

Simultaneous launch of a BOOK in 71 Languages!

DIABETES FREE WORLD

Dr. Biswaroop Roy Chowdhury



**INDO-VIETNAM
MEDICAL BOARD**

The Game of Life & Death

**Till 1947, India was slave to English Men....
....now, India is slave to English Medicines!**

-Dr. Biswaroop Roy Chowdhury

DIABETES FREE WORLD

Dr. Biswaroop Roy Chowdhury

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DIABETES FREE WORLD

Dr. Biswaroop Roy Chowdhury

DEDICATION

Dedicated to my angel daughter Ivy,

loving wife Neerja

&

caring parents

Mr. Bikash Roy Chowdhury

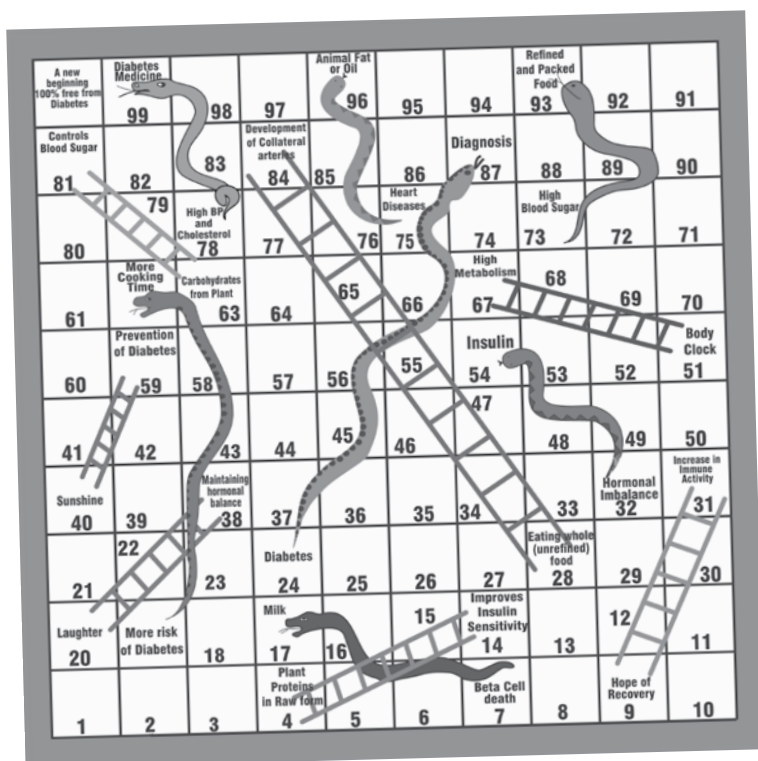
&

Mrs. Lila Roy Chowdhury

How to use this Book!









This book is about diabetes, which is known as a medical condition caused by the faulty life-style (and not because of genetics, as the doctors' want you to believe)!

This means the cure for diabetes is by modifying the life-style. Life-style is all about your behavior. Behavior is something which you do on continuous basis. It's all about repetition! This book will help you to adapt new habits, a new life-style with the help of the "Diabetes Cure Game." Play this game now and then and soon you will realize that, "Nobody on earth needs to die or live with Diabetes."



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1

The Truth

Nobody on earth needs to die or live with Diabetes. Yes, it's pleasantly shocking, yet true! Nobody needs to remain on diabetes medication or insulin therapy for rest of one's life. If you are the one who is on diabetes medicine or insulin then, you are already trapped in the diabetes conspiracy, as conspired by the Doctor-Drug Industry Nexus.

The present medical evidences whether the famous ADOPT trial or the highly regarded ACCORD trial, all point towards the fact that by taking diabetes medication, you are lowering your blood sugar at the cost of making yourself even more sick. Remember, only one person on earth can help you get back your health again – It's You!

That's with the help of new evidence based science of Food as Medicine.

However, the irony is that the strong drug industry lobby is preventing this knowledge/awareness from reaching the masses. The Indian Medical Association (IMA) tried to disrupt our several diabetes training programs, even tarnish my image by conducting press conferences against me. The Food and Drug Administration (FDA) and the Advertising Standards Council of India (ASCI) tried to silent me on several occasions. With this entire hostile scenario created by the medical mafia at this point, I have 2 options –

One - To remain silent.

Two - To speak even louder!



Directorate of
Food & Drugs
Administration



I chose the second option. I am trying to reach you through this book by publishing it in all possible major languages spoken on earth, with the only mission - To erase Diabetes from the face of earth!

Based on my learning and experience with more than 10,000 patients (as is presented and published in the Metabolic Syndrome Conference, August 2017, London), here are the following conclusions:

1. Both diabetes type I and type II patients can cure diabetes with 100% success rate, if on the day of diagnosis instead of putting them on medication/insulin, they are put on Tortoise Type DIP Diet.*

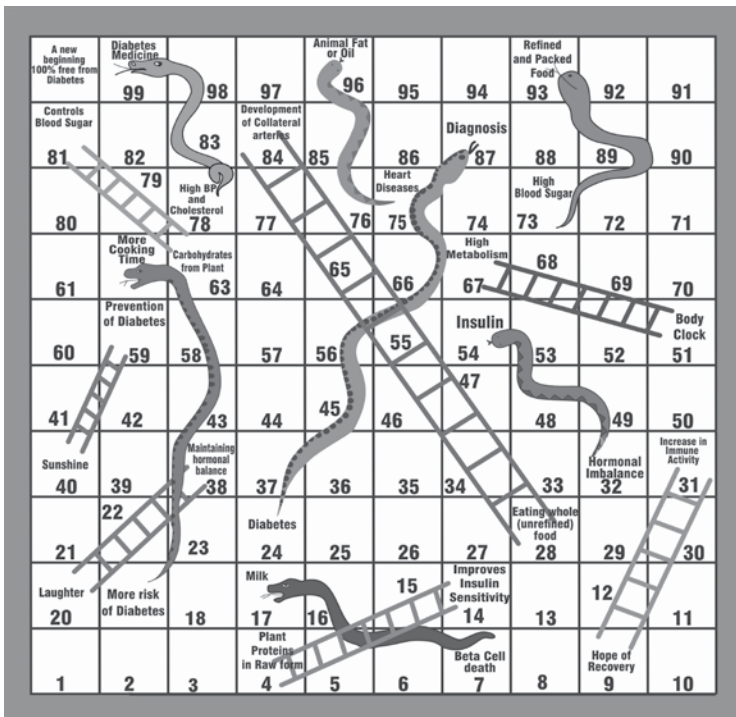
2. Diabetes type I patients can cure diabetes with 90% success rate, if they are introduced with the Rabbit Type DIP Diet* within one year of insulin therapy.
3. 60% of the insulin dependent diabetes type II patients can free themselves of insulin, if they are put on the Frog Type DIP Diet* within 10 years of the insulin therapy.
4. Virtually all the diabetes patients can effectively reverse the side-effects of diabetes medication within 3 months of following the DIP Diet.*

**Ahead in this book, you are going to learn about it, with the help of diabetes cure game.*

2

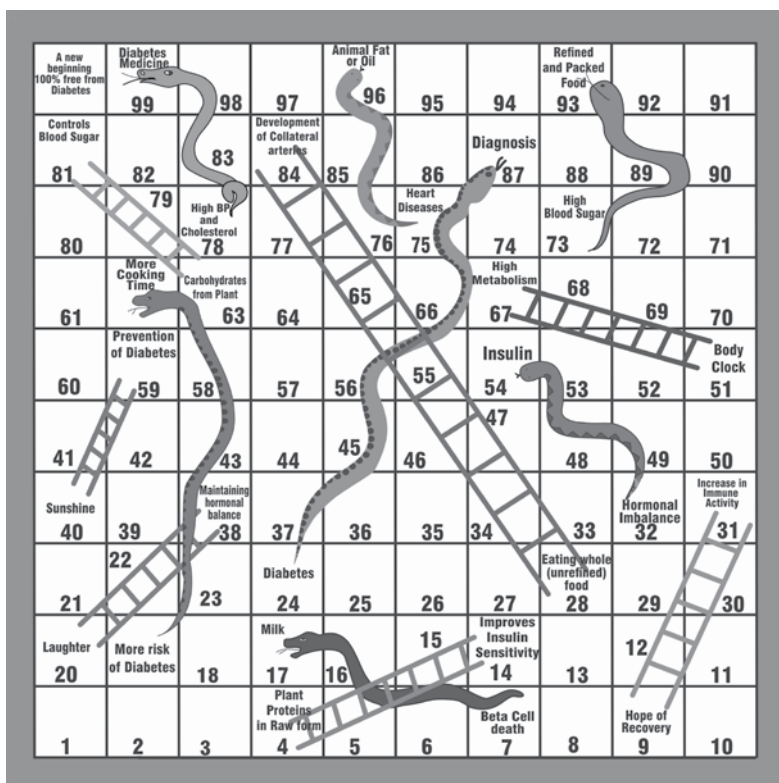
The Diabetes Cure Game

This game is inspired by the Ancient Indian Snake and Ladder Board Game, which is played between 2 or more players. Here, the goal is to travel from 1st square to 100th square; the fastest!



It's only possible by escaping the snakes on the way and climbing the ladders. However, it is the game of luck, as the steps moved by the player is dependent on the DICE moves each time. See the video at the link www.biswaroop.com/snakeandladder

Here, in the Diabetes Cure Game, the 7 snakes represent the 7 major causes of diabetes, which you have to throw out of your life and climb the 7 ladders; which represent the factors which can help you cure diabetes.



Bigger the size of the snake, bigger is its impact towards converting the mankind into diabetes population. Similarly, bigger is the ladder; more significant is its role in recovering from diabetes!



