**HOME :**

**If you are one of the million people living with diabetes, then this is one of the best place to Reverse Diabetes through Diet, Exercise and Detox of the body.**

**We believe in natural healing instead of medicine.**

**Our main motive is to prevent people from diabetes and Reversing the diabetes.**

**We don’t add Diabetic medicine. We reduce medicine through Natural Process of REVERSING Diabetes and Preventing Diabetes.**

**DEDICATED TO REVERSAL OF DIABETES AND OTHER RELATED DISORDER THROUGH HOLISTIC APPROACH**

**Beat The Diabetes is an integrated, innovative, inspired healthcare initiative that enables diabetics to lead a healthy and stress-free life Naturally.** **Our mission is to help you regain an optimal quality of life by guiding you step by step through Diabetes Reversal Program to engage actively with your own health happily .We empower you to make lifestyle Modification that will make you as healthy as possible for the rest of your life without medicine .**

**POWERFULL SUCCESS MANTRA – 4 PILLAR**

**THE FOUR PILLARS OF DAIBETES REVERSAL**

**Diabetes Reversal and related disorders focuses on deeper understanding of habits and their changes gradually step by step in systematic manner aling with Indian traditional detox/Panchakarma procedure .Our Diabetic Reversal program is based on four important pillar as per Ayurveda that include -**

1. **DIET**

**There are total four phase of diet Depending upon the Body Constitution i.e Vata,Pitta and Kapha and on the basis of Individual BMI( Body mass index)**

1. **Basic phase diet – The basic diet is for Reducing Acidic condition of body / inflammation of body ,Reduces blood sugar level and initiate body fat and weight loss .**
2. **Radical phase diet – This is the phase to Detoxify ,Repair ,Rehydrate ,Rejuvenate the body cell and speed up burning fat and weight loss.**
3. **Progressive phase diet – This is the phase to support intensive weight training exercise to develop stamina and strength.**
4. **Maintenance phase diet - This is a liberty diet to maintain healthy weight ( fat vs muscle mass ratio) .**
5. **EXERCISE**

**BTD exercise protocol is in four phase with clear objective for each phase**

1. **The Basic Exercise phase is for activating all muscle fiber, increases concentration and memory , Reduces acidic and inflammation ,Reduces Blood sugar level and initiate body fat and weight loss .**
2. **Accelerating Exercise phase is to support the Radical diet phase to detoxify, repair and initiate muscle building .**
3. **Intensive Exercise Phase is complete transformation of the body through the blend of strength, stamina, yoga and marathon based practices.**
4. **The fourth maintenance phase is for maintaining a healthy weight( fat vs muscle mass ratio).**
5. **DETOX/PANCHAKARMA**

**Panchakarma is Cleansing and Detoxification process which are effective on both body and mind. In simple, body and mind get revitalized and rejuvenated from stress and strain of everyday life with Ayurvedic panchakarma treatment. Panchakarma treatment are the fivefold Ayurvedic cleansing and detoxification therapies which get to the root cause of Diabetes and eliminate deep seated toxins (ama) from the body and maintain equilibrium of doshas .Apart from providing curative line of treatment ,Ayurveda panchakarma helps in promotion of healthy and prevention of further other Diseases.**

1. **MEDICAL**

**BTD Provides Medical Technology to support above 3 protocols to achieve a tremendous result through Beat The Diabetes Android/ios Mobile App. This App will guide you in up and downs of your Blood sugar level during your entire journey by Dedicated and expert doctors on daily basis by reducing medication on app by scientifically.**

**Key aspects –**

1. **Regular analysis of body composition ( fat vs muscle mass )**
2. **Regular Consultation and Scientifically proven supplement protocol for addressing vitamins, minerals and micronutrients deficiencies.**
3. **Scientific drug dose adjustment at daily level through the BTD app**
4. **Unique combination of important test**

**ABOUT US**

**Our Vision:**

**Beat the Diabetes is devoted in spreading the awareness about holistic health and an ecologically sustainable compassionate lifestyle.** **BTD provide education, inspiration and support to diabetics & family members, BTD create the necessary shifts in their understanding & actions individually , which leads to reversal of diabetes and free from medicines & insulin naturally!"**

