

Diabetes Omkeerbaar

Overzicht 3-daagse nascholing

Een korte uitleg wat je allemaal kunt verwachten tijdens deze 3-daagse nascholing



Overzicht 3-daagse nascholing

Genezing diabetes type 2 > pathologie

Fase 1 t/m 4 duurt in het algemeen 10 – 15 jaar. Er is dan nog geen sprake van T2DM

- FASE I: Laaggradig chronische ontsteking
- FASE II: Insulineresistentie vetcellen
- FASE III: Insulineresistentie skeletspieren
- FASE IV: Hyperinsulinemie syndroom
- FASE V: Metabool syndroom
- **FASE VI: Insulineresistentie lever**
- FASE VII: Reduced FPIR
- FASE VIII: Betacel dysfunctie

Het moment waarop de nuchtere bloedsuiker > 7 mmol/l is geworden en de HA diabetes vast stelt

Overzicht 3-daagse Genezing diabetes type 2

Via deze PubMed nummers kan je bij <https://www.ncbi.nlm.nih.gov/pubmed> het wetenschappelijke onderzoek opvragen die voor de pathologie zijn gebruikt. Vul het nummer in het PubMed venster en klik op search

Pathologie > research

Evidence Based Medicine RCT 18503496 12198602 Review 8112184 1408725 1408725 11115792
16137120 Other 9498633 26575606 Comparative 16306347 Meta 26224798 Review 27312321 26753635
Review 27312321 27529061 27422277 26844115 Meta 21490407 Review 21939785 25426122 Meta 24026779
Review 27312321 27529061 Review 27422277 25593231 21939785 Review 23277084 19236339 Meta
21168133 Review 26132930 26132931 Review 24931033 23792036 19014446 Review 18220627 20234036
19367114 25039000 18296320 Comparative 15277436 Other 10195925 Other 7572342 8166251 Review
19171470 21277757 Other 20926921 Review 21892913 15920027 21892913 Review 10081651 Other 22232606
Review 21466770 24373240 22385956 19171470 Clinical 16380486 21917633 22547801 Other 24076453
24349491 Meta 1532777 Review 18220643 16519037 11965829 23520370 19875544 Clinical 22547801 Other
10413736 2240915 Lecture 23075228 Review 20645852 Clinical 22952180 Lecture 23075228 Other 22829450
24651470 17640906 Review 18227495 1332021 2190520 22732484 Review 18936729 22043839 20960553
10842650 25233612 18936730 23668723 22081615 24962189 Meta 20863953 21852664 24602293 23640372
23093685 21550085 Review 23571527 Review 24692138 21824265 21129328 24692138 Lecture 23075228
Review 23293330 24743428 20370677 25810989 Clinical 15734833 Other 16485039 Review 23520370
24692138 8529757 12962691 Clinical 15734833 Lecture 23075228 Review 11424229 11815468 24843466
18220607 Other 22094821 23075228 Lecture Review 1438099 10945145 24559919 8299479 17407650 Review
10764845 12683697 15561919 15561919 Other 22442298 Review 23520370 18481955 16306347 10764844
Lecture 23075228 Review 15479216 19133412 12840659 23520370 25035342 19781663 Clinical 21656330
14514628 Other 17666465 Review 22149719 21705072 Other 24348536 23383649 23688357 24657938
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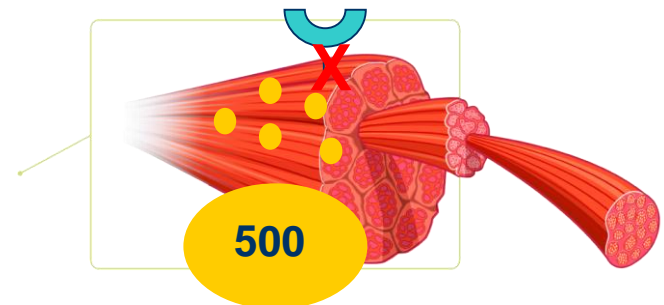
Overzicht 3-daagse nascholing

Genezing diabetes type 2 > pathofysiologie > voorbeeld

Op deze manier worden wetenschappelijke studies in onze nascholing gebruikt. Hierdoor ontstaat transparantie tussen onze claims en de wetenschappelijke onderbouwing

- **Na het ontstaan van insuline resistentie van de vetcellen treedt insuline resistentie op in de skeletspiercellen. Het is het tweede signaal dat T2DM wordt ontwikkeld.**

- Review Insulin resistance in skeletal muscle is a major hallmark of type 2 diabetes and an early detectable abnormality in the development of this disease
- Lecture This could explain the reason why muscle insulin resistance is the first detectable signal of risk for Type 2 diabetes
- PMID Meta 1532777 Review 18220643 16519037 11965829 23520370 19875544 Clinical 22547801 Other 10413736 2240915 Lecture 23075228



Overzicht 3-daagse nascholings

Genezing diabetes type 2 > pathologie + etiologie

Er is ook een interventie voor een laaggradige ontsteking, de oorzaak van T2DM

Voor al deze acht fasen is een passende interventie opgesteld.