3

Diagnosis

Diagnosis is the biggest cause behind the exponential rise in percentage of diabetes patients in last 2 decades.

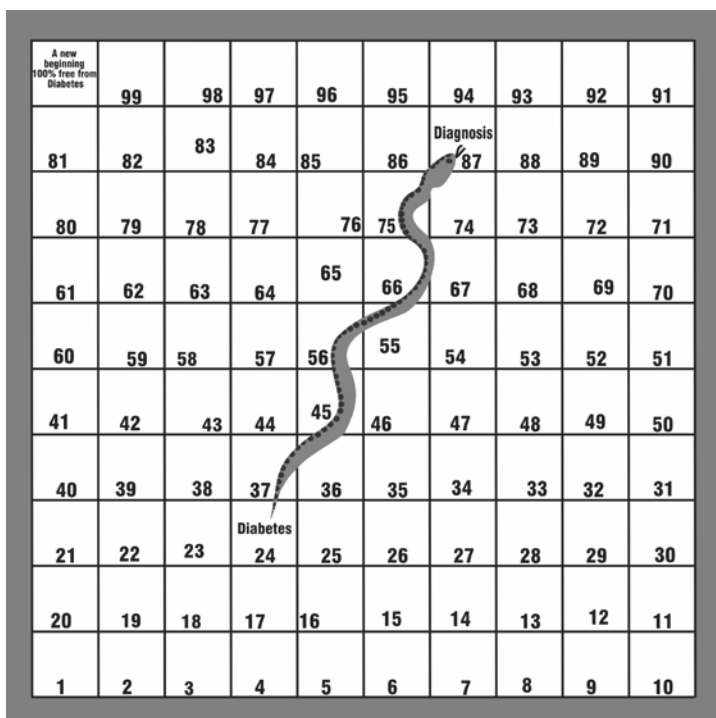
S no.	DIABETES		% of DIABETES in CHINA
1.	NDDG, 1979	>200mg/dl	3.5%
2.	ADA, 1997; WHO, 1999	>126mg/dl	8%
3.	ADA, 2003	>100mg/dl	27%
4.	ADA, 2010	>140mg/dl (P.P) or >100mg/dl (Fasting) or >HbA1c > 5.6%	50.1% JAMA 2013

Table 1: Diabetes survey on Chinese population

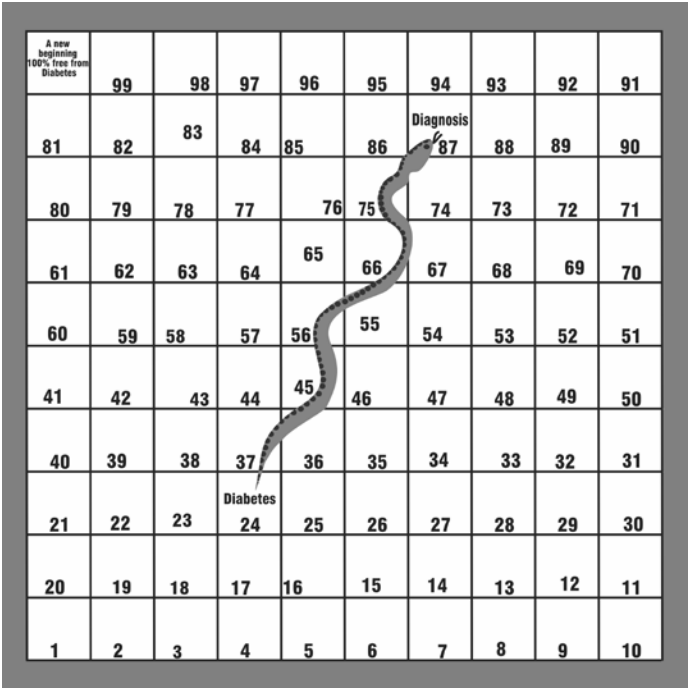
If you see the above table carefully, you can easily make out that the diagnostic standards became narrower overtime, resulting in proportionate increase in the prevalence of Diabetes; this can also be understood from the table below:

Country	Increase in prevalence of pre-diabetes
Denmark	11.8% to 37.6%
France	15.9% to 45.2%
India	10.6% to 37.6%
USA	9.5% to 28.5%
Singapore	9.5% to 32.3%

Table 2: Data extrapolated from the National Health and Nutrition Examination Survey (NHANES)



However, if you dig into the trials between 1975 to 1985, that became the basis of establishing the diagnostic parameters for diabetes, then you will arrive at 250mg/dl as a threshold for the diagnosis of diabetes. In other words, after 2 hours of your meal, if your blood sugar remains less than 250mg/dl without the interference of medicine; then you are not a diabetes patient. In contrary, if you go to the present profit centric doctors, they will diagnose you as a diabetes patient with fasting blood sugar more than 126mg/dl. Not only this, even if your fasting blood sugar be less than or close to 126mg/dl then, you will be considered as pre-diabetic! If they are to be believed, there is hardly any healthy individual left on this planet.



4

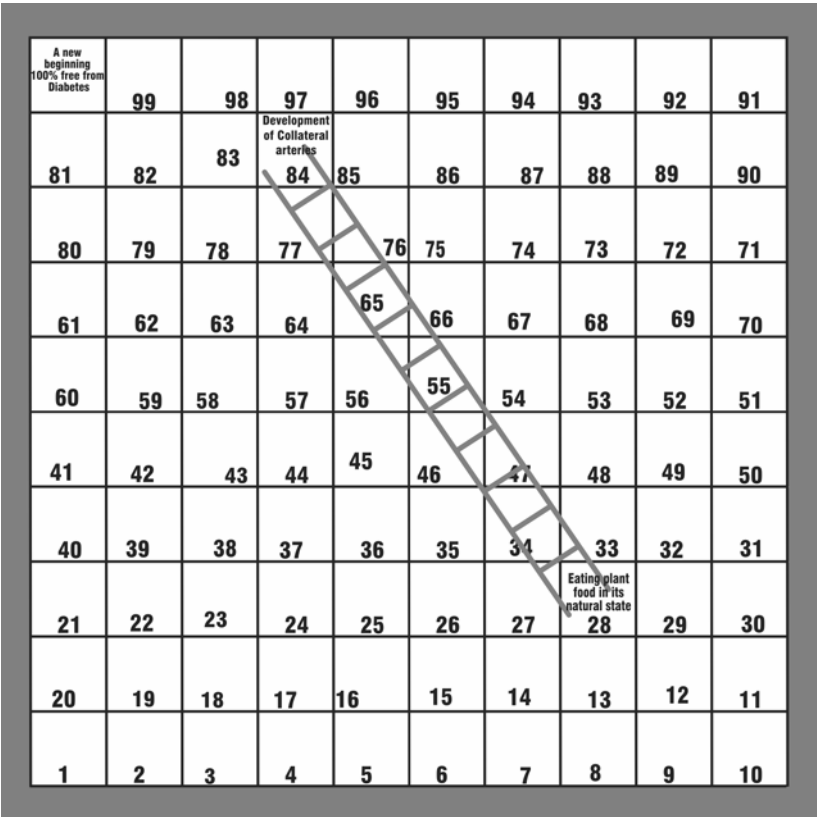
Eating Plant Food in its Natural State

This is the most important factor which can not only help you to overcome from diabetes but also protect you from heart attack and brain stroke.

As we know a stepney - a spare wheel is kept inside a car, so that if any of the 4 wheels get punctured then it can be replaced with stepney and the journey continues.

81	82	83	84	85	86	87	88	89	90
80	79	78	77	76	75	74	73	72	71
61	62	63	64	65	66	67	68	69	70
60	59	58	57	56	55	54	53	52	51
41	42	43	44	45	46	47	48	49	50
40	39	38	37	36	35	34	33	32	31
21	22	23	24	25	26	27	28	29	30

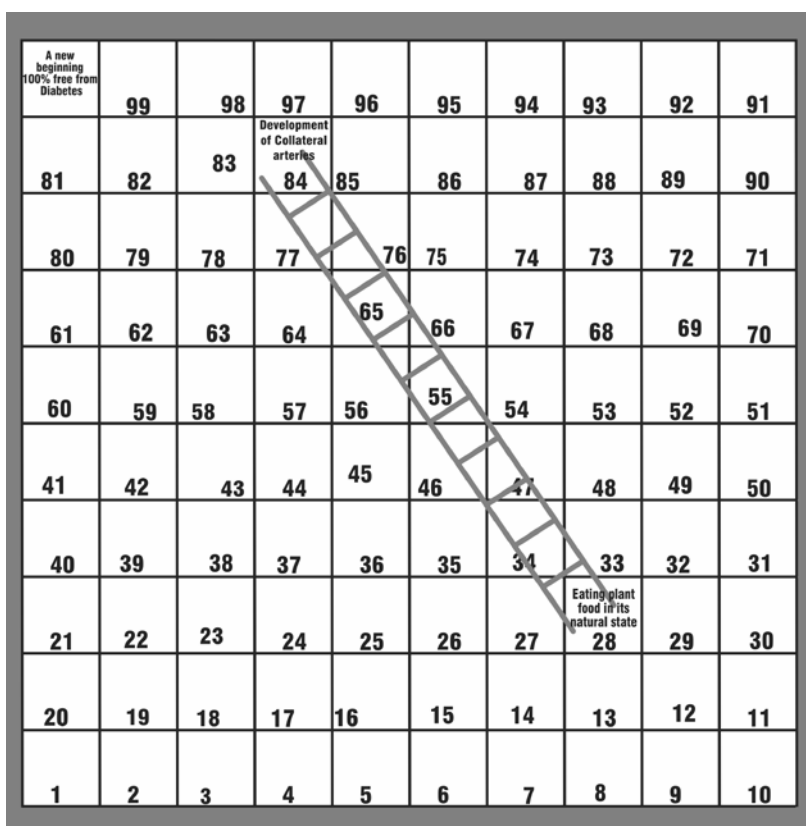
Similarly, god has hidden thousands of microscopic unused arteries all over the body especially in the heart, so that in occasion of any blockage in the arteries, those emergency extra arteries can be used by the body to protect itself from brain stroke or heart attack. This process is called as Natural Bypass, a noble-prize winning science of 1998.