**BTD Mission:**

**To Prevent and Reverse Diabetes and related Disorder**

* **We believe in Holistic Program.**
* **We believe in Reversal Program.**
* **We provide information and awarness regarding prevention of diabetes.**
* **We provide education, inspiration and support to diabetics & family members,**
* **Say no to the Medicine.**
* **Reduction in the medicine which you were oath to eat for the life time.**
* **We believe in Natural Healing.**

**Goals**

**Immediate Goal by 2022**

**To get 10,000 diabetics to become free of Medicine and Insulin through holistic approach**

**ABOUT DR.DINESH ISHWAR**

**DR.Dinesh in his younger days was a quiet, brilliant student Average Rank throughout his school life. He got admission into prestigious college AVPM, Sion(Mumbai).**

**After his UG, as a first step into MD (POST GRADUATION IN PREVENTIVE AND SOCIAL MEDICINE IN AYURVEDA) from Amravati. During PG, he completed his PG Diploma in public health from Chennai. Also another PG Diploma in Diabetology from Delhi in year 2015.**

**He attended the Doctors training for Reversal Diabetes and other chronic disorder with Various successful Diabetologists .This was followed by further study of the internationally published work on this topic by Dr. Neal Barnard, Dr. Gabriel Cousens and Dr. Benstein. He adopted the insights to the Indian population and applied it to the patients to workshops and consultations with help of FFD. The actual results are amazing and have inspired him to take the possibility of natural healing to help many other more diabetics experiences vibrant health without drugs. Under his guidance many are free from diabetics medicine, insulin, and some of them have lost weight naturally. He is now in the process of publishing papers and making this information widely available to doctors and diabetes to become free.**

**ABOUT TEAM MEMBER**

**SANCHITA NANDURKAR**

**SUCHITRA MANJREKAR**

**SANA BHATKAR**

**VAIBHAV KADAM**

**Why Beat The Diabetes ?**

**Beat The Diabetes because we understand the Complication in the people who are suffering from diabetes and how difficult it is to manage the blood sugar level with medication. BTD provide natural healing therapy through our mentioned programs. Medicine is reduced step by step through the Diabetic Reversal Program via four innovative Protocol .**

**You can choose Beat The Diabetes If You want to Reverse The Diabetes.**

* **INTEGRATED APPROACH**

**Our Innovates success mantra is a holistic and Natural approach that places deep science at the core and includes four pillar of Diabetic reversal which are as follows**

1. **DIET –**

**Diet is scientifically proven protocol and designed by recent research done by various doctor ,** **the research of Dr. Neal Barnard, MD, Adjunct Assocate Professor of Medicine at George Washington University of Medicine and President of the non-profit Physicians Committee of Responsible Medicine. There are 4 phases in Diet protocol changes in every month from low calorie to liberty level calories which maintain normal sugar level without medicine.**

1. **PROGRESSIVE EXERCISE -**

**Exercise is scientifically proven and designed phase wise exercise like Detox exercise, stage wise Thera band etc .**

1. **DETOX/PANCHAKARMA –**

**This Phase include Snehana with medicated oil for entire body by trained therapist followed by swedana with medicated steam for entire body and Basti process .it is a course of 8 setting called yog Basti which aim is to detoxify the body, remove the stuck up toxins of years, accelerate physiological repair at the cellular level. This phase also include inner transformation processes for deep physical, electromagnetic, emotional and mental shifts.**

1. **HI-TECH MEDICAL SUPPORT**

**6 Months active App support to enables dynamic dose adjustment daily and real-time health monitoring from dedicated and expert doctors whose passion is to make you free from medicine and insulin as soon as possible.**

**REGISTRATION**

**Book your Program**

### Diabetes Reversal

**Our main focus will be on improving the life of people suffering from diabetes. We believe diabetes can be managed easily and without any complications.**

**Most of the diabetics find themselves on the road to slowly rising blood sugar levels, gradually increasing weight , higher doses of medication, and worsening complications like Diabetic Neuropathy, Diabetic Retinopathy ,Diabetic Nephropathy etc.**

**Reversing diabetes means reversing this trend. Blood glucose level that keep rising month after month can come down very quickly after joining certain program. Doses of medication that have risen can be reduced . Symptoms such as neuropathy—nerve pains in the feet and legs—can improve and even disappear. Severe weight gain problems can be tackled by Holistic Approach.**

**When newly diagnosed and seeking basic information about diabetes or a long standing Diabetic patient, The Diabetes Reversal Programs designed to help out.**