● Pathologie T2DM

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Preventie

Oorzaken

Genezing

Er worden methoden besproken waardoor het risico T2DM 10 – 15 jaar eerder voorspelt kan worden

Overzicht 3-daagse nascholing

Genezing diabetes type 2 > etiologie

A Perfect
Nutritional Storm

GI > 55

Lage vezel
inname

Hoge
omega6/omega3
ratio

Magnesium
tekort

Overgewicht

Laaggradige
ontsteking

Te weinig
beweging

Vitamine D
tekort

Menopauze

Insuline
resistentie

Andropauze

Genetische
predispositie

**T2DM orale
behandeling**

Prerionditis

Verhoogde
nuchtere
glucose

Darmflora
dysbiose

Roken

**T2DM insuline
behandeling**

Slaapapneu

Verhoogde
glucose ook na
maaltijd

Korte of
verstoorde
slaap

Fructose

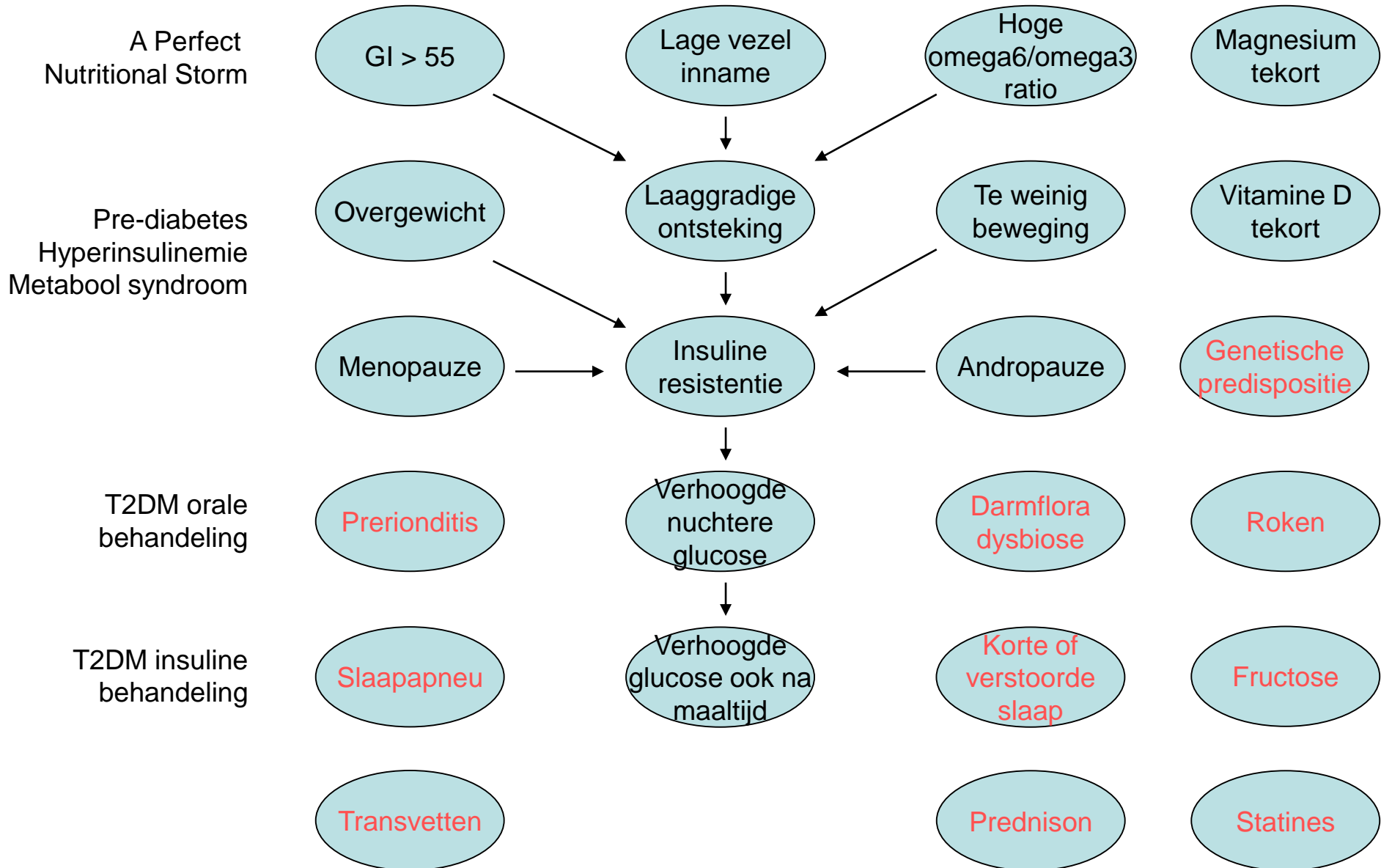
Transvetten

Prednison

Statines

Overzicht 3-daagse nascholing

Genezing diabetes type 2 > etiologie > risicofactoren



Overzicht 3-daagse nascholing

Genezing diabetes type 2 > etiologie

Evidence Based Medicine Meta 24265366 22017823 23364021 18326601 Review 24878873 25527674 20234031
Review 17438377 18209884 17846978 12740069 Meta 18326601 Review 12749347 18209884 Other 21730222 Meta 20958207
20693352 Review 16936981 12166526 22036468 12740069 15384920 22649266 17760498 Review 18408140 10901194 17045449
Review 18296320 24476102 24939238 19852881 24853887 24496399 Comparative 21411616 Other 23970146 24945416 18541601
19185299 24945416 Meta 23386268 Meta 21118617 Review 23047497 Other 20953366 Other 20953366 Other 20953366 Meta
23275193 Review 25548472 24997040 24216389 25469013 24274865 25473159 22572877 23886976 24196453 25818484 26075636
26071662 Other 25416725 25805893 25619446 25314581 24848531 23985870 Observational 25375298 Meta 23494754 19160341
Review 12733740 Other 11427103 24196189 25340773 Meta 17389701 Review 21704500 Other 20512788 22072738 Meta 23107484
23232064 17389701 20031348 18339654 Clinical 24717362 Review 23302127 23208163 21731035 22347618 18269634 23823585