Unfortunately, many people suffer from heart attack/brain stroke in-spite of this beautiful arrangement by the god. Also, it's important to understand that just having stepney is not enough; tools to replace the wheels will also be required to complete the process of replacing the wheels. Similarly, to open the hidden arteries at the moment of emergency, the body needs a tool. It's a chemical called Nitric Oxide. Only when it is in

A new beginning 100% free from Diabetes	99	98	97	96	95	94	93	92	91
81	82	83	84	85	86	87	88	89	90
80	79	78	77	76	75	74	73	72	71
61	62	63	64	65	66	67	68	69	70
60	59	58	57	56	55	54	53	52	51
41	42	43	44	45	46	47	48	49	50
40	39	38	37	36	35	34	33	32	31
21	22	23	24	25	26	27	28	29	30
20	19	18	17	16	15	14	13	12	11
1	2	3	4	5	6	7	8	9	10

abundance inside the body, the extra arteries can be switched on. Only way to help body enhance the production of Nitric Oxide is by eating more than 50% of your diet as “Plant based food in its natural state”, as is produced in the nature, without cooking or processing.




5

MILK

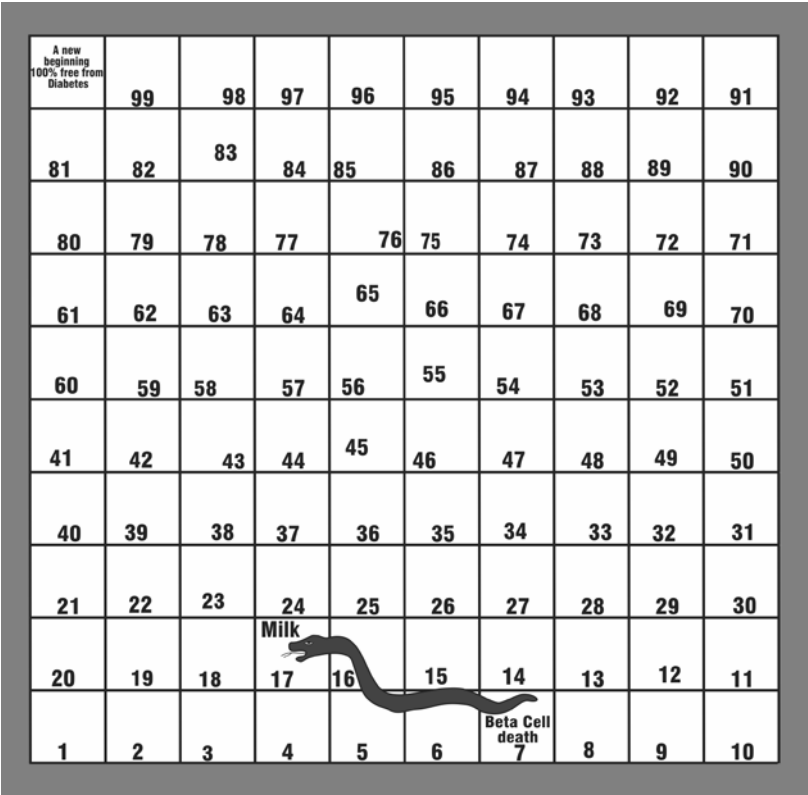
The cow's milk is the biggest cause of diabetes among children. Milk is not a food. Humans are the only animals who drink milk life-long. Humans are the only animals who drink other animals' milk. God has created milk only for the first few months of the baby's life, that too it's mother's milk.

41	42	43	44	45	46	47	48	49	50
40	39	38	37	36	35	34	33	32	31
21	22	23	24	25	26	27	28	29	30
20	19	18	Milk	16	15	14	13	12	11
1	2	3	4	5	6	Beta Cell death 7	8	9	10



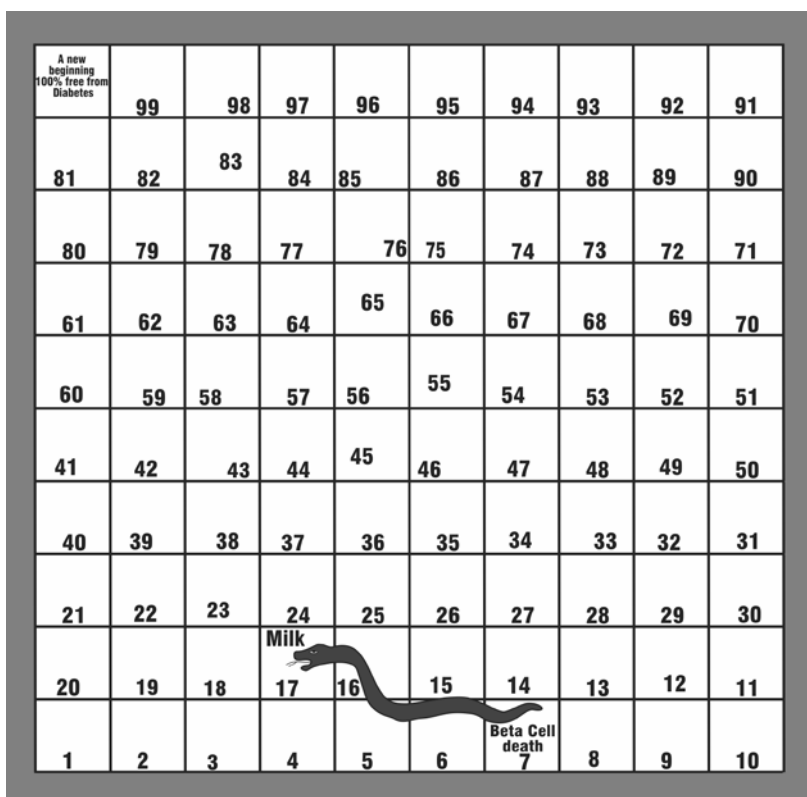
In context with Diabetes Type I children, the casein in the cow's milk triggers auto-immune malfunction, leading to the death of β -cells (Beta cells) of the pancreas causing dependency on insulin from outside.

Whereas, just by discontinuing milk from the insulin-dependent patient's life immediately results in about 40% reduction in insulin requirement to manage blood sugar.



All the medical evidences suggest that consuming milk and milk products increase the prevalence of cancer, osteoporosis, heart disease as well as diabetes.

Please go to www.biswaroop.com/whitetruth to check the medical evidences.



6

Carbohydrates from Plant

Just decide that your entire carbohydrate intake will be only from plant and that too in its raw or uncooked form. It will lead to almost immediate control over blood sugar! In the stomach, there is a hormone called incretin, which may be compared to a traffic policeman. This hormone sends signals to the food, controlling the flow of food in the blood stream, so as to avoid disturbance of blood sugar, blood pressure and other factors.

A new beginning 100% free from Diabetes	99	98	97	96	95	94	93	92	91	
Controls Blood Sugar	81	82	83	84	85	86	87	88	89	90
		79								
	80		78	77	76	75	74	73	72	71
			Carbohydrates from Plant							
	61	62	63	64	65	66	67	68	69	70
	60	59	58	57	56	55	54	53	52	51

Interestingly, these signals are only understood and followed by the plant food; when it is consumed in its natural state. So, the carbohydrates from the plant can be compared to the Disciplined and Intelligent People (DIP), who follow the traffic rules and hence do not disturb the blood sugar homeostasis.

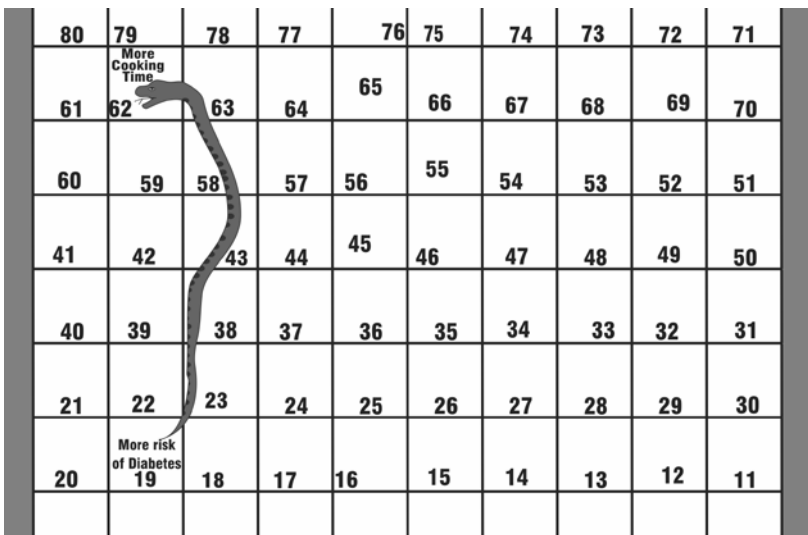
This means that all plant food including mango, banana and grapes are good for diabetes patients!

