



## How long does it take to reverse type 2 diabetes?

It generally depends on how severe the type 2 diabetes is and how long you've had it. The more severe and the longer you've had it, the longer it will take to reverse. It also depends on how intensive your dietary regimen is. So if you do something very intensive, like intensive fasting, then it may be faster than if you simply change your diet.

If you look at one of the most extreme examples, which is bariatric surgery, diabetes can be reversed very quickly. So bariatric surgery is where they do surgery to cut your stomach as well as rewire your intestine. So that, one, you can't eat. And any food that you eat doesn't get absorbed in the intestines. And in those cases, we find that type 2 diabetes is reversed often within a month.

So it is a reversible disease. It can be reversed very quickly. But we prefer people use natural methods rather than surgery, with all its complications, and its cost, and so on.