**Beat The Diabetes is committed to Reverse your Diabetes and other health issue. Read more about our Programs below to start your reversal journey**

**BASIC WORKSHOP**

## BASIC WORKSHOP OF RADICAL REVERSAL PROGRAM - AT BTD CENTER

**There will be a basic workshop which will helps one in giving information about the Diabetes that one is suffering from and which can be reversed . The key topics would be covered in program. And this workshop will help one to choose the Reversal package by one’s own choices, with the consultation of doctors.**

### Grap the first step towards reversing diabetes!

**Before joining any program a diabetic should know an accurate and in-depth understanding of the deeper causes of diabetes is crucial. Removing the ignorance and misconceptions is most important to build trust, energy and faith in program.**

**Basic Workshop of Radicle Diabetes Reversal Program is a 90 minutes powerfull workshop that solves your queries and all doubts and gives you a complete understanding of the Diabetes reversal process along with weight loss. The program for diabetes reversal is based on the research of Dr. Neal Barnard, MD, Adjunct Assocate Professor of Medicine at George Washington University of Medicine and President of the non-profit Physicians Committee of Responsible Medicine. This research was published in several peer-reviewed medical journals such as Preventive Medicine, American Journal of Medicine, etc and it culminated in the book “Dr. Neal Barnard’s Program for Reversing Diabetes” (Rodale Publishing), Dr. Dinesh Ishwar present a 360° overview of diabetes and diabetes reversal Truth in details that creates a big shift within you.**

**Key topics covered in the program include Diabetes reversal with the help of four pillars i.e Diet, Exercise , Detox and Medical and 5 stages of Diabetes reversal and 9 Root Cause of reversal. How to reverse diabetes by working on the root causes like Ayurveda and understand actual experience of stoppage of insulin/ medicines and still maintain normal sugar levels. Reversal of related metabolic disorders like hypertension, hypothyroid, obesity, PCODs etc. How to avoid or reverse complications (related to eyes, heart, kidney and nerves etc). This Basic Workshop Program also educates on how to implement the Phase 1 - Basic BTD Diet and Exercise Protocol and this begins the reversal process and start experiencing reducing blood sugar within days after following BTD diet and Exercise regime.**

**After Basic Program one can choose to join the 6 months Radical Diabetes Reversal Program for implementing the diet, exercise, detox and medical protocols in a phase-wise manner for the complete reversal. If one decide to directly enroll for the Radical Reversal Program, this Basic workshop is free!**

***Begin your reversal journey, click here to register for the First session!***

* **ONLINE BASIC PROGRAM OF RADICAL REVERSAL PROGRAM**

**In case one is not able to attend Basic workshop physically. BTD has an online session (Webinar) that will smartly educate you about diabetes and diabetic reversal program.**

**Dr. Dinesh Ishwar present a 360° overview of diabetes and diabetes reversal with micro-level details that creates a big shift within you.**

**Key topics covered in the program include what exactly is reversal with the help of four pillars i.e Diet, Exercise , Detox and Medical and what are the 5 stages of reversal and what are the 9 Root Cause of reversal. How to reverse diabetes by working on the root causes and actually experience stoppage of insulin/ medicines and still maintain normal sugar levels. Reversal of related disorders like hypertension, hypothyroid, obesity, PCODs etc. How to avoid or reverse complications (related to eyes, heart, kidney and nerves etc ).This Basic Program also educates you how to implement the Phase 1 - Basic BTD Diet and Exercise Protocol and this begins your reversal process and start experiencing reducing your blood sugar within days after following BTD diet and Exercise .**

**After Basic Program you can choose to join the 6 months Radical Reversal Program for implementing the diet, exercise, detox and medical protocols in a phase-wise manner for your complete reversal. If you decide to directly enrol for the Radical Reversal Program, this Basic workshop is free!**

***Attend Online basic workshop from any part of the world, click here to register!***

## RADICAL REVERSAL PROGRAM

**Diabetes can be reversed by working on root cause , like Ayurveda which also works on the same principle**

### One can stop Diabetic tablets & insulin; get trained to clear Glucose Tolerance Test( GTT)

**After Knowing Diabetes reversal is possible, this program will make it a reality. After Joining Participant become free of medications, and push their limits to clear Glucose Tolerance Test (GTT) - the world accepted standard test for diabetes.**