A new beginning 100% free from Diabetes	99	98	97	96	95	94	93	92	91
Controls Blood Sugar	81	82	83	84	85	86	87	88	89
	80	79							90
		78	77	76	75	74	73	72	71
	61	62	63	64	65	66	67	68	69
	60	59	58	57	56	55	54	53	52
	41	42	43	44	45	46	47	48	49
	40	39	38	37	36	35	34	33	32
	21	22	23	24	25	26	27	28	29
	20	19	18	17	16	15	14	13	12
	1	2	3	4	5	6	7	8	9
									10

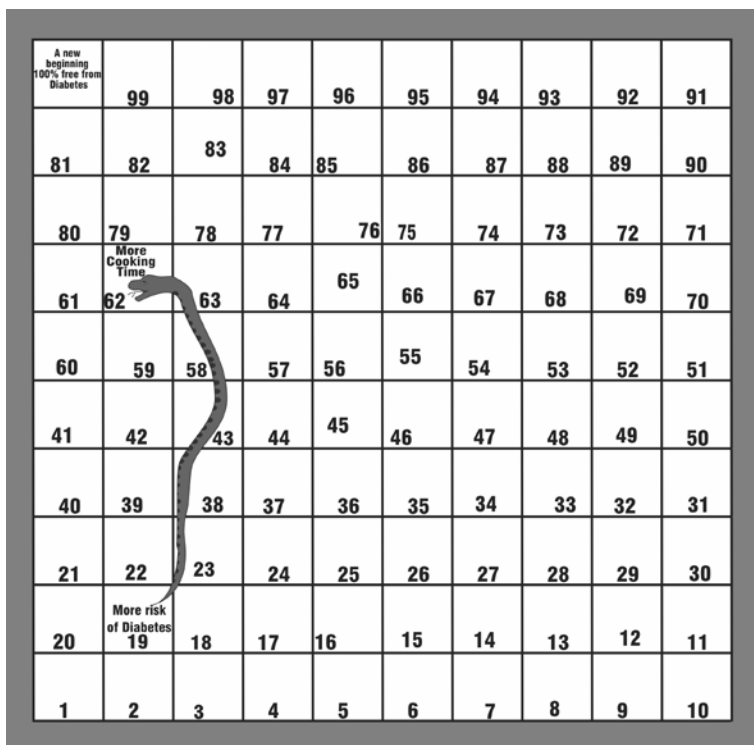
7

Cooking Time

Cooking destroys the fibers and depletes the live enzymes and oxygen from food. It converts the nutrients into such a form that it is not easily digestible by the body.



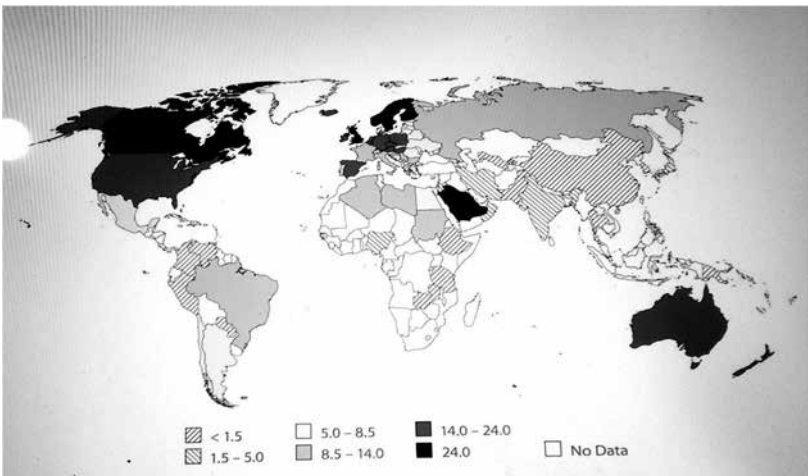
Humans are the only animals who cook food!
 Humans are the only animals who are sick at most of the time! There are several civilizations in the world including Hunza, Bama, Okinawa, where 90% of their diet is plant based food in its raw state. These are the people who live up to 120 years and they rarely fall sick. On the contrary, the societies where the culture of eating raw fruits and vegetables is negligible, constitute the people who are most sick. Reduce the cooking time by 50% to reduce the burden of diabetes and other associated illnesses.





Sunshine

Look at the map given below. The shaded places are the places with highest number of diabetes type I patients. There are also the places with least sunshine. There is an inverse association between sunshine and diabetes population, especially diabetes type I.

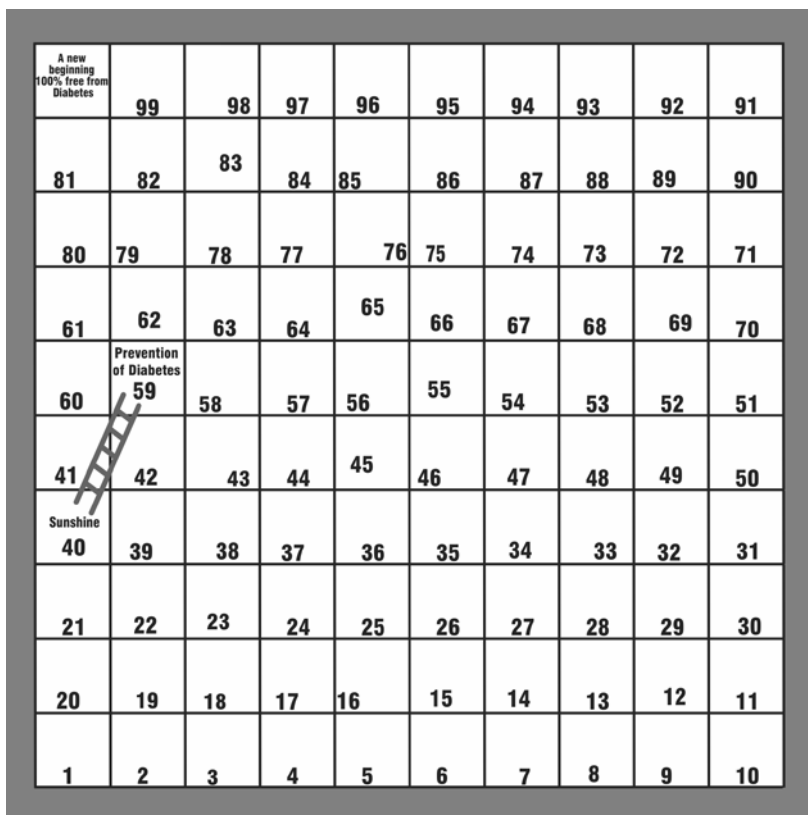


Incidence of diabetes type-I by country (new cases per 100,000 children 0 to 14 years of age in 2013). Source: International Diabetes Foundation

Of course there are some exceptions. For example, Kuwait is a place with abundance of sunshine. But, Kuwait is a country among the highest percentage of diabetes patients. The reason being, their life-style! Culturally, they cover the whole body (from head to toe) with clothes leading to negligible exposure to sunshine, even the houses are deprived

61	62	63	64	65	66	67
60	Prevention of Diabetes 59	58	57	56	55	54
41	42	43	44	45	46	47
Sunshine 40	39	38	37	36	35	34
21	22	23	24	25	26	27

of windows. Everything around them is air-conditioned including the shopping places, places of recreation, etc. The result is the highest percentage of diabetes population. Remember, sunshine is much more than just vitamin-D. Consuming vitamin-D supplements is not a solution! Rather, it will increase Vitamin-D toxicity in the body leading to disturbing the body's blood sugar homeostasis.



Fat from Animal/Oil

Take some fat from a plant, i.e. from fruits or vegetables and some fat from an animal i.e. from chicken, meat, egg or milk, observe these under a microscope. The plant fat will be of uneven size and irregular shape. It can be represented as below:



While, the animal fat looks structurally very uniform as represented below:



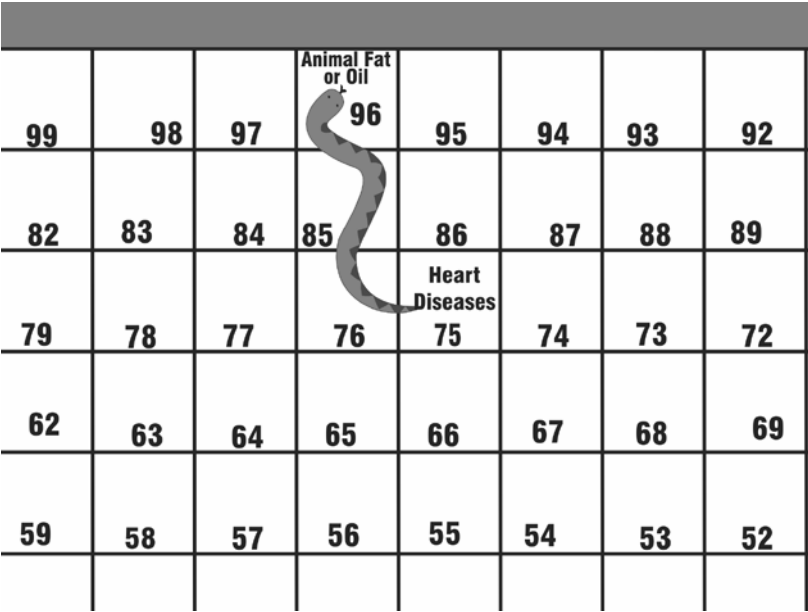
A new beginning 100% free from Diabetes	99	98	97	Animal Fat or Oil 96	95	94	93	92	91	
	81	82	83	84	85	86	87	88	89	90
	80	79	78	77	76	Heart Diseases 75	74	73	72	71
	61	62	63	64	65	66	67	68	69	70
	60	59	58	57	56	55	54	53	52	51

Now imagine you have two varieties of logs, ones which are absolutely straight and the others with a little bend and irregularly shaped. Which of the two can be stacked together uniformly?

Of course, the straight logs can be stacked together symmetrically and properly, whereas the logs with bends and irregular shape will not be easy to stack together uniformly. Similar arrangement takes place at molecular level in our body.

