

Results of some integrated programs designed by WELLBEEING / IMFRE

Some of the results of 3 months program with the performance assessment in diabetic people through 'diabetes reversal program' are presented below in table 1.

Table 1: Performance assessment of 20 diabetic individuals indicating the potentials of the program

Names	HbA1c		Performance Index	FBS		PPBS	
	Before	After		Before	After	Before	After
Diwali	14.1	5.3	108.64%	302	85	451	116
Kanchana	12.5	5.9	101.54%	214	88	376	130
Richard	9.6	6	100%	146	84	123	111
Siddaramu	12.4	6.1	98.44%	314	98	418	149
Sathish Bhat	9.3	6.3	90.91%	91	73	240	165
Shankaranarayan	10.3	6.6	86.05%	233	70	250	85
Suresh Patil	8.4	6.5	79.17%	145	127	270	208
H B Mosalgi	9.3	6.7	78.79%	134	130	218	145
Balachandran	11.1	7.1	78.43%	242	187	304	180
Veeraprakash Reddy	10	7.3	67.5%	147	92	244	141
Anusha	8.3	7.1	52.17%	145	89	240	96
Sudha Paul	12	8.5	58.33%	328	117	398	129
Vidya R	7.6	6.7	56.25%	193	184	231	153
Govindaraju	7.7	6.5	70.59%	198	127	209	183
A Mohan	8.8	6.9	67.86%	113	101	174	135
Ram Prasad	11.7	8.3	59.65%	215	88	360	217
Saroja Srinivas	10.5	7.6	64.44%	198	100	224	115
Sundaresan	7.2	6.4	66.67%	163	120	153	123
Dinesh	9.3	7.2	63.64%	195	88	332	98
Janaki	8.9	7.4	51.72%	162	104	232	215

The levels of HbA1c reduction before and after the program of 3 months; FBS and PPBS measure before and after the program are given below for your reference along with the performance index.

It could be seen from the data in table 1 that HbA1c levels significantly decreased, in addition to various parameters of their arterial health, endothelial and endocrinology functions along with an overall wellbeing of each patient. It is interesting to note that the results of these diabetic reversal program has shown reversal of insulin resistance and has helped to prevent the progression of vascular aging, inflammation and nutritional deficiency leading to vital organ failure. It has been observed that the program has helped specifically to normalize the arterial stiffness, nerve damage, balancing the sympathetic and para sympathetic nerve function. By reducing the inflammation and glucose toxicity, the pancreatic b-cell function is preserved, thereby reducing the dependency on anti-diabetic medication and future need of insulin. The current Suraksha model is designed to measure each of these parameters and bio markers to evaluate and identify the causative factors in each diabetic case, ascertain the effect on the pathways for correcting the physiological and biological markers, by monitoring the overall health and well being. Few graphical representation of the same are given below:

