

# A case study: LCHF diet combined with fried food in patient with type 2 diabetes and central obesity reduces need for exogenous insulin injection.

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## Abstract

'Diabesity' is a term for diabetes occurring in the context of obesity. The positive effect of LCHF diets (low carb, high fat diets) is well documented: LCHF diets are at least as effective as other dietary strategies for reducing body weight, improving glycaemic control and reducing both hyperinsulinaemia and blood glucose (reduction of HbA1c) in type 2 diabetes and have unique positive effects on blood lipid concentrations and cardiovascular risk factors<sup>1</sup>. Also, in obese insulin-resistant women, food fried in extra-virgin olive oil significantly reduced both insulin and C-peptide responses after a meal<sup>2</sup>. In this case study, I show how combining both dietary strategies produces a strong effect on blood glucose, resulting in a "forced" reduction of exogenous insulin injection to avoid the problem of hypoglycaemia. Blood tests after 3 months of this dietary treatment show how HbA1c, triglycerides and blood lipid profile (LDL, HDL, total Cholesterol) are improved despite reduction of exogenous insulin injection of 80%. Also, body weight decrease of 15%. For continuous glucose monitoring (CGM) the patient used FreeStyle Libre before and after the dietary treatment. In order to check general body functions and glycosuria the patient used the urine test Multistix 10 SG Siemens.

## Recent Publications

- 1)- Noakes TD and Windt J: Evidence that supports the prescription of low-carbohydrate high-fat diets: a narrative review. *Br J Sports Med.* 2017 Jan;51(2):133-139
- 2)- Food fried in extra-virgin olive oil improves postprandial insulin response in obese, insulin-resistant women. *J Med Food.* 2011 Mar;14(3):316-21
- 3)- Fuller et al. The effect of a high-egg diet on cardiovascular risk factors in people with type 2 diabetes: the Diabetes and Egg (DIABEGG) study-a 3-mo randomized controlled trial. *Am J Clin Nutr.* 2015 Apr;
- 4) Dyson PA, Beatty S, Matthews DR. A low-carbohydrate diet is more effective in reducing body weight than healthy eating in both diabetic and non-diabetic subjects. *Diabet Med* 2007;24:1430-5.
- 5) Westman EC, Yancy WS Jr, Mavropoulos JC, et al. The effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus. *Nutr Metab (Lond)* 2008;5:36.



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## Biography

Neuroscientist MS. Researcher. Expert and professor in clinical nutrition having private CME courses or cooking courses for patients. Tapping into the pharmacological properties of food.

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