			Animal Fat or Oil				
99	98	97	96	95	94	93	92
82	83	84	85	86	87	88	89
79	78	77	76	Heart Diseases	74	73	72
62	63	64	65	66	67	68	69
59	58	57	56	55	54	53	52
42	43	44	45	46	47	48	49

The animal and industrial fats are able to position themselves next to each other in a better way and clamp together easily. This way they can accumulate and stick to the inner walls of the blood vessels, resulting in the blockage which may result in heart attack and brain stroke. These animal and industrial fats can clamp together in any part of the body and can damage the liver, brain and also the pancreatic cells causing heart disease and kidney failure. Whereas, the plant fat because of its shape (—) while traveling through the blood stream and reaching its destination never clogs the blood vessels.



10

Laughter

Laughter can be a medicine. When you laugh, something unusual happens.

Laughter Within	
1min:	Starts balancing Hormone Production
2min:	Makes you feel Happy (by reducing stress hormone)
3min:	Starts reducing pain
4min:	Starts normalizing blood pressure
5min:	Starts lowering blood sugar and improves digestion
6min:	Stimulate both sides of brain to enhance learning

Decide to laugh everyday for 6 minutes for no reason. To learn how to laugh without reason, go to my you-tube channel - Dr. Biswaroop Roy Chowdhury and watch my video:- **6 minutes per day to reduce blood sugar by 60mg/dl.**

A new beginning 100% free from Diabetes	99	98	97	96	95	94	93	92	91
81	82	83	84	85	86	87	88	89	90
80	79	78	77	76	75	74	73	72	71
61	62	63	64	65	66	67	68	69	70
60	59	58	57	56	55	54	53	52	51
41	42	43	44	45	46	47	48	49	50
40	39	38	37	36	35	34	33	32	31
21	22	23	24	25	26	27	28	29	30
Laughter	20	19	18	17	16	15	14	13	12
1	2	3	4	5	6	7	8	9	10

11

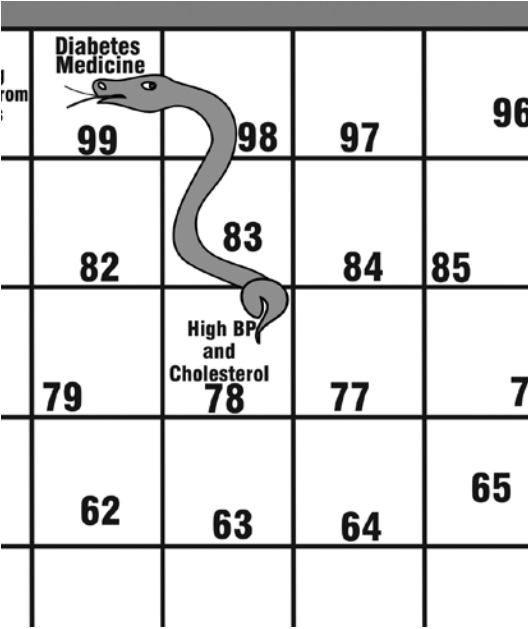
Diabetes Medicine

Most of the diabetes patients start with a small dose of Metformin leading to ever increasing dose of diabetes medication along with the addition of high blood pressure medication and cholesterol lowering pills.

If you see the FDA warning, it clearly states that consuming cholesterol lowering drugs leads to diabetes!!

A new beginning 100% free from Diabetes		Diabetes Medicine							
	99	98	97	96	95	94	93	92	91
81	82	83	84	85	86	87	88	89	90
80	79	High BP and Cholesterol 78	77	76	75	74	73	72	71
61	62	63	64	65	66	67	68	69	70

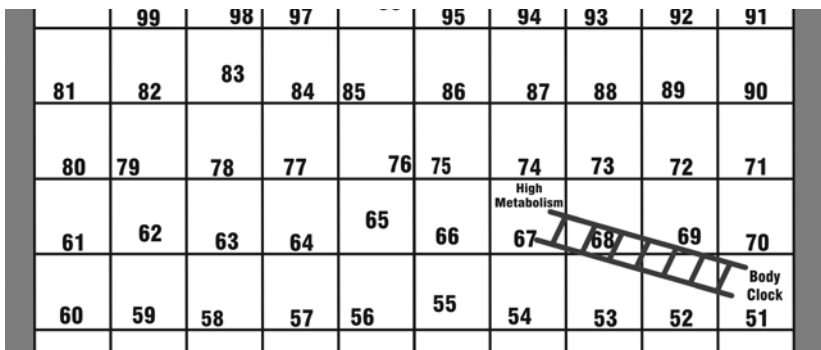
Similarly, CDC (Center for Disease Control, USA) stated that, “75% of the diabetes patients also consume high blood pressure medication.” Collectively, all the medical evidences of the trials conducted in last 3 decades conclude that, “Consuming any one of the three - Diabetes, Hypertension or Cholesterol Lowering Pills will lead to disturbing the homeostasis of rest of the two parameters.” You may read about the trials in my book “Last days of Diabetes.” So, the first step towards curing diabetes is to stop consuming the medicines for diabetes, hypertension and cholesterol and start consuming the DIP Diet, which you will learn ahead in this book.



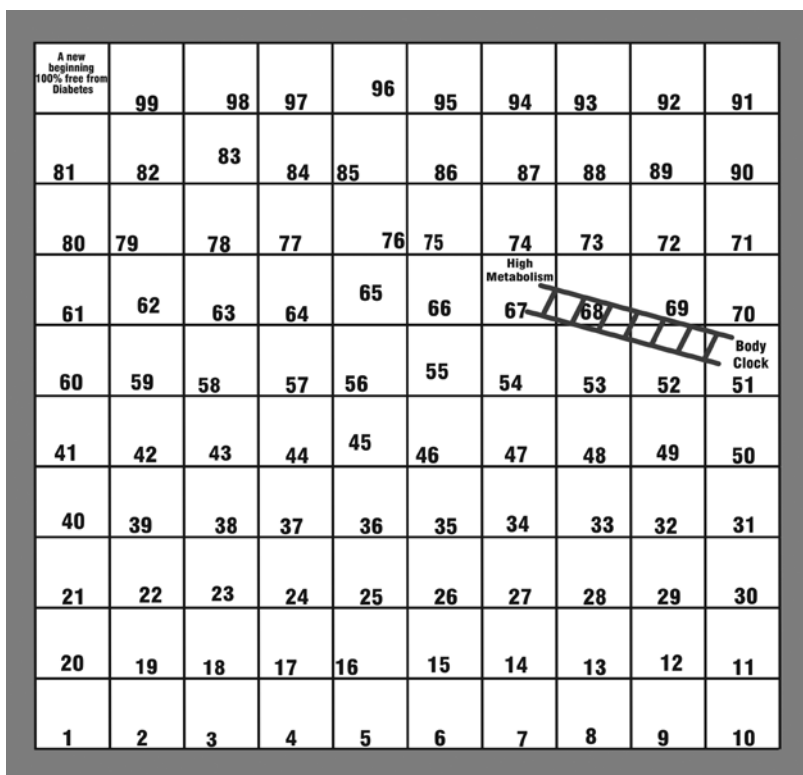
12

BODY CLOCK

Like most of the animals, humans are designed to sleep at night. As the group of hormones that bring more peace to the brain are produced more during the night. Similarly, our digestion and metabolism are at their peak during the day, so we must avoid eating after sunset. There is a hidden body clock in each one of us as it is evident from the fact that most of the heart attacks occur between mornings 6am to noon; similarly, most asthma attacks occur from midnight to 6am in the morning.

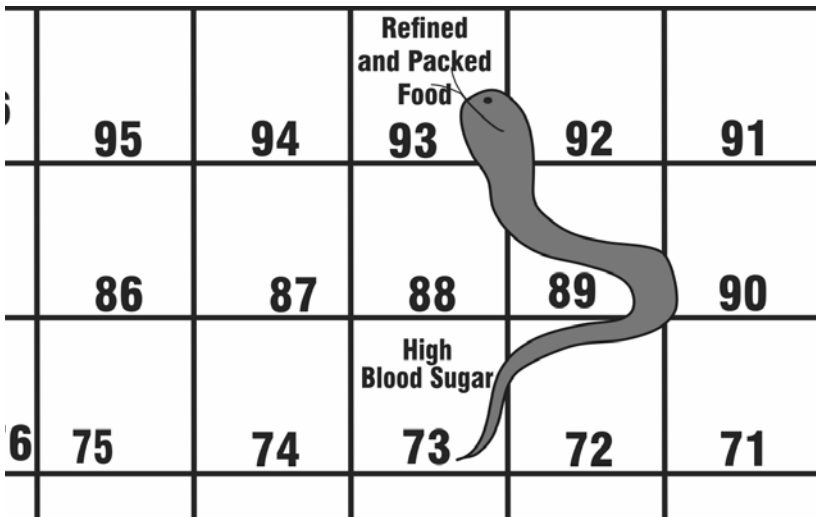


In this modern era, one of the leading causes of diabetes is disturbing the body clock by having irregular life-style. Decide a time to sleep. Everyday eat your meal at the same time or even exercise at the same time. It helps the body to prepare itself better by pre-planning the production of various hormones (including insulin) and hence avoiding medical conditions like diabetes and other life-style diseases.

