

A REPORT ON  
**A Self-Help Program on Reversing and Preventing Diabetes and Thyroid**  
**[Diabetes-Thyroid Retreat]**

Held between April 7 & 15, 2015 at Sambhaavnaa Institute | Organized by Diabetes Trust

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No of Participants: 20 (9 female & 11 male)

Age Group: 24 - 76 Yr

Places: Pune, Aurangabad, Mumbai, Bhopal, Sagar, Samastipur, Delhi & Chandigarh

Resource Persons: Dr Vipin Gupta, MrsNeelima Gupta &MadhurAnand

Disease Condition: Obesity, Hypertension, Diabetes, Hypothyroidism, Constipation and Depression (most had multiple)

Persons went completely disease free: 7

Persons with substantial improvement in parameters/ reduction in dose: 13

Persons with no effect/ adverse effect: 0

Max Wt Loss: 7 kg

Max Visceral Fat Loss: upto 20%

Final day blood sugar levels of all the participants were within the range

Some typical cases:

Mr Sanjay Jain (Sagar): Wt loss 7 kg

Mr Malhotra (Chandigarh): Sugar level came down from 345 to 113

Dr MD Kharya (Ex Dean, Pharmacy, SagarUniv): Insulin dose reduced to half