20795936 Other 23924693 Review 3515057 20513641 1591145 20228001 Meta 24518747 23520480 23719551 Review 16808892
19629403 18274977 18062585 17402291 16712775 20388094 RCT 17641003 Other 12075573 15855585 Review 1375091 9380836
10565402 Other 4003325 Review 14983576 Other 17403270 Meta 24698343 Review 18301272 17402291 24864200 17605309
23594708 18301272 Clinical 25515398 Other 25515398 15983189 Review 23390127 23625798 20518077 23482247 23482247
20823452 20800122 Other 18395287 Review 10335368 22566304 16640201 24251700 Review 21228440 12221198 19032965
24251700 22566304 21427810 19399016 Other 11382654 23509418 Meta 21427742 Review 16713393 19424218 18377789 Review
22566304 Other 19916364 Meta 21693744 23352266 23448151 23248196 Review 24641882 Meta 24661566 24297192 Review
10783502 12174327 Review 20865657 12788835 18407440 16145319 Other 24598235 Review 12190834 9894924 Other 25191611
7574222 16522529 Review 19555704 11457518 Other 24065065 17251274 10923281 Review 23033170 22999785 14695981 Other
11155092 Meta 20969599 Review 21621084 20126841 24047631 19444934 15111517 16117808 21683825 25249645 Meta 24282622
Review 24732925 24628249 18591489 Multicenter 24411997 RCT 23951335 22754044 Clinical 25002497 Observational 23578884
Meta 23740153 25700870 RCT 23734252 Review 23770180 Multicenter 23699812 Observational 24684979 23154407 Other 22345340
25566941 25434914 Meta 25526470 Review 25450824 25638930 22057194 Other 25625073 25523961 25675614 25670246 25654966
25645352 Meta 18073361 25488377 23922856 Meta 24723079 20071648 Meta 21540421 25519688 Multicenter 22110105 Review
24054177 24786438 Meta 23232064 23107484 20031348 18339654 Meta 23382798 24596354 18590821 22872547 Meta 23225498
23149428 22936341 Meta 25050991 24922127 23636546 23311886 22941259 22170374 Review 20373291 Meta 17920367 17559720
Meta 22809536 17398202 16139131 15671918 Review 1748056 9218202