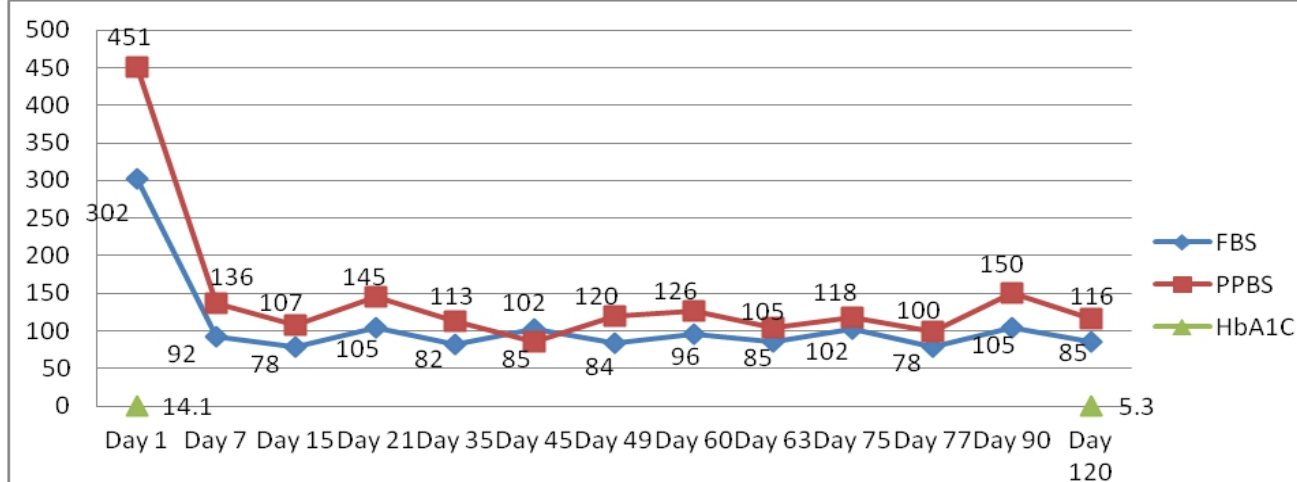
Name : D1 (37years Male)

Start date: 09/08/2016

Finish date: 15/10/2016

HISTORY: Diagnosed with Type 2 Diabetes Mellitus in 2016, and was initiated on medication Tab Glimy twice daily since he was diagnosed. His FBS, PPBS on 17-05-2016 were **302mg/dl** and **451mg/dl** and his HbA1C was **14.1**. His BP and Weight at the time of joining were 110/80mmHg and 56.6 Kgs and **14.1%**.

Result: His FBS & PPBS showed a decreasing trend by Day 15. On day 15 his **medication was reduced** from Glimy M1 1-0-0 to Glycomet SR 500 0-0-1. Throughout the program his weight showed an increasing trend and he gained a total of 7 kilos. His medication continued to be reduced and finally stopped. His HbA1C at the end of 90 days drastically reduced from **14.1% to 5.3%**. **He is today completely out of medications and has all normal parameters.** He gave a feedback of decreased stress levels, improved general wellbeing.

