

Cure yourself from Diabetes Joining Weightless Program

A study has suggested that following a weight loss program for a period can prevent the development of diabetes for up to a decade.

Scientists followed almost 3,000 overweight people who agreed to take part in a three-year program to prevent diabetes. Initially, the volunteers were split into three groups, one which followed the [weight loss plan](#) and exercised, one which was given the diabetes drug metformin and one which was given a placebo. All were offering ongoing lifestyle coaching when the trial ended.

On average those on the weight loss program lost 15 pounds, those taking the metformin lost 5 pounds and those taking the placebo lost less than two. However those on the weight loss plan eventually regained 10 pounds.

It was discovered that those who followed the weight loss program, aimed at helping them lose 7% of their body fat, reduced their chances of developing diabetes by 58% compared to the group who were given the placebo. The results were achieved after the weight loss plan was combined with half an hour's exercise 5 days a week.

While those taking the metformin were a third less likely to develop diabetes, the weight loss program had the most dramatic impact on the rates of the disease.

In the seven years after the volunteers began the program the number of people who went on to develop diabetes suggests that a weight loss plan can delay the onset of diabetes by 4 years and still be having positive effects 10 years later.

Between 5- 6% of the weight loss group developed diabetes each year, while this rose to 8% in the metformin group and 11% in the group on the placebo.

The study was reported in the journal the Lancet and the lead author, Dr. M Nathan of the Massachusetts General Hospital, said, "The benefits of intensive lifestyle changes were especially pronounced in the elderly. People age 60 and older lowered their rate of developing diabetes in the next 10 years by about half."

In the editorial that accompanied the study, Dr. Anoop Misra pointed out that there was no quick fix for the problem of diabetes. With many overweight people are desperate for a quick fix to their problems, hoping for a pill that will promote rapid weight loss, doctors are eager to emphasise that rapid weight loss doesn't equal health "sustained lifestyle changes do.

He wrote, "Prevention of diabetes is a long and winding road. There seems to be no shortcut, and a persistent and prolonged lifestyle intervention seems to be the most effective mode to travel on it."

About the Author

Andres Hudson is freelance writer. Who has written many Article on rapid weight loss. For more information on Weight Loss Program and Weight loss solutions, he recommends you to visit <http://www.theonlineclinic.co.uk/>

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