Overzicht 3-daagse nascholing

Genezing diabetes type 2 > vier interventies

- Pathologie T2DM

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Interventies

Vorstadium
hyperinsulinemie

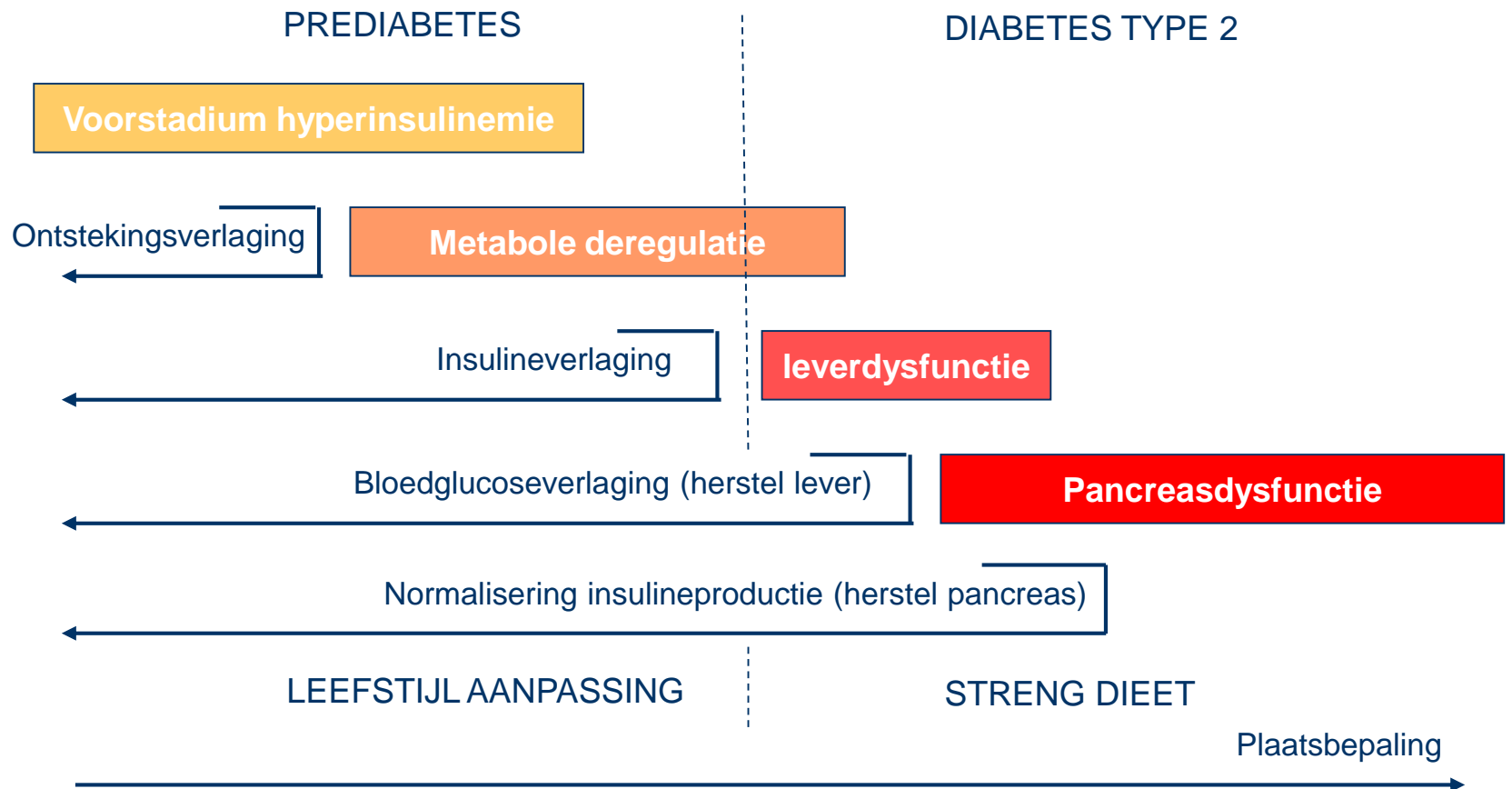
Metabole deregulatie

Leverdysfunctie

Pancreasdysfunctie

Overzicht 3-daagse nascholing

Genezing diabetes type 2 > vier interventies



Overzicht 3-daagse nascholing

Genezing diabetes type 2 > vier interventies > research

Evidence Based Medicine Meta 19407076 Review 10565412 17332784 21586415 Other 9217594 RCT 23034965 24795503 23438101 23312051 Review 18296320 17045449 18408140 19651798 22913633 17507020 Other 23546563 Review 9863275 Other 12848284 RCT 23034965 19593941 19158225 Clinical 14505813 Review 23456976 17045449 Other 24074743 25307311 RCT 22429187 Review 10901195 10901195 15980924 Animal 22221241 Other 25557903 Meta 23786819 RCT 22190020 Other 23533519 25208774 Clinical 24117923 23985875 RCT 23899653 23822518 23786900 24184299 23842110 24355439 24673738 23786900 24059649 Review 24939063 25473159 24532292 Other 10624412 Review 17618005 Other 19490332 23278440 23117677 Comparative 6625831 Review 25343046 Review 24294220 23391011 21390946 Other 16854180 Review 21831780 12749342 16633129 Clinical 21430242 Other 19807780 Other 20953366 Other 20953366 Other 21045839 Review 17402291 Meta 24518747 RCT 17479208 17641003 24830937 21199787 Clinical 7729296 Other 12075573 17413107 RCT 7729296 Review 19958415 Review 22361189 23966110 23384976 18296320 24476102 Other 21411616 26007287 19185299 RCT 24456991 22344966 Review 22347618 20304061 23302127 24167365 Meta 24582099 Multi 24667823 Other 25000408 24928661 Review 21176256 Animal 16549491 Meta 17209171 Review 10232622 Other 16549491 RCT 19903376 Clinical 12045164 21788065 23999268 9077376 Multicenter 24469880 Clinical 23999268 Review 8697046 6381575 8300977 2197075 24139726 1480561 Other 3788829 Review 2197075 3052812 Review 12940416 8697046 RCT 19497559 Other 3788829 Review 2197075 Review 2197075 8697046 3052812 3045110 9193193 8697046 Meta 12424554 20568656 15211398 18084790 RCT 15708844 17124643 12153829 Meta 20568656 19028540 Review 16428030 15260917 12397870 18666368 Review 11869656 (Cochrane) 9727088 10696120 Review 11869656 (Cochrane) 9727088 RCT 23380314 Review 20579741 RCT 16184071 18715218 Review 17109600 Animal 17418471 9176835 Other 18261879 17512455 Review 14983576 Meta 21062615 RCT 8521151 7733022 10882145 1317828 Clinical 1728831 Other 8280344 Meta 14583971 RCT 18598735 9043962 16756030 1338387 SReview 17370288 Review 21961502 Other 22879753 Comparative 11092292 Other 22809659 Other 9839097 Review 9637947 Comparative 20734237 Clinical 12323090 Review 3519928 11880549 25387216 Clinical 11033985 12532160 Other 17180807 Meta 23295181 RCT 23021013 18203890 25497262 Review 24406106 22037012 20683785 19751443 16340654 15640512 Other 18289377 RCT 18203890 Review 20683785 Review 15640512 Review 16340654 Review 15640512 Other 18289377 Other 7960374

