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Radio-TV Interview Report

A Better Way to Reverse Diabetes

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According to some studies, two out of every five American adults will develop type 2 diabetes in their lifetime. The disease can be treated with drugs and sometimes it can be reversed with bariatric surgery and extreme low calorie diets, but Denise Pancyrz says there are risks involved. “The extreme of bariatric surgery or low-level calorie diets are not healthy alternatives for reversing type 2 diabetes. Nearly 30 percent of patients who have weight-loss surgery develop nutritional deficiencies along with other side effects. Extreme diets of 600 calories a day are not designed for long-term healthcare as this method typically does not teach a diabetic how to maintain a healthy and nutritional lifestyle.” Denise adds, “With holistic nutrition and proper lifestyle training, it is possible for type 2 diabetics to reverse the effects of diabetes not only to the prediabetic phase, but return to normal glucose levels.” Denise Pancyrz is a holistic nutritionist and a diabetes coach. A former diabetic herself, she’s the author of *The Virgin Diabetic*.” Contact her at (630) 281-0873; DAPancyrz@outlook.com

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