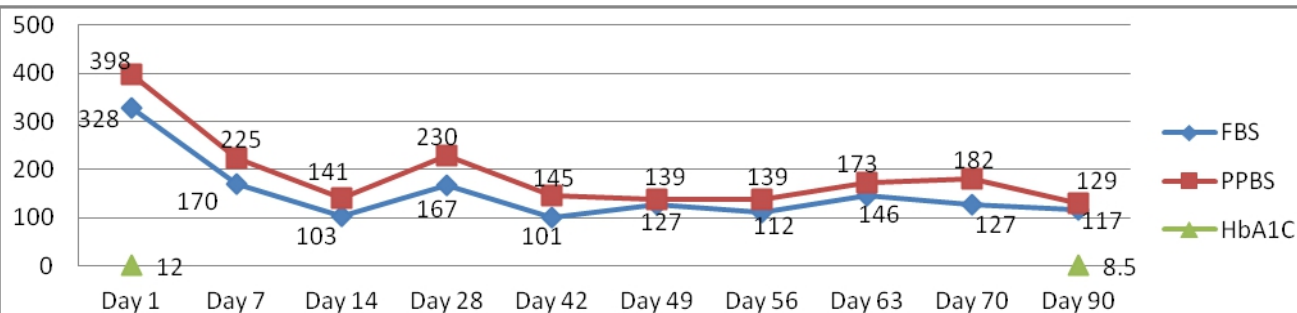


	DAY 1	DAY 15	DAY 30	DAY 45	DAY60	DAY 75	DAY 90
(1)PHYSICAL							
BP	110/80	110/70	110/70	110/70	110/70	110/70	110/70
Weight	56.6 kgs	59 kgs			63.8 kgs	63.8 kgs	64 kgs
(2)PHYSIOLOGICAL							
Bowel improvement							Improved
Skin changes							Improved
(3)BIOCHEMISTRY							
FBS	302	78	82	84	85	78	85
PPBS	451	107	113	120	105	100	116
HbA1C	14.1%						5.3%
(4) COGNITIVE							
Stress	↑↑		↓		↓		↓↓
Energy levels	↓↓		↓		↑		↑↑
Gen Wellbeing			↑		↑		↑↑
(5) Medication Titration							
	Glimy M1 1-0-0 Glycomet SR 500 0-0-1	Reduced to Glycomet SR 500 1-0-1	Glycomet SR 500 1-0-1	Glycomet SR 500 1-0-1	* day 67 stopped medication	* day 67 stopped medication	NIL No medication

Name: S4 (54 yrs Female)**Start date:13/02/2017****Finish date:13/05/2017**

HISTORY: Diagnosed with Type 2 Diabetes Mellitus since 5-6 years on Glycomet SR 500 1-0-1, and hypothyroid on medication. Initial screening was done for retinopathy, neuropathy, nephropathy, autonomic dysfunction and CAD was done before enrollment. Podiatric examination revealed peripheral neuropathy and Nopida solution & DIAFOOTPLUS Cream was advised. Before enrolling, her FBS was - 328, PPBS-398 & HbA1C- 12%. her BP was 130/80mmHg and Weight-71.5Kg.

RESULT : Her FBS&PPBS showed a decreasing trend. FBS reduced from 328 to 117 & PPBS reduced from 398 to 129. HbA1C reduced from 12% to 8.5% in 90day period. Her weight also reduced from 71.5kg to 68.3kg.