Overzicht 3-daagse nascholing

Genezing diabetes type 2 > vier interventies > research

Evidence Based Medicine Meta 23300589 Review 15161807 21435930 18345394 16767287 Multicenter 17468352 Other 16180336 18221434 meta 16387899 Meta 18448177 19160276 RCT 22855917 21519744 20980494 24369912 21712533 23705645 Review 22606371 20234030 Clinical 22892437 22176632 23999280 19844089 Animal 19029198 Clinical 24015695 24176230 Review 24984988 RCT 19082851 24717684 24390522 Other 19099589 review 15113737 12174324 other 15282028 15588283 18370664 Meta 23364002 15466943 Review 18469290 Review 22139563 19400750 18448177 Meta 24389767 17502538 24158434 22218620 Review 19768242 11508264 19768242 RCT 25230681 23551992 23551992 22745235 Review 20713332 20713332 16205465 19768242 24030179 Multicenter 14747241 21994964 Other 25129656 Meta 24180564 22218620 14963049 Review 22845031 RCT 23551992 24901089 Other 25267243 Other 18326604 RCT 24901089 Review 23627983 22863407 RCT 22848584 Meta 22218620 Review 15000455 RCT 16154305 Review 22910133 20959501 19768242 Clinical 22648629 RCT 1852093 Other 20616745 RCT 9747644 19623196 Other 20616745 Review 22863407 RCT 1398229 9578335 7647826 Clinical 2218650 RCT 22848584 11985406 20727237 Multicenter 20413122 RCT 20727237 RCT 20413122 16154305 Meta 18985059 RCT 1665257 Review 14700444 Review 11603646 RCT 10857960 10372241 18041436 18031592 19108925 Other 1339216 2169302 RCT 19108925 RCT 1313163 Other 12323114 Review 16320857 RCT 7872224 Clinical 14993586 Review 16320857 Review 19768242 RCT 25343850 23551992 Clinical 1442658 2952426 Other 3002879 2827061 Clinical 2952426 Clinical 2952426 1335441 Other 2989516 2221802 Meta 11403757 Comparative 7486822 Other 2986444 Guide 12146567 Review 24950203, Review PMC3698420, Review PMC694527, Meta PMC3694527, Review 322009, Review 22290506, RCT 24355439 Review 27546848 Review 24939063 22555633 24528224 25548472 23823585 21812894 23360884 RCT 25630516 24848793 25070447 21697819 24795503 RCT 24795503 Review 23385525 15287677 25527674 23280537 RCT 22815837 20536509 23752495 19857367 22954674 Clinical 16155268 12712245 Meta 24373237 24920290 20433212 16855995 21946419 Review 24455726 Meta 21946419 Clinical 23504926 Review 23929732 Meta 24298011 24298011 24920290 23151238 24920290 Review 23929732 Clinical 23504926 Clinical 21656330 Review 23520370 23792186 RCT 22569236 Lecture 23075228 Review 23792186 RCT 21808028 22213436 21808028 Clinical 25352435 Compararive 22240549 Other 24357699 20357364 24947026 Meta 15466943 Review 19164770 16371598 8744251 15212756 RCT 20837645 Clinical 14514877 Other 21051570 25785868 Meta 23343670 RCT 21205110 24084051 21241290 9589224

