

Easy Ways to Improve Diabetes and/or Obesity

Okazaki K*

Okazaki Medical Clinic, Japan

***Corresponding author:** Kimihiko Okazaki, Okazaki Medical Clinic, Ukyoku Kyoto, Japan, Email: ma13081x@ma1.seikyoku.ne.jp

Opinion

Volume 4 Issue 4

Received Date: December 01, 2019

Published Date: December 27, 2019

DOI: 10.23880/doi-16000216

Opinion

Although I have an idea concerning improvement of obesity and diabetes, the idea of mine is too simple to be demonstrated as an E-poster. In more detail, it is an application of so-called "Protein-diet". Still in more detail, according to Miguel D'Vronsky (Last name-spelling may be wrong), orally ingested pure protein enters the liver via the portal vein after digestive decomposition into mixture of amino acids. The liver re-synthesizes protein out of the amino acids consuming synthetic energy. The energy is supplied by decomposition of unnecessary tissues such as excessive blood-sugar, subcutaneous fat, and arterial atheroma. In short, ingestion of pure protein prevents and improves obesity and diabetes. Mixtures of essential amino acids are available in Japan as medicines. As far as its doses are concerned, daily 5~25g are adequate. Reference for D'Vronsky's proposition is not available since he never published it. The way how I knew about it was an ad in a weekly magazine.

Alternatively, 5~20 hard-boiled eggs can be used as a substitute. Its reason is that egg-white consists of albumin

almost exclusively and that egg-yolk consists of nucleic acids; DNA and RNA, and fat. The egg-yolk-fat can be converted to a solid state by heating. Solid fat is poorly absorbed. All of albumin, DNA, and RNA are decomposed into their constituents, i.e., amino acids and mononucleotides, by the digestive enzymes. These constituents enter the liver after absorption. The liver re-synthesizes proteins and nucleic acids consuming synthetic energies. These energies are supplied by decomposition of unnecessary tissues such as excessive blood-sugar, arterial atheroma, and subcutaneous fat. The only one problem here is that ingestion of large quantity of nucleic acids may cause a gout; a disease causing pain that is caused by crystals of uric acid entering the split of cartilages of thumbs or big toes. However, if you take one tablet of 25mg of Benzbromarone; a hypouricemic agent, as soon as you start feeling a dull pain in the first joint of your thumb or big toe, the dull pain should stop in a few seconds.

