

# KETO & TYPE II DIABETES

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## [Ketogenic diets potentially reverse Type II diabetes and ameliorate clinical depression: A case study. Diabetes & Metabolic Syndrome.](#)

Cox, N., Gibas, S., Salisbury, M., Gomer, J., & Gibas, K. (2019). Ketogenic diets potentially reverse Type II diabetes and ameliorate clinical depression: A case study. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*, 13(2), 1475-1479. doi:10.1016/j.dsx.2019.01.055

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## [Long-Term Effects of a Novel Continuous Remote Care Intervention Including Nutritional Ketosis for the Management of Type 2 Diabetes: A 2-year Non-randomized Clinical Trial.](#)

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