Overzicht 3-daagse nascholing

Genezing diabetes type 2 > vier interventies > research

Evidence Based Medicine Clinical 12663588 15223977 12663588 Other 24984789 15855585 RCT 24084051 9589224
Review 10705100 22423897 22976981 21336843 15208835 17952838 17109600 14983576 RCT 16873787 21216583 Meta 23683609
24635480 Clinical 23921483 Animal 17418471 9176835 Other 18261879 17512455 Review 14983576 Review 10421988 Review
22347618 23302127 21345709 23169676 20304061 21521231 Meta 24582099 Multi 24253760 Review 21145721 23384976 22361189
23966110 RCT 24936727 23900468 Meta 23703724 Other 26007287 25930966 24927647 Meta 24369149 20969599 16339333 Clinical
12809074 Observational 24712761 Other 25384570 Meta 24445948 25360240 2259216 Review 25260832 Other 25384570 Meta
22809536 17398202 16139131 15671918 Review 1748056 9218202 Review 18316950 Meta 25916862 Review 13129441 19724019
23274948 11743131 Comparative 16401955 Other 23835660 Other 23715254 23685422 Animal 23669042 23880311 Review 17236437
Review 16932334 17236437 14749506 12609497 Other 11596667 23722910 15715521 Other 15111494 Review 18673202 Other
22612379 15111494 23169471 15111494 Meta 23804161 22841185 15495112 18155993 RCT 25514303 Meta 18155993 Meta 18155993
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1940707 Review 20122538 20416018 20158447 Other 20953366 Meta 20703436 15846748 23473733 14559925 Clinical 24015695
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25515001 Other 25515001 RCT 19828901 20443094 Review 12119640 Other 25132043 2327840 RCT 24250305 21336428 23705885
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23222203 Multicenter 24081374 Meta 25498346 RCT 18442638 22308697 Review 20939176 Multicenter 20298851 Comparative
19800084 Animal 22626925 Other 25607236

Overzicht

Genezing diabetes

Wij vinden Evidence Based
Medicine niet genoeg voor
onze opleiding en voegen
daarom toe:

In de praktijk getoetst

holin

Voor deze 3-daagse
nascholing zijn in
totaal 1467
wetenschappelijke
studies gebruikt