**This program takes one through a step-by-step Reversal of Diabetes ,a systematic 3 month’s action learning experience through Group workshop followed by 3 months of support to achieve your health goals. It has a unique combination of Nutritional and natural based approach to Diabetes Reversal and related problems through personalized guidance and group therapy.**

**Key Features - Daily doctor support from day 1 after registration for reporting sugar levels and getting your insulin/ medicine dose adjusted and reduced through the BTD App (for 1 Year), Detox/Panchakarma for 8 setting during program at nearby centre ( 1st month after joining RDRP one setting per week then 2 setting in next month with 15 days gap followed by 2 more setting in 3 rd month with 15 days gap that means total 8 setting within 3 months ) , 3 Group workshop (attend online or live) once in month for finer aspects of diet, exercise, detox/panchakarma and Medical in a phase wise manner , minimum 5 Medical Consultations and depending on complications status and Daily Motivational message in BTD App for continuous education, inspiration and support.**

#### Phase 1: Transformation phase

**The first group session helps to understand the finer aspects of the basic diet and exercise protocols to initiate the Transformation within .**

#### Phase 2: Acceleration

**The reversal is accelerated into an advanced gear to implement the Radical diet of juice feasting and intermittent fasting along with Strength exercises. The aim is to provide deep hydration within cells for smooth movement of essential substances and nutrients and train your system to burn excess stored fat for energy instead of depending on carbohydrates coming through food.**

#### Phase 3: Detox / Panchakarma phase

**This Phase include Snehana with medicated oil for entire body by trained therapist followed by swedana with medicated steam for entire body and Basti process .it is a course of 8 setting called yog Basti which aim is to detoxify the body, remove the stuck up toxins of years, accelerate physiological repair at the cellular level. This phase also include inner transformation processes for deep physical, electromagnetic, emotional and mental shifts. This is the sublime phase, where the objective is to de-stress by releasing the pent-up negative energy, energize oneself through a scientific goal setting and implementation process that channelize your subconscious mind to achieve your so called impossible health goals. The process develops a clear sense of connection, confidence, peace and ease deep within for sustaining reversal and makes you supremely positive towards life.**

#### Phase 4: Liberation

**Each participant has experienced three different powerful phase and by this time more than 50-60% participants are free from insulin, tablets and other medicines. At this stage, the second medical consult helps you to chart out an individualized path with doctor and experts dieticians/Nutritionist . Those who are free are relaxed into an easier routine and those who are yet to be free are given further direction and support to join those who have liberated themselves.**

**It's also the time to start planning and preparing for the ultimate test of diabetes reversal called the GTT (Glucose Tolerance Test), tell the world that you are diabetes-free and start living the healthy and sportive life.**

***Diabetes Reversal is just a click away! Register now for the Radical Diabetes reversal Program***

* **DETOX DIABETES RESIDENTAIL PROGRAM**

**Detox Diabetes residential program designed to shift your momentum towards diabetes reversal Quickly and put your health on top whichi include Snehana with medicated oil for entire body by trained therapist followed by swedana with medicated steam for entire body and Basti process Every day early in the morning in nature place .it is a course of 8 setting called yog Basti which aim is to detoxify the body, remove the stuck up toxins of years, accelerate physiological repair at the cellular level.**

**The daily schedule includes waking up early, checking your sugar levels, Daily detox your entire body through Panchakarma/Detox procedure( yoga Basti) ,practicing different Yoga and meditations, doing joyful exercises, enjoying nourishing food and juices, post-lunch deep Understanding of Diabetes Reversal session , reporting sugar levels four times a day and getting the doses adjusted there and then. This phase also include inner transformation processes for deep physical, electromagnetic, emotional and mental shifts. Experience Free from medication daily through natural process and much more...**

**Duration: 8 days**

**Detox *Diabetes Reversal program is just a click away! Register now***

* **OTHERS**

**DEDICATED DOCTOR SUPPORT DAILY THROUGH BTD APP**

**Doctor will adjust your medicine on daily basis on App to reverse your diabetes Scientifically.**

***Renew your Android app***

**DETOX COURSE/PANCHAKARMA**

**Book Detox course for complete detoxification ,repair and rejuvenate your body in the path of diabetes reversal near by you .**

**CLICK HERE To Book Detox course**