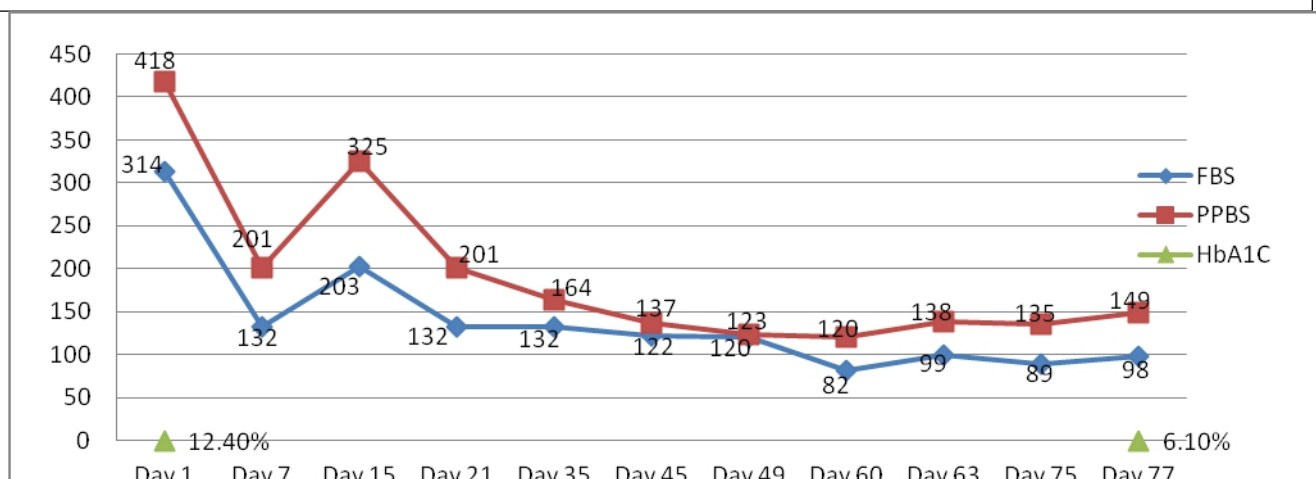


	DAY 1	DAY 15	DAY 30	DAY 45	DAY 60	DAY 75	Day 90
(1)PHYSIOLOGY							
Bowel improvement							Improved
Skin changes							Improved
(2)BIOCHEMIST							
FBS	328	103	167	101	112	127	117
PPBS	398	141	230	145	139	182	129
HbA1C	12.0						8.5
(4) COGNITIVE							
Stress	↑↑		↓		↓		↓↓
Energy levels	↓↓		↑		↑		↑↑
GenWellbeing	Good						Excellent
(5) Medication Titration	T.Glycomet SR500 1-0-1	T.Glycomet SR500 1-0-1	T.Glycomet SR 850 1-0-1	T.Glycomet SR 850 1-0-0 & Glycomet SR 500 0-0-1	T.Glycomet SR 500 1-0-1	T.Glycomet SR 500 1-0-1	T.Glycomet SR 850 0-0-1 Day 120 T.Glycomet SR 500 0-0-1

Name: S1 (39 Yrs Male)**Start date:15-02-2016****Finish date:24-06-2016**

History: Newly diagnosed with Type 2 Diabetes Mellitus, and was initiated on medication, Tab Glycomet SR 850 mg 1-0-1 and tab Sizodon 0-0-1 for depression. Screening for retinopathy, neuropathy, nephropathy, autonomic dysfunction and CAD was done before enrollment. Had symptoms of burning sensation of feet and severe depression, and was on anti-anxiety medication prescribed by a psychiatrist. Before enrolment, his FBS, PPBS & HbA1C on 11-02-2016 were 314mg/dl, 418mg/dl and 12.4% respectively. His BP and weight at the time of joining were 110/70mmHg and 78.7Kg.

Result: All symptoms reduced on following the diet regularly where emphasis on raw vegetables was given. On Day 15 his FBS shot down from 314mg/dl to 132mg/dl and PPBS reduced from 418mg/dl to 201mg/dl. During the course of 90 days his FBS and PPBS showed a remarkable decrease in values and so was his weight. On Day 90 his FBS was 112mg/dl and PPBS was 130mg/dl. His medication was tapered and finally stopped. His HbA1c drastically reduced from 12.4% to 6.1%. Two months post the program a follow up Blood test showed normal ranges of FBS-89mg/dl and PPBS-135mg/dl. He gave a subjective feedback of **decreased stress levels, improved general wellbeing.**



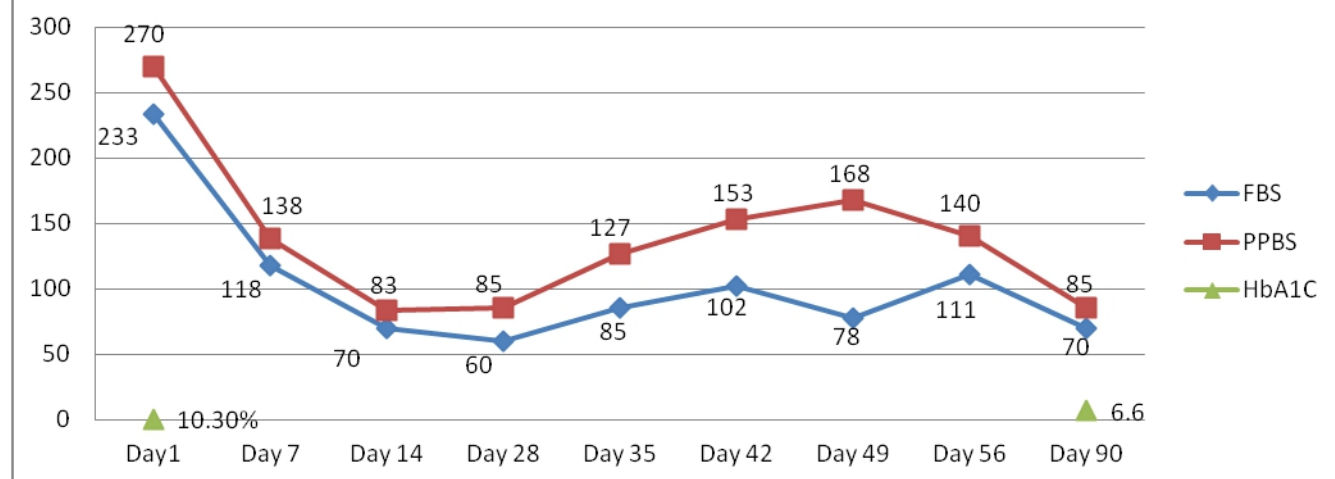
	DAY 1	DAY 15	DAY 30	DAY 45	DAY60	DAY 75	DAY 90
(1)PHYSICAL							
BP	110/80	110/70	110/70	110/70	110/70	110/70	110/70
Weight	56.6 kgs	59 kgs			63.8 kgs	63.8 kgs	64 kgs
(2)PHYSIOLOGICAL							
Bowel improvement							Improved
Skin changes							Improved
(3)BIOCHEMISTRY							
FBS	302	78	82	84	85	78	85
PPBS	451	107	113	120	105	100	116
HbA1C	14.1%						5.3%
(4) COGNITIVE							
Stress	↑ ↑		↓		↓		↓↓
Energy levels	↓ ↓		↓		↑		↑ ↑
Gen Wellbeing			↑		↑		↑ ↑
(5) Medication Titration							
	Glimy M1 1-0-0 Glycomet SR 500 0-0-1	Reduced to Glycomet SR 500 1-0-1	Glycomet SR 500 1-0-1	Glycomet SR 500 1-0-1	* day 67 stopped medication	* day 67 stopped medication	NIL No medication