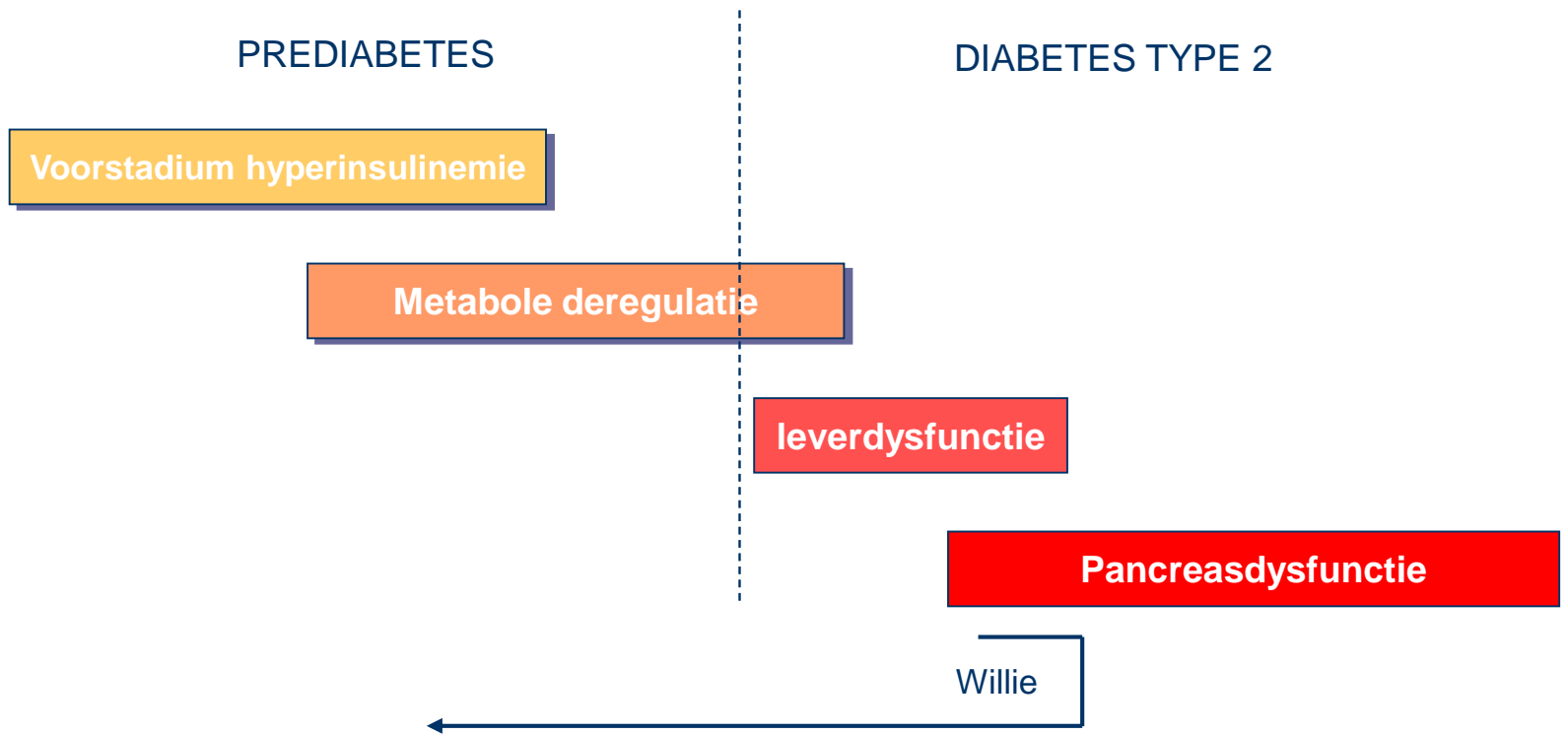
type 2 > vier interventie

> research

Evidence Based Medicine RCT 18442638 18397984 21870106 Clinical 21870106 Other 21787170 21920422 21678521
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23917437 23075940 22093324 24717764 RCT 23718573 Clinical 23205728 RCT 20465434 21233083 19009658 25043514 23220074
Clinical 24177784 Multicenter 23702094 Meta 24187469 Clinical 24605611 RCT 24738701 Review 24966608 25506780 25267322
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9468229 20564545 RCT 22343419 23087748 21865319 16698763 Other 23556042 23532271 25404123 24490006 Observational
25352269 Other 9224182 12540414 Comparative 9278560 Meta 24931280 23364002 15383514 21392646 23790149 Review 20158447
RCT 24809437 Multicenter 21600524 Other 22640465 Meta 23790149 RCT 19604407 24473459 23890471 25661189 Clinical
21118562 Comparative 17583796 Other 25828624 25304296 23414424 Meta 15479938 Clinical 7677463 Lecture 23075228 Other
1733132 1632685 19915685 Meta 15479938 Other 1632685 Meta 19272486 18948803 24374842 Review 19777396 19246589 Clinical
21078684 Comparative 18212316 RCT 24060855 Other 23075228 20485144 22723580 RCT 22040841 24060855 Review 23431426
25386164 Other 25917783 23702909 Review 19363506 Clinical 23610060 Comparative 15946424 Clinical 7677463 20368410 Review
19106885 15946423 23354680 20152737 15946423 Observational 23711328 Comparative 15946424 Lecture 23075228 Case 20546297
Other 23845864 23882061 23530013 Review 18726585 23520370 Meta 14559925 Review 23822676 11707557 Clinical 23610060
22318758 Multicenter 19592223 Comment 23970521 Other 8077323 Other 23320491 Meta 15466943 Review 14557793 19400750
18827579 18282589 16365106 22139563 18448177 Clinical 14710168 RCT 20164320 20456814 16735482 Review 23858091
Comparative 24801369 Other 24319546 23602248 Meta 23746381 Clinical 14595085 22564018 RCT 17451613 21070678 Review
17610996 Clinical 22564018 Meta 24230488 RCT 2172178 3032828 19776140 24886409 16340949 22245724 24661836 24434584
22648709 21779093 21683750 19285600 Clinical 23485142 22922604 22850326 Other 24661836 RCT 9578335 1398229 20147463
7647826 Review 14983741 Clinical RCT 20727237 Clinical 15181085 Review 11743131 15971409 Other 18703413 Clinical 2259217
20812281 2259216 22432517 Review 24166097 18047444 23569923 23841105 Animal 2259215 20537514 19255507 Other 22557613
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2259217