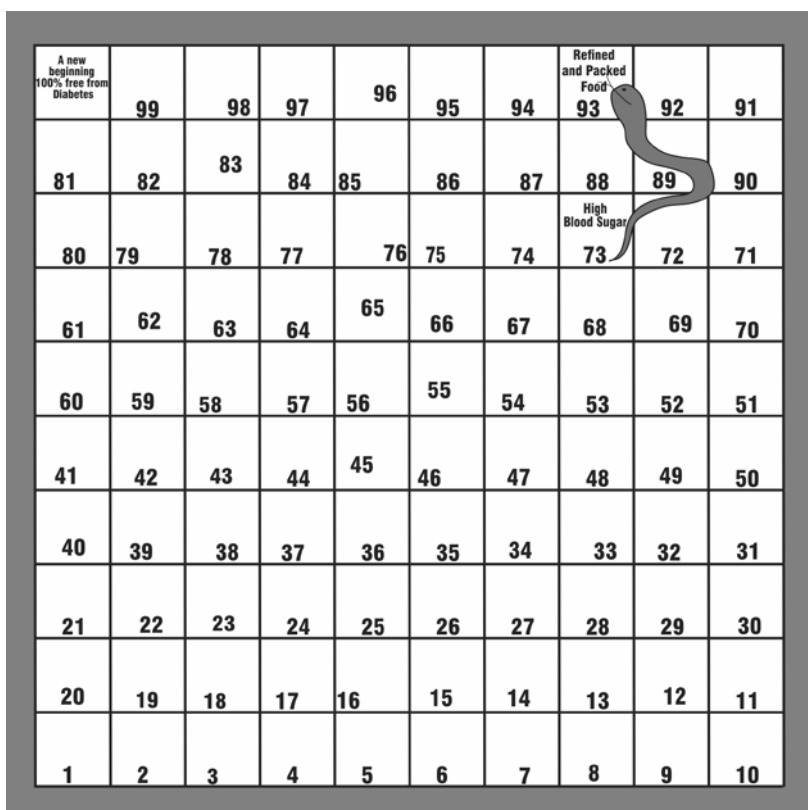


Refined/Packed Food

All refined and packed food can be called as DEAD FOOD. It also lacks necessary minerals. As a result, once it enters the body, it does not understand the signals sent by the incretin hormone. Thereafter, it directly jumps in the blood vessels leading to disturbing the blood homeostasis and causing diabetes, high blood pressure, cholesterol, etc. It's



like a VIP's (Very Important Person's) vehicle on the street, ignoring the traffic signal, jumping the red light, causing great disturbance to the whole traffic; resulting in inconvenience for the rest of the public.



Similarly, the refined food acts like a VIP once it travels through the digestive tract. So, the refined or packed food can be called as the VIP food and should be avoided as much as possible if you want to avoid diabetes.

A new beginning 100% free from Diabetes							Refined and Packed Food		
	99	98	97	96	95	94	93	92	91
81	82	83	84	85	86	87	88	89	90
							High Blood Sugar		
80	79	78	77	76	75	74	73	72	71
61	62	63	64	65	66	67	68	69	70
60	59	58	57	56	55	54	53	52	51
41	42	43	44	45	46	47	48	49	50
40	39	38	37	36	35	34	33	32	31
21	22	23	24	25	26	27	28	29	30
20	19	18	17	16	15	14	13	12	11
1	2	3	4	5	6	7	8	9	10

Plant Protein

The biggest ever cause of illness among the humans is eating animal food. It includes chicken, fish, egg, sea food and dairy products. Avoiding animal food leads to reversal of many illnesses, as is proven by various medical trials conducted in last one century. Some of the trials are listed below:-

Year	Reference
2008	Dean Ornish & Elizabeth Black Boom
2005	China Study
2001	DASH Diet
1992-97	Finland Study
1985	British MRC Study
1960-1985	Pritikin Experience
1928	Addison Study
1904	Ambard – Beaujard Report

Here, the major concerns among some of the ill informed and mis-educated people are:-

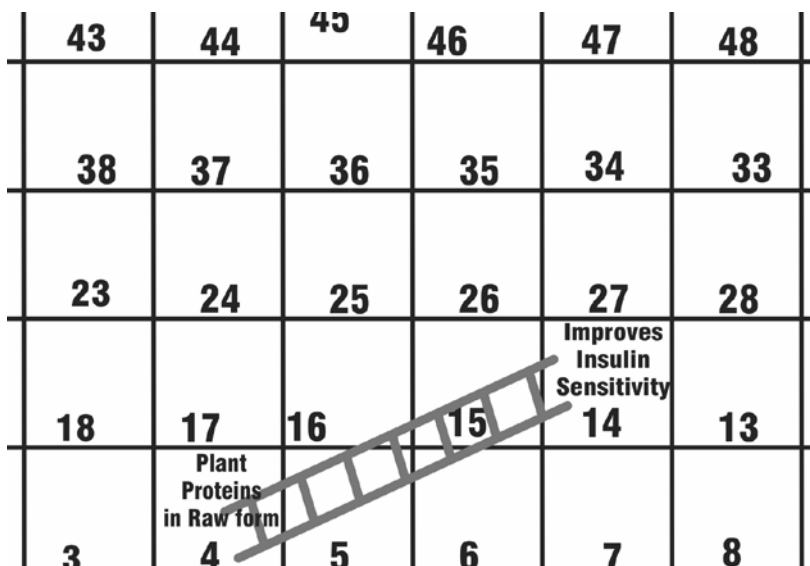
1. If we stop consuming animal food, then from where the body will get the required amount of protein.
2. If we stop consuming dairy product then, how body will get the required calcium.

My answer: - It's true that meat or chicken have high amount of protein, higher than plant food and milk is the highest source of calcium.

43	44	45	46	47	48
38	37	36	35	34	33
23	24	25	26	27	28
18	17	16	15	14	13
3	4	5	6	7	8

Plant Proteins in Raw form

Improves Insulin Sensitivity



Here, the question should not be the % of protein or calcium or any other nutrient available in the particular food, but the question should be how much of it is available in digestible form. For example, hair and nails have the highest percentage of protein but, no animal consumes it because it is not in digestible form. Similarly, wood has the highest percentage of carbohydrates but nobody eats it because it is not in digestible form.

A new beginning 100% free from Diabetes	99	98	97	96	95	94	93	92	91
81	82	83	84	85	86	87	88	89	90
80	79	78	77	76	75	74	73	72	71
61	62	63	64	65	66	67	68	69	70
60	59	58	57	56	55	54	53	52	51
41	42	43	44	45	46	47	48	49	50
40	39	38	37	36	35	34	33	32	31
21	22	23	24	25	26	27	28	29	30
20	19	18	17	16	15	14	13	12	11
1	2	3	4	5	6	7	8	9	10

So, the logical question is:-

Which is the food with the highest percentage of protein and calcium in digestible form?

The answer is the plant food in its raw state. Even elephants and horses eat only plant and they are known as the strongest animal on the planet.

A new beginning 100% free from Diabetes	99	98	97	96	95	94	93	92	91
81	82	83	84	85	86	87	88	89	90
80	79	78	77	76	75	74	73	72	71
61	62	63	64	65	66	67	68	69	70
60	59	58	57	56	55	54	53	52	51
41	42	43	44	45	46	47	48	49	50
40	39	38	37	36	35	34	33	32	31
21	22	23	24	25	26	27	28	29	30
20	19	18	17	16	15	14	13	12	11
1	2	3	4	5	6	7	8	9	10

Plant Proteins in Raw form


Improves Insulin Sensitivity

15

Insulin Injection

Our body is made up of billions of cells. For each cell to be alive, it needs a constant supply of sugar. The sugar supply depends upon the insulin availability.

81	82	83	84	85	86	87	88	89	90
80	79	78	77	76	75	74	73	72	71
61	62	63	64	65	66	67	68	69	70
60	59	58	57	56	55	Insulin	53	52	51
41	42	43	44	45	46	47	48	49	50
40	39	38	37	36	35	34	33	Hormonal Imbalance	31



Is it humanly possible to predict and calculate how much insulin each of the billion cells will need to accomplish the function of sugar metabolism! As you must know the amount of insulin required at any moment depends on several factors including:-

1. Food on that day
2. Stress level at that time
3. Sleep of the previous day
4. Physical activity
5. Weather Conditions
6. Any illness at that moment

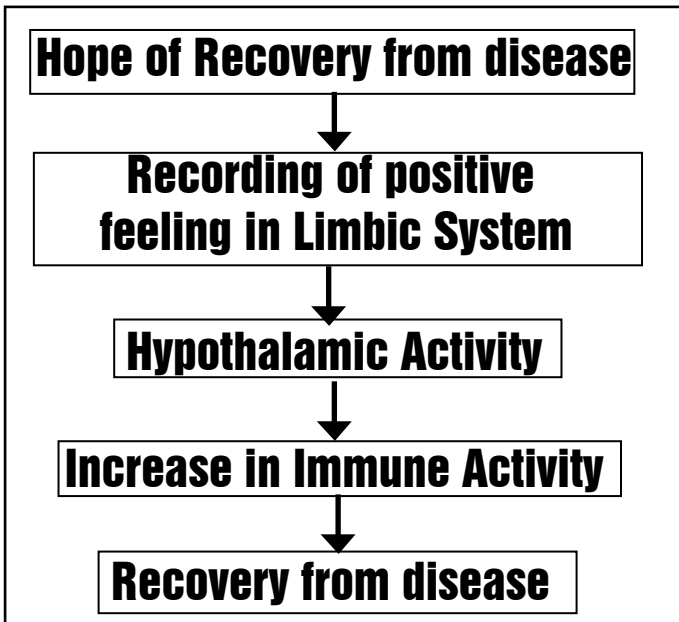
A new beginning 100% free from Diabetes	99	98	97	96	95	94	93	92	91
81	82	83	84	85	86	87	88	89	90
80	79	78	77	76	75	74	73	72	71
61	62	63	64	65	66	67	68	69	70
60	59	58	57	56	55	Insulin 54	53	52	51
41	42	43	44	45	46	47	48	49	50
40	39	38	37	36	35	34	33	Hormonal Imbalance 32	31
21	22	23	24	25	26	27	28	29	30

It is very common especially among the Diabetes Type I children to over-estimate the insulin dosage, resulting in frequent hypo-glycemic episodes. This often leads to landing up in the emergency department of the hospital. So, I always advice my patients to reduce the dependency on insulin and that is only possible by being on the DIP diet, as you are going to understand ahead in this book.