Name: S2 (56 years Male)**Start date: 10/02/2017****Finish date:10/05/2017**

History: Diagnose with Type 2 DM on insulin, since 20years over weight Physical examination and profiling along with basic glucose parameters like FBS, PPBS & HbA1C was recorded. Source Neuropathy detected in sensitometer VPT report before enrolment.

Results before and after: His FBS was 233mg/dl, PPBS 270mg/dl and HbA1C 10.3% his weight was 98kg and BP 120/80mmHg. He was irregular in his attendance to yoga session but followed diet and therapies correctly. The 90day program saw his FBS reduce from 10.3% to 6.6%. His insulin dosage was reduced.

	Day 1	Day 14	Day 28	Day 42	Day 70	Day 90
(1) PHYSICAL						
BP	120/80	110/70	110/70			110/70
Weight	98					94
(2) PHYSIOLOGICAL						
Bowel improvement						Improved
Skin changes						
(3)BIOCHEMISTRY						
FBS	233	70	60	102	70	111
PPBS	270	83	85	153	85	168
HbA1C	10.3					6.6%
(4) COGNITIVE						
Stress	↑		↑	↑		↓
Energy levels	↓		↓	↓	↑	↑
General Wellbeing	Good					
Medication Titration	Inj Humalog mix 25 18-0-25 units Tab Glycomet GP2 1-0-1	Inj Humalog mix 25 12-0-16 units Tab Glycomet GP2 1-0-1	Inj Humalog mix 25 8-0-12 units Tab Glycomet GP2 1-0-1			Inj Humalog mix 25 8-0-12 units Tab Glycomet GP2 1-0-1



**In addition to Diabetes, there are other NCDs and lifestyle issues that we have addresses.
Few testimonials for reference:**

Diabetes Reversal Program

My sincere thanks to Wellbeeing counselors & team of doctors who advised me to get into Diabetes program (DRP). My treatment was for 4 months. The panel of doctors with whom I had consulted was fantastic. It was really an amazing improvement on me and my blood sugar, and my fear.

The Integrated approach with periodical lab test, combined with other services and sessions have given me wonderful satisfaction. Thank you for their timely guidance and help at this wonderful WELLBEEING centre, I now lead a normal life with change in lifestyle.

A Mohan (Oct 2017)