

Dr. Nie Wentao's New Method of Diabetic Nutrition Interventions

YINCHUAN, China, July 14 /PRNewswire-Asia/ -- Recently, Xinhua Website reported about Dr. Nie Wentao's nutrition intervention technology for type 1 diabetes mellitus. Dr. Nie Wentao's diabetic treatment technology is becoming a mainstream technology for diabetes treatment, so it aroused widespread concern in China. Dr. Nie Wentao, having engaged in the study of nutrition interventions on diabetes mellitus for a long period, has great influence in the field of diabetes treatment in China. As for his nutrition intervention technology, two main aspects can be divided: one is, he is an advocate of a patient's grain consumption depending on the individual's need, not on a pre-set limit; the other is he designed a new food of special nutritional combination for diabetic patients, named Sanghuangzi, as a method of nutrition intervention. Using Dr. Nie Wentao's nutrition intervention technology in type 2 diabetes, diabetic complications and type 1 diabetes, excellent results are achieved.

Nutrition interventions for type 2 diabetes mellitus

The mechanism of blood glucose self-regulation is used for caring for the human body, and needs to be established on the basis of sensitive reaction to changes in the body's state. If you use other means to forcibly lower blood glucose, the monitor and control mechanism of blood glucose in the body will gradually lose its effect. Therefore, under the action of hypoglycemic drugs, blood sugar gradually takes orders from the drugs, not from the body condition, and the body cannot recover from the disease.

The applications of grain intervention and Sanghuangzi tablets as a method of combined nutrition interventions are beneficial in keeping blood sugar steady. 50 patients with diabetes were observed and the result showed that: the average glycemic level, before the use of nutrition intervention, was 7.78mmol/L; using the nutrition intervention technology for six months, the level was 7.32mmol/L, and 28 patients no longer use insulin or any other hypoglycemic agents.

A Typical Case: Li Han-ling, a former professor at Harbin Institute of Technology, started to accept Dr. Nie Wentao's nutrition intervention in April 2006. Before the application of Dr. Nie Wentao's nutrition intervention technology, Prof. Li Hanling took metformin to control glycemic level and his fasting blood glucose was 6.2mmol/L with blurred vision. After applying the nutrition technology, four months later visual acuity was restored and metformin use was stopped; fasting plasma glucose still remained at 6.2mmol/L or so, and it has remained steady till today.

Nutrition interventions for the complications of diabetes

After a Sanghuangzi tablet disintegrates, the stimulation to the gastrointestinal tract will cause a series of physiological movements: movement of the nervous system, digestive system, circulatory system and movement of the endocrine system. The result of these movements coordinates the body's metabolic regulation; and recovers the metabolic capacity of the three substances of carbohydrates, fats, and proteins, and balances glucagons, insulin, thyroxine and other hormones. The improvement of metabolic capacity to the main three substances and of balanced capacity in metabolic hormones directly leads to an improvement in blood glucose quality. When healthier blood circulates round the body peripheral vascular disease and sensory neuropathy will be restored, such as diabetic retinopathy, diabetic kidney disease, and peripheral neuropathy. Following the health improvement, the blood elevation induced by acute reaction will appear less and less. As a result, blood glucose level will often become stable. The course usually exceeds a half-year or more.

A typical case: Hou Zhenying, living at Harbin City, female, old age, had been diagnosed with type 2 diabetes for years, with many diabetic eye complications such as cataract, retinal disease, retinal bleeding and other diabetic eye diseases; nearly blind, having only light perception. Meanwhile, inosine, urea nitrogen, protein in the urine of the patient showed that the patient was with diabetic nephropathy. In May 2009, the patient started to use the nutrition intervention technology from Dr. Nie Wentao. In January 2010, through fundus examination, it proved that the eye diseases of the patient all recovered completely. Through urine tests many times, it confirmed that diabetic nephropathy is also fully recovered.

The combination of nutrition interventions for type 1 diabetes mellitus

Type 1 diabetes usually occurs after the stress and immune response. The most common manifestations are insufficient insulin secretion or even no insulin being produced. Dr. Nie Wentao believes this is because the islet cells do not work rather than an incapacity. Nutritional interventions are still positive on these patients.

June 3, 2008, Pang Liwen, living at Jiujing Town of Nehe City in Heilongjiang Province, having had type 1 diabetes for 10 years, started to accept the treatment of nutritional interventions. When the child was 5 years old, she was diagnosed with type 1 diabetes and started to use the insulin treatment. She developed retinopathy, lower limb circulatory disturbance, frequent ketosis and physical retardation. Under Dr. Nie Wentao's nutritional interventions for the child, the issue of lower limb circulatory disturbance was resolved quickly, retinopathy also subsided rapidly, and secondary sexual characteristics and normal menstruation also appeared. All these physiological changes appeared without any obstacles. Currently, the child has already stopped the use of insulin for more than one year. Her blood sugar is stable and she is in good physical condition.

Effect of behavioral medicine development on Dr. Nie Wentao

In the 1960's, behavioral medicine began to emerge in the United States. Among behavioral medicine, there are two major points of view which influenced Dr. Nie Wentao. Dr. Nie Wentao's diabetes treatment technology is also called diabetic behavior medicine

by Chinese doctors.

The first is that, physiological activities in the body often come from the inner drive. Dr. Nie Wentao believes that the supplement of grain conforms to the tradition of human evolution and can effectively ease the drive to elevate blood glucose. So, under the long term effects of grain, blood glucose can easily become steady. In early 2008, Dr. Nie Wentao treated 57 patients with high blood sugar using the grain intervention method. After a half-month for liberalization of restrictions on the intake amount of grain, in 45 cases, blood glucose decreased; in 8 cases, there was no change; and in 4 cases, levels continued to rise. This result has changed the attitude of the Chinese doctors to grain intake.

The second is that, the physiological functions in the body can be enhanced through training. Therefore, Dr. Nie Wentao prepared a specific nutrition intervention food named as Sanghuangzi tablet for diabetics. The Sanghuangzi tablet is made from foods such as mulberry leaves, polygonati, hawthorn fruit, Gegen and other foods, and is made special through the organic combination. The significance of the Sanghuangzi tablet is its special work approach that can activate the body to work. In the end of 2007, Dr. Nie Wentao took the Sanghuangzi tablet intervention method for 102 patients with eye diseases; three months after, observations showed that: 12 cases were restored to normal; 68 cases improved, and 22 cases had no change; while no cases got worse.

Dr. Nie Wentao and the companies he leads

Nie Wentao, a well-known diabetic doctor in China, is the Author of "Food Training and Diabetes Rehabilitation ", "Tame Blood Sugar" and other scholarly works. In 1997, he established the Chinese medicine preparation room in the Affiliated Hospital of Jilin Medical College. In the end of 2008, He established the Shanghai Nieshi Industrial Development Co., Ltd. On April 2010, He established the Yinchuan Yiben Medical Technology Co., Ltd at the Ningxia Medical University. Currently he is a leading diabetic expert in the Shanghai Nieshi Industrial Development Co., Ltd. and Yinchuan Yiben Medical Technology Co., Ltd. at the Ningxia Medical University. The effects of Dr. Nie Wentao's nutrition intervention technology will definitely exert great influences on the development of the behavioral medicine in China.

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