

Abstract

Type 2 diabetes mellitus (T2DM) presents a significant global health challenge, characterized by insulin resistance and relative insulin deficiency. Despite advancements in conventional pharmacotherapy, the rising prevalence and complications associated with T2DM necessitate exploring integrative approaches to management. This review synthesizes current evidence on integrative strategies encompassing lifestyle modifications, dietary interventions, physical activity, mind-body techniques, and complementary therapies in the management of T2DM. Key findings highlight the pivotal role of lifestyle modifications, including dietary changes such as the Mediterranean diet, low glycemic index diets, and plant-based diets, which have shown promise in improving glycemic control and reducing cardiovascular risk factors. Regular physical activity, encompassing aerobic and resistance exercises, enhances insulin sensitivity, promotes weight loss, and augments glycemic control.

Ke words:

Introduction

Dietar interventions:

Discussion

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Acupuncture and traditional chinese medicine (TCM):

Challenges and considerations:

Conclusion

Conflict of interest

References

1. Wei J, Goldberg MB, Burland V, Venkatesan MM, Deng W, et al. (2003)