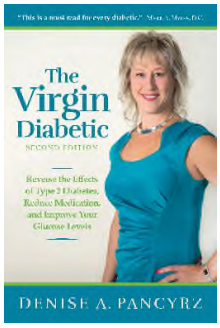
# Give Your Pancreas a Break and Reverse the Effects of Type 2 Diabetes Through Holistic Lifestyle Changes

Denise A Pancyrz, Holistic Lifestyle Coach, Reverse My Diabetes, USA

## Abstract (300 word limit)

**Statement of the Problem:** Despite the number of Americans prescribed diabetes medication and insulin, type 2 diabetes diagnoses increase annually at an alarming rate. Conventional treatment focuses on medication, dieting and managing this chronic disease. Medication has become the way to mask symptoms, not focus on the root cause for type 2 diabetes. Dieting focuses on caloric intake, carbohydrate counting, and food restriction. Teaching to manage diabetes negatively impacts the patient's psychological ability to improve his or her health. Medication and insulin become a crutch. The outcome of this line of care appears to generate short-term results with lifetime need for medication and a progression to insulin. **Findings:** Shifting the focus to rest the pancreas through holistic lifestyle changes teaches long-term success for improvement. Striving for holistic view of the person focuses on many facets of a person's life versus a narrow focus on the disease. This has far greater effect in putting the patient in control of one's health. A patient that feels in control can improve their attitude, therefore, creating excitement when feeling and seeing the benefit of his or her lifestyle changes. Weight loss, the avoidance, reduction or elimination of medication or insulin, and improved A1c, is a result of holistic changes, rather than focusing on a number on a lab test. Data used is from my personal accomplishments and client cases. **Conclusion & Significance:** Physicians, due to time constraints, are unable to provide the highest level of insight and direction to a struggling patient. Struggling diabetes patients are seeking to reduce and eliminate medication and long-term success. Consistent support and education are key to identify areas that sabotage a patient's efforts in making lifestyle changes to learn to rest the pancreas which in turn helps to reverse the effects of type 2 diabetes.

## Image




## Recent Publications

1. Pancyrz, Denise A (2013) The Virgin Diabetic Reverse the Effects of Type 2 Diabetes, Reduce Medication, and Improve Your Glucose Levels, 2nd Edition (2017)
2. Pancyrz, Denise A (2018) Do I Really Have Type 2 Diabetes? New Living Magazine
3. Pancyrz, Denise A (2018) Beating Type 2 Diabetes: Give Your Pancreas a Break. New Living Magazine



## Biography (150 word limit)

Coach, Speaker, and Author of The Virgin Diabetic. Diagnosed with type 1.5 diabetes, prescribed medication along with basal and bolus insulin, Denise A. Pancyrz was told her health would deteriorate with age while her drug dosages would increase. Denise stepped away from the typical diabetes management protocol. Holistic lifestyle changes freed Denise from all medication and insulin. She gained her expertise through personal experience and her training in holistic nutrition and homeopathy. As a Six Sigma Greenbelt and a decade in the laboratory industry, Denise created a coaching program to assist diabetes patients in gaining control of their lives, not focusing on the disease or weight loss. Denise teaches patients to get to the root of the problem and how to stay the course by avoiding the diet merry-go-round. Success is driven by focusing on resting the pancreas versus food elimination.

Email:
Denise@ReverseMyDiabetes.net

**Notes/Comments:**

Living on both sides of the fence has provided me a great perspective of type 2 diabetes. I learned that getting to the source of the issue rather than masking has been very effective for not only me, but my clients. Coaching gives me the time to spend with patients that doctors unfortunately cannot do. Where a doctor's reach ends, mine begins. I believe a team effort is the most worthwhile to help diabetes patients.