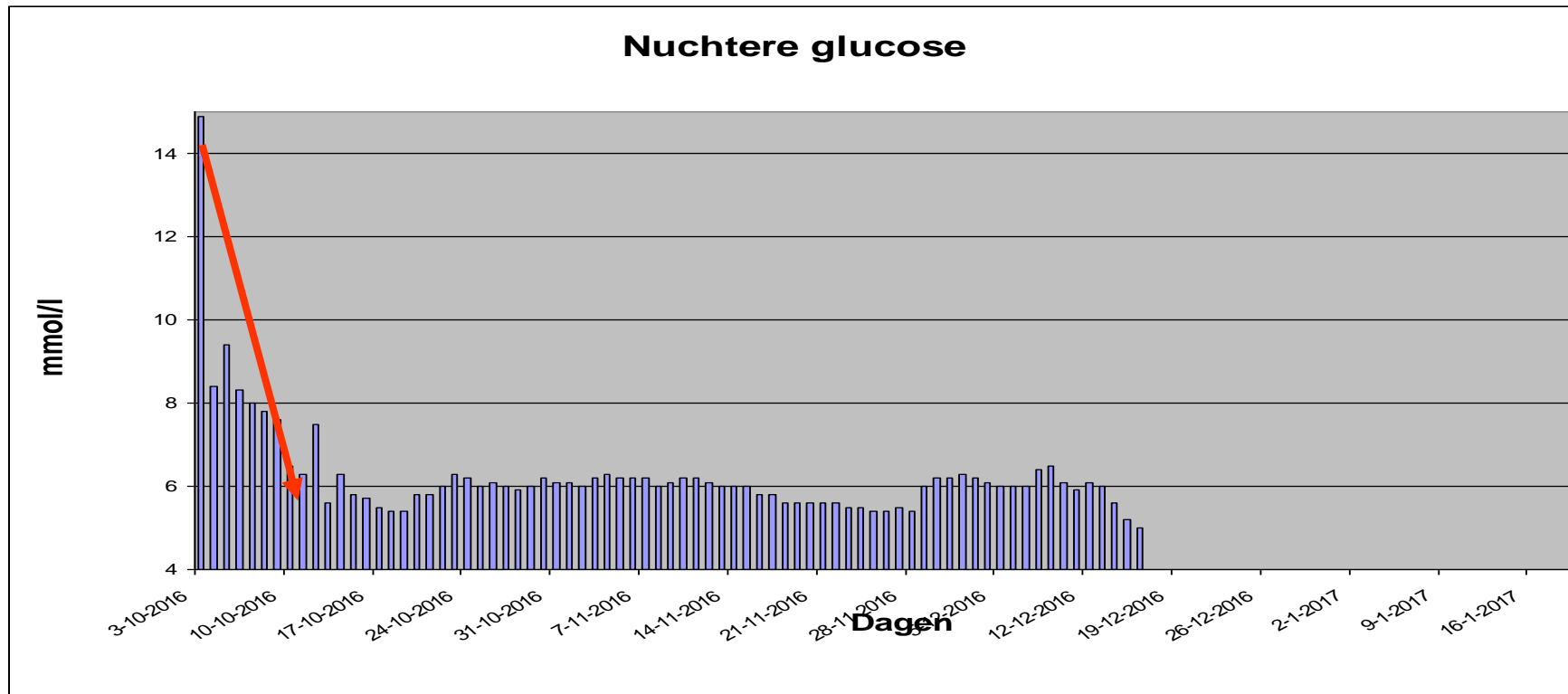
Overzicht 3-daagse nascholing

Genezing diabetes type 2 > behandeling > willie



Overzicht 3-daagse nascholing

Genezing diabetes type 2 > behandeling > willie



Overzicht 3-daagse nascholing

Genezing diabetes type 2 > 3-daagse vs koolhydraatarm

Interventie	Pathologische fasen	Gewenste interventie effect	3-daagse nascholing	Koolhydraat arm
Vorstadium hyperinsulinemie	Laag gradige ontsteking	Verminder de laag gradige ontsteking	++	-
	Insuline resistentie vetcellen	Verminder IR vetcellen	-	-
	Insuline resistentie spiercellen	Verminder IR spiercellen	+	-
Metabole deregulatie	Hyperinsulinemie	Verlaging insuline	++	+
	Metabool Syndroom	Verlaag de bloeddruk	++	+
		Verlaag de triglyceriden	+++*	+
		Verminder overgewicht	+	+
		Verhoog de HDL	+	+
		Verlaag de bloedsuiker	++	+
		Verminder IR lever	++	+
Pancreas disfunctie	First Phase insulien Response	Herstel FPIR	++	-
	Betacel disfunctie	Herstel betacellen	++	-
+ Voedingrichtlijn wat en wanneer	+ aanvulling voedingstekorten wat en wanneer	+ bewegingsrichtlijn wat en wanneer	Bij elke extra interventie	komt er een + bij

“Evaluatie mogelijkheden” helpen bij het zoeken naar een passende interventie en het evalueren van de resultaten van de behandeling

Evaluatie mogelijkheden

* Gebruikt koolhydraatarm

Overzicht 3-daagse nascholing

Evidence Based Medicine opleidingen

- **Doel & missie**

- Orthomoleculaire en natuurgeneeskundige nascholingen op basis van wetenschappelijk onderzoek via ons opleidingsinstituut en gratis nascholing via facebook
- De laatste wetenschappelijke ontwikkelingen op het gebied van diabetes en overgewicht volgen en toepasbaar maken voor therapeuten in de praktijk.
- Zowel doel als missie zijn onze Core Business