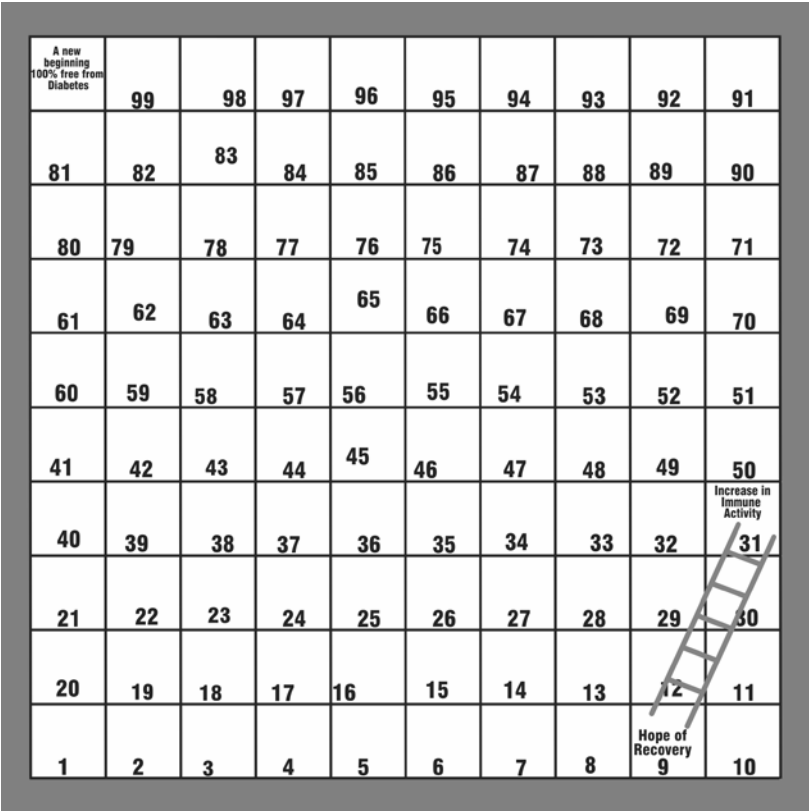
A new beginning 100% free from Diabetes									
	99	98	97	96	95	94	93	92	91
81	82	83	84	85	86	87	88	89	90
80	79	78	77	76	75	74	73	72	71
61	62	63	64	65	66	67	68	69	70
60	59	58	57	56	55	Insulin 54	53	52	51
41	42	43	44	45	46	47	48	49	50
40	39	38	37	36	35	34	33	Hormonal Imbalance 32	31
21	22	23	24	25	26	27	28	29	30
20	19	18	17	16	15	14	13	12	11
1	2	3	4	5	6	7	8	9	10

Hope of Recovery

It is the science which works to cure all kinds of illnesses. Medically, it is known as the Placebo Effect. Given below is the flow chart to explain how hope and positive thoughts can help in overcoming illnesses.



Clearly, the DIP diet along with the hope to recover from diabetes will help you to get cured of diabetes faster.



Throw the snakes out of your life and climb the ladders!

Throw the 7 snakes out of your life and climb the 7 ladders to cure diabetes. Through this book, try to get rid of the snakes, which represent the causes of diabetes and try to climb one ladder each day.

Diabetes is categorized as a life-style disease. This means the cause is the faulty life-style (not the genes as is commonly understood) and the major contributor is the food. So adapt the DIP diet.

VIP Diet	DIP Diet
Animal Food, Refined/Packed Food	Fruits/Vegetables in raw state

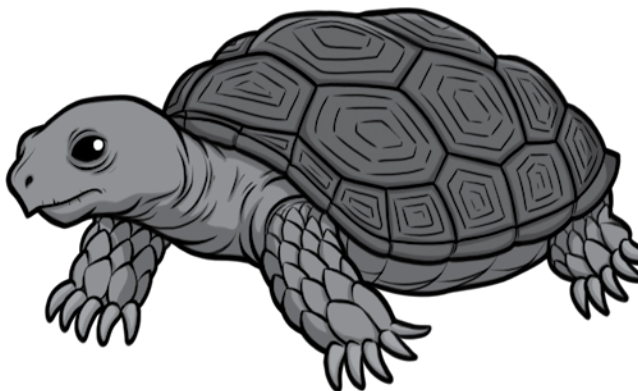


As it's obvious, that taking bath only once does not ensure your lifelong cleanliness. Similarly, being on DIP diet only for few days does not guarantee a diabetes free life. So, make DIP diet a part of your life permanently. Read the next 3 chapters to learn how to design your own DIP diet based on your medical history.

A new beginning 100% free from Diabetes	99	98	97	96
81	82	83	84	85
80	79	78	77	76
61	62	63	64	65
60	59	58	57	56

Tortoise Type DIP Diet

Now, it's the final step towards preventing and curing diabetes! Designing your own DIP diet depends on your medical history and blood sugar response to the consumption of food. In some people, their blood sugar behaves very slowly to the food consumed. It's like a tortoise, an ideal and most desirable blood sugar behavior. We can name the diet as Tortoise type DIP diet.



It's suitable under following conditions:-

1. Healthy people who want to prevent diabetes.
2. Recently diagnosed diabetes type I patients.
3. Diabetes type II patients who have been on medicine for 5 years or less .

Steps to design your Tortoise Type DIP Diet

Step I:- Till 12 noon, eat only fruits of 3 to 4 types including mango, banana, grapes, etc.



*Minimum amount to be consumed = Your body weight in kg \times 10 =gms

For example, a 70kgs person should consume atleast 700gms of 4 types of fruits before 12 noon.

Step II:- Always eat your lunch/dinner in 2 plates.

Plate 1 and Plate 2

Plate 1 should consist of 4 types of vegetables like carrot, tomato, radish and cucumber, which you can eat in raw form.



*Minimum amount of Plate 1 = Your body weight in
kg \times 5 = gms

For example, a 70 kg person should eat at least
350gms of 4 types of raw vegetables.

Plate 2 consists of homely cooked vegetarian food
with negligible salt and oil.



First finish eating plate 1, in accordance with the above calculation. Then take plate 2 as much as you want to eat. The rules for lunch and dinner are same; however, we must remember to try to finish dinner by 7pm.

Step III:- AVOID

1. Animal food including milk products
2. Multivitamin tonic and capsules
3. Refined and packed food

*Try exposing your body to 40 minutes of sunshine on daily basis.



Lunch/Dinner

Plate-1
4 types of
raw
vegetables

Weight in kg x 10 = _gm

Plate-2
Home
cooked
vegetarian
food

Other than 3 main meals of breakfast, lunch and dinner – following are the options for snacks/ beverages:-

1. Sprouts (Body weight in Kg =gms)

Example: For 70kg person about 70gms of sprouts in a day.



2. All kinds of 'Nuts' can be consumed after soaking in water for 2-3 hours. Quantity = Body weight in kg =gms

Example: For 70kgs person about 70gms of nuts in a day.



3. Fruits can also be consumed as snacks.
4. Fresh coconut water and coconut cream.
5. Hunza tea (see recipe on last page of the book)



WARNING: This diet is so powerful that, it will control the blood sugar on the very first day of adopting it! So, the patients are recommended to either stop or reduce their diabetes pills accordingly.

Rabbit Type DIP Diet

Rabbit Type DIP diet is suitable for the diabetes patients whose blood sugar behaves like a Rabbit, i.e. very quick to shoot up in response to food and very difficult to catch!



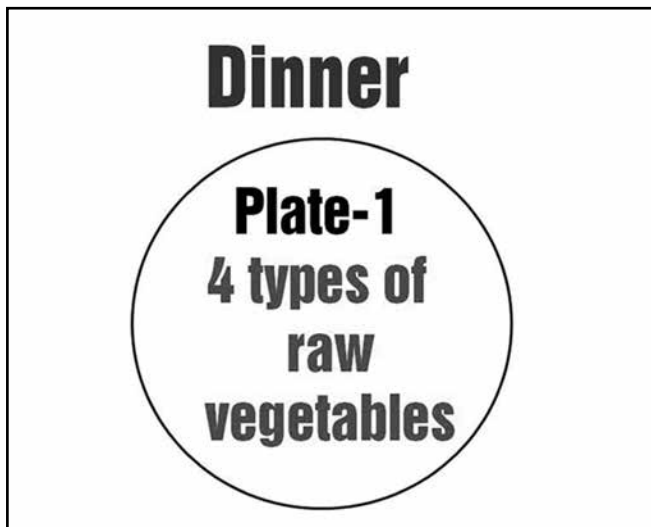
The Rabbit type DIP diet is suitable and recommended to the diabetes patients with following conditions:-

1. Non-insulin dependent diabetes type II, with a history of diabetes for more than 5 years.
2. Diabetes type I diagnosed for 2 years.
3. Diabetes type II patients who have recently been started with insulin therapy (within one year)
4. Gestational diabetes patients

The Rabbit type DIP diet is same as Tortoise type DIP diet with only difference - In Rabbit type DIP diet patients are allowed to eat Plate 2 only once in the entire day.



For example: If the patient decides to eat Plate 2 (along with Plate 1) in lunch, then in dinner, they will eat only Plate 1. However, the maximum quantity of Plate 1 can be decided by patient according to his hunger and appetite.



