

Treating type 2 diabetes as a problem of insulin resistance:Use of low-carb and intermittent fasting in India

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Abstract

The move towards a de-carbonised world, driven partly by climate science and partly by the business opportunities it offers, will need the promotion of environmentally friendly alternatives, if an acceptable stabilisation level of atmospheric carbon dioxide is to be achieved. This requires the harnessing and use of natural resources that produce no air pollution or greenhouse gases and provides comfortable coexistence of human, livestock, and plants. This article presents a comprehensive review of energy sources, and the development of sustainable technologies to explore these energy sources. It also includes potential renewable energy technologies, efficient energy systems, energy savings techniques and other mitigation measures necessary to reduce climate changes. The article concludes with the technical status of the ground source heat pumps (GSHP) technologies

Biography:

Dr Roshani Sanghani is an American Board Certified endocrinologist with over 15 years of international clinical

experience. She is the founder of Aasaan Health Solutions, LLP, a lifestyle medicine based endocrine centre, in Mumbai, India. She also practices telemedicine and her passion is to help clients to reverse insulin resistance and related conditions like Type 2 diabetes, PCOS, obesity, fatty liver and hypertension through solutions aimed at nutrition, sleep, exercise, intermittent fasting, stress management and mindfulness. She believes that behaviour change is all about helping clients understand the emotions driving their habits and using medical expertise integrated with a coaching style of patient empowerment. Her clinic motto is "Better Health, Less Medication".

References

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