6(4):



**INDO-VIETNAM
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72hrs Diabetes/B.P Reversal

Impact of DIP Diet in 1st 72hrs

Chowdhury BR, Diabetes Reversal by Plant-Based Diet, Journal of Metabolic Syndrome, 2017; 6:4'.

1st 72hrs DIP Diet Response

Complete Reversal

Diabetes → 80% of Patients

Hypertension → 70% of Patients

Average weight reduction → 1.5kg



1st 72hrs DIP Diet Response

Complete Reversal

Diabetes → 80% of Patients

Hypertension → 70% of Patients

Average weight reduction → 1.5kg



DIP Diet

Step -I

Breakfast (till 12noon)

4 types of fruit

Weight in kg x 10 = __ gm



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DIP Diet

Step -II

Lunch/Dinner

Plate-1
4 types of
raw
vegetables

Plate-2
Std. meal

Weight in kg x 5 = _gm



DIP Diet

Step -III

To Avoid

1. **Packed food**
2. **Dairy/Animal food**
3. **Nutritional supplements**

To Take

1. **Soaked nuts/Sprouts:**
your wt(kg) = ..gm
2. **Fruits: Plenty**
3. **Sunshine: 45min**

VIP Diet → DIP Diet
(Based on The China Study)

Stays in Zone	Diabetes
3 days to 1 week	High Blood Pressure, High Cholesterol, Intestinal disorder
1 month	Obesity, Heart Diseases
2 months	Various Allergies
6 months	Cancer, Arthritis, Asthma
8 months	Eye Diseases, Kidney dysfunction, Liver diseases

DIP Diet

24hrs to 72hrs	Diabetes
3 days to 1 week	High Blood Pressure, High Cholesterol, Intestinal disorder
1 month	Obesity, Heart Diseases
2 month	Thyroid Disease
6 month	Cancer, Asthma, Arthritis
8 month	Skin Disorder, Kidney dysfunction, Liver disorder



DIP Diet



DIET Formula→Age of child (years)

Diet for 4 to 10 → DIP diet × 2

Diet for 11 to 17 →DIP diet×1.5



DIET Formula → Age of child (years)

Diet for 4 to 10 → DIP diet × 2

Diet for 11 to 17 → DIP diet × 1.5



AHA -2019 Guidelines

Circulation 2019; 140:e596 – e646



Canadian Food Guide -2019





Virginia Living





Fresh Food

FARMACY



Fresh Food Farmacy™ Geisinger

World's Strongest Man

Patrick
Baboumian



World's Strongest Man

**Patrich
Baboumian**



World's Fastest Woman

**Fiona
Okes**



Iron Man at 83 years

**Dr. Ruth
Heidrich**



biswaroop.com/fam

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Available at



To Register

biswaroop.com/december

Cardiac Arrest or Heart Attack

Better Outcome at home than Hospital

Date: 27 December, 2019 Time: 6pm

**Venue: Siri Fort Auditorium-II,
August Kranti Marg, New Delhi**



&



Cordially invites you to
1 hours Training
on

Food As Medicine

Hypertension/Diabetes Reversal in 72 Hrs

Training by: Dr. Biswaroop Roy Chowdhury