WARNING: Rabbit type diet is so powerful that it will decrease the insulin dependency of the patient by 2/3rd on the first day itself. So, the patients are recommended to carefully monitor their blood sugar (atleast 4 times a day) and reduce the units of insulin by 1/2 to 2/3rd depending on their blood sugar response.

Frog Type DIP Diet

This type of diet is recommended to the advance stage insulin dependent diabetes type I and type II patients. Their blood sugar behaves like a frog. Very unpredictable!!



If you watch a frog closely you will realize that their movement is unpredictable. Sometimes they may sit for hours at one place then may suddenly take a long jump. In many advance stage patients, their blood sugar behaves in a similar way; very unpredictable!

Frog type DIP diet is same as Rabbit type DIP diet with two differences -

1. Quantity of plate 2 should be less than or equal to:

Quantity of plate 2

Weight in kg x 2 = __gm

For example, a 70kg patient must not eat more than 140gms of plate 2.

2. Before starting the lunch/dinner, it is a must to eat 2 to 3 types of green leaves equal to or more than:

**2 to 3 types of green leaves
equal to or more than**

Body weight in kg = ____ gm

For example, a 70kg patient must eat green leaves above 70gms or more in lunch as well as dinner.

WARNING: The Frog type diet is expected to reduce the insulin requirement drastically on the first day of the diet itself. So, it would be very difficult for the patients to predict and decide the units of insulin to be reduced as they start the frog diet. Such patients are recommended to start their diet under supervision of an expert. For such patients, every month we conduct 72 hours Diabetes Reversal Tour, where the patients have the option to connect with us by visiting our center or staying at their house and get monitored through virtual medium. For more details, go to the next chapter.

Diabetes Reversal in 72 Hours Residential/Virtual Tour

The effect of the DIP diet is so powerful that on the very first day of following this diet, the patients will be forced to stop or taper down their drugs and insulin doses. For many patients, calculating the appropriate amount of insulin needed while being on the DIP diet may be difficult or rather dangerous as it may lead to a hypoglycemic or hyperglycemic state.



Venue: Zorba The Budha, Ghitorni, New Delhi



So, it is advisable to start the DIP diet under the supervision of an expert. You can come to our camp in New Delhi, India or Ho Chi Minh City in Vietnam or can be under my direct supervision at the convenience of your home by joining our Virtual Program.

For details, log on to www.biswaroop.com

Research Paper as Published at Metabolic Syndrome Conference in London

Topic: Diabetes Reversal by Plant-Based Diet

Objective

Aim: The burden of the disease diabetes is rising globally. The aim of the research is to find out that on discontinuing the medicines and being on a particular plant-based diet, can high blood glucose levels in diabetes patients be normalized.

Findings of the Study

Results: The study reported controlled blood glucose levels for 84% of patients and partially-controlled levels for 16% of patients. Those with

controlled levels could attain a healthy blood glucose range without medicines and/or insulin, along with the prescribed diet in 3-days. Those with partially controlled levels could attain a healthy blood glucose range with less than 50% of insulin than prescribed earlier.



Dr. Biswaroop Roy Chowdhury presenting his research paper on August 10-11, 2017 at London, UK.

Among diabetes type-2 patients the study reported 100% results with all the patients maintaining a healthy blood glucose level. While among diabetes type-1 patients, 57% reported controlled blood glucose levels through the diet and zero-medications. Whereas, 43% reported healthy blood sugar levels through the diet and insulin reduction. In addition of the insulin-dependent group, 59% could completely drop their insulin requirements and 41% could reduce the requirement to at least 50%.

The weight reduction for 55 patients in 3-days was reported as 1.14kgs of average weight loss per individual. Also, the patients had symptomatic relief from general fatigue and weaknesses. The plant-based diet proved to be beneficial with regards to energy and nutritional fulfillments.

To read the paper in detail, go to <https://biswaroop.com/research-papers/>

Get this book in your preferable language

The Book “Diabetes Free World” holds the promise to erase diabetes from the face of earth. It is launched simultaneously in 71 languages on the eve of World Diabetes Day, 14th November 2017, which is exactly 100 years after the discovery of first diabetes medicine. The book is available in the following languages:

- Afrikaans
- Assamese
- Basque
- Bengali
- Bodo
- Bosnian
- Catalan
- Cebuano
- Corsican
- Croatian
- Czech
- Danish
- Dogri
- Dutch
- English
- Esperanto
- Estonian
- Finnish

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- Gujarati
- Haitian Creole
- Hausa
- Hawaiian
- Hindi
- Hmong
- Hungarian
- Icelandic
- Indonesia
- Irish
- Italian
- Japanese
- Kannada
- Kashmiri
- Konkani
- Korean
- Kurdish
- Kyrgyz
- Latvian
- Lithuanian
- Luxembourgish
- Maithili
- Malagasy
- Malay
- Malayalam
- Maltese
- Maori
- Marathi
- Meitei (Manipuri)
- Nepali
- Norwegian
- Odia
- Punjabi
- Romanian
- Russian
- Samoan
- Sanskrit
- Santhali
- Scottish Gaelic
- Sindhi
- Shona
- Somali
- Sundanese
- Swahili
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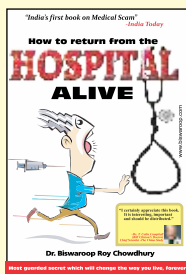
Nobody Needs to Die or Live with Diabetes

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आज देश अंग्रेजी दवा का गुलाम है”

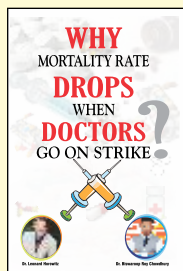
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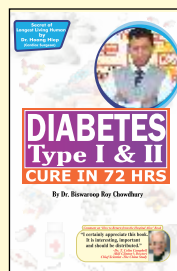
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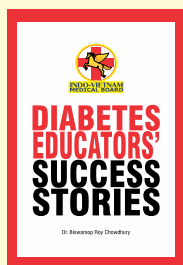
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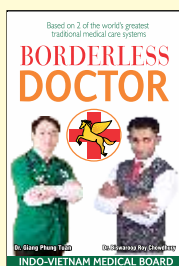
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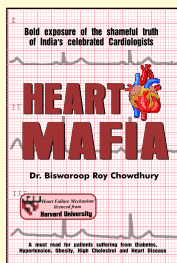
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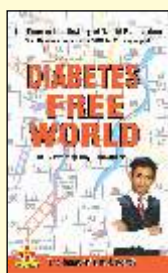
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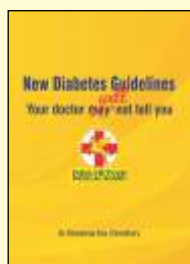
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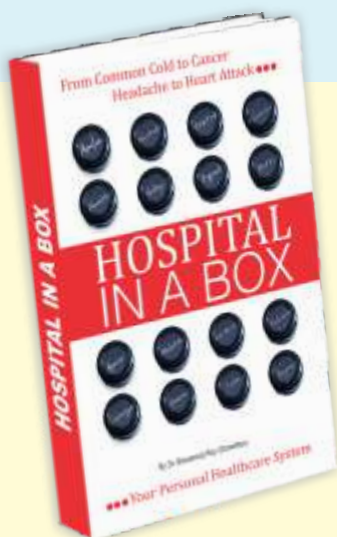
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If you have decided to pick only one of my suggestions for the sake of your health. Then take this suggestion :

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How to stop craving of tea —————> Switch to Hunza Tea

Hunza Civilization: Hunza people are the Indians living at extreme northwest of India in Hindu Kush range. They are known to be one of the world's healthiest civilizations, often living up to the age of 110 years.

How to prepare Hunza Tea (serves four):

Ingredients:

- 12 Mint leaves(Pudina)
- 8 Basil Leaves(Tulsi)
- 4 Green cardamom (Elaichi)
- 2 gm Cinnamon (Dalchini)
- 20 gm Ginger (Adrak)
- 20 gm Jaggery (Gur)

Instructions:

- Take 4 cups of water in a tea pan
- Add all ingredients, simmer it for 10mins
- Add a dash of lemon juice and serve hot or cold

For those who are too lazy to collect the above ingredients (to make their own hunza tea) may order



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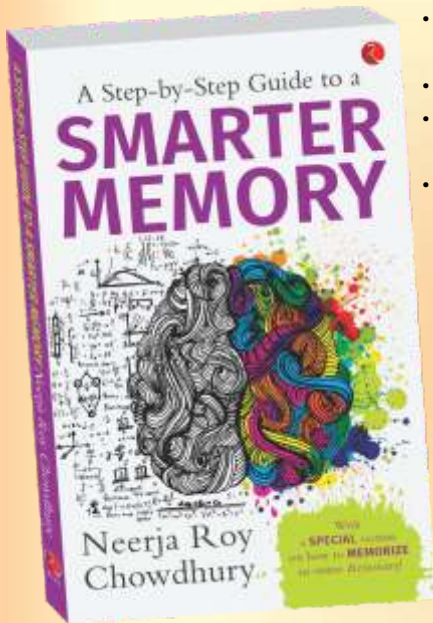
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About the author:

Neerja Roy Chowdhury, the name can be found in prestigious record books including Guinness Book of World Records and Indo-China Book of Records for diverse reasons. The most interesting of all is her ability to memorize the complete Oxford English-Hindi Dictionary. She has also developed software for memorizing a dictionary. She has travelled more than 100 cities internationally in last one decade training people on 'Memory Techniques'. Her latest book 'Smarter Memory' is published by Rupa Publication. Presently she is involved in developing curriculum in memory techniques for international universities.



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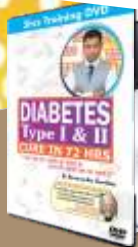
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