



REVERSE DIABETES NATURALLY



Take control of your health by addressing the root cause- not just symptoms.

ABOUT DRMS



The **DRMS Program** is a scientifically designed, expert-driven initiative aimed at addressing one of the **root causes of modern lifestyle disorders—Insulin Resistance (IR)**.

Understanding the Foundation

Modern lifestyles—characterized by irregular eating habits, lack of physical activity, poor sleep, and unmanaged stress—disrupt the body's natural metabolism. This metabolic imbalance leads to **Insulin Resistance**, a condition widely recognized as the underlying cause of several chronic disorders, including:

- Type 2 Diabetes
- PCOD (Polycystic Ovarian Disease)
- Obesity
- Fatty Liver Disease
- Cardiovascular and Neurological Disorders

Insulin Resistance develops when the body is unable to effectively process and utilize the food and nutrients consumed, leading to elevated blood glucose levels and metabolic dysfunction.



WHY DRMS? A ROOT-CAUSE APPROACH



Unlike conventional treatments that primarily focus on managing symptoms, the DRMS Program is designed to **reset your metabolism** and restore it to a healthier, natural state.

It is widely acknowledged that:

- Modern medicines help control diabetes but do not provide a permanent cure.
- Lifestyle correction, when scientifically structured and consistently followed, has shown remarkable success in achieving **control, remission, and even reversal** of metabolic disorders in many individuals.

The DRMS Program integrates **personalized diet, exercise, stress management, and sleep optimization** to deliver sustainable and long-term health outcomes.

WHAT MAKES DRMS UNIQUE?



- Focuses on **root-cause resolution**, not just symptom management
- Customized plans based on individual health status
- Scientifically structured lifestyle interventions
- Holistic approach covering physical, metabolic, and cognitive health
- Aims to achieve **medicine-free** living wherever possible

PROGRAM OBJECTIVES



The DRMS Program is designed to help you:



- Restore metabolic balance
- Reduce and reverse insulin resistance
- Achieve optimal blood glucose control
- Progress from **control** → **remission** → **reversal**
- Maintain HbA1c levels around **5.5 (non-diabetic range)**
- Improve overall fitness, energy, and well-being
- Enhance cognitive functions such as memory, alertness, and focus through **neuroplasticity support**

PROGRAM STRUCTURE

The DRMS Program follows a structured, step-by-step approach:

1. **Comprehensive Health Assessment**

2. **Personalized Nutrition Guidance**

- What to eat
- When to eat
- How much to eat

3. **Customized Exercise Plan** based on age and health status which are specifically effective to reset your metabolism to curb IR and help you achieve gradually Control-Remission and finally Reversal of the Diabetes and its complications

4. **Stress & Sleep Management Strategies** – Restructuring your mind set to cope-up with odds of the life help you learn to remain happy and contented in all situation by learning the art of opening the new creative window for your mind is all that you need to learn. Our counselor Dr. Atul Dadhe is gifted with the art and science of giving you a pacifying solution to help you cope-up with your odds of the life will help you have a calm sleep and happy days.

5. **Continuous monitoring and guidance toward:**

- Diabetes control
- Remission
- Reversal



5. Gradual reduction and elimination of medications (where medically appropriate)
6. Long-term lifestyle stabilization for sustained health

PROGRAM DURATION & FEES



- **Duration:** 30 Days
- **Fee:** ₹12,000 (One-Time)

This one-month program is designed to help you establish a **sustainable and healthy lifestyle routine**. With dedication and adherence, participants can begin to see measurable improvements within this period.

For those seeking continued expert guidance:

- **Extended Support:** ₹5,000 per month (optional)

While most participants become self-sufficient after the initial program, ongoing support is available for those who prefer continued supervision.

DISCLAIMER & A NOTE ON RESULTS



Diabetes and related conditions are often **polygenic and multifactorial**, meaning results may vary. While the majority of individuals experience significant improvements, a small percentage may require extended or specialized care or continued supervision.



Experts & Mentors Behind DRMS



The DRMS Program is developed and supported by a team of experienced medical professionals:



**Dr. Prafulla Shridhar
Dadhe**

**Consultant Physician &
Clinical Research Expert**

MBBS - 1967 BJMC, Pune,
MD (AC)

Proud alumnus of BJ Medical College & Sassoon Hospital (1961) with 50+ years of clinical experience, known for intuitive diagnosis, precise treatment, and effective patient care with minimal medication.



Dr. Varun Chavan

Diabetologist and Cardiologist

MBBS, MD (Medicine)

He is a brilliant and young Clinical Champion with a keen eye on advances in management of Diabetes & related disorders. He is the Director of Shardhha Hospital Pune-9. His strong faith & close observations for managing the Diabetes/Obesity through lifestyle modifications makes him earn the reputation as a Doctor who prescribes least.



Dr. Sangita Joag

**Veteran Pathologist and
Fundamentalist in Research**

MBBS (1990), MD (Pathology) BJMC (1993) | Chief Pathologist of Mai Mangeshkar Hospital, Pune and Director Satyam Pathology Lab Pune.

She has made Real World Data Analysis in finding out polygenecity of Diabetes and ways and means to curb the causative factors. Her research lays the corner stone of DRMS Program.



**Dr. Dhirajkumar
Bapu Shirodkar**

**Expert Homeopath,
Physiotherapist & Acupuncture
Specialist**

B.H.M.S.(1999), D.P.T., L.Ac

Successfully practicing as a family physician since 2000 with a strong focus on root-cause treatment and rehabilitation-based care.





Dr. Atul Dadhe

**Lifestyle Management &
Wellness Coach**

B.Pharm.(Pune University Topper March 1985), PG studies & Research in Naturopathy, Yoga, & Alternative (Original/Oriental) Systems of Medicine.

He is a Life Style Management and Wellness Coach and enjoys the credit of helping large number of patients to reverse the metabolic diseases through the management of Diet/Exercises/Stress/Breathing Control. He believes and scientifically correlates the constitution of an individual and customized life style modifications for assured results.



**Dr. Samapada Dattatray
Sangamnerkar**

**Ayurvedic Physician &
Rasashastra Expert**

MD (Ayurved) | Ex-Deputy Dean,
Ashtang Ayurved College, Pune

She is a highly experienced Ayurvedic physician specializing in Rasashastra and classical herbal treatments. With a strong legacy in Ayurveda, she focuses on simple, effective plant-based therapies for managing diabetes and lifestyle disorders. Her approach emphasizes natural healing and root-cause treatment.



**Mrs. Pooja Dhomkar-
Alawani**

**Clinical Dietician & Diabetes
Educator**

MSc Dietetics, RD & 14+ years of
experience in clinical nutrition,
diabetes care, & lifestyle
management

She is a Registered Clinical Dietician with extensive experience across leading hospitals in Pune. She specializes in diabetes care, clinical nutrition, and personalized diet planning for lifestyle disorders. Her approach focuses on evidence-based nutrition and sustainable health transformation.



MORAL OF THE PROGRAM

The DRMS Program is not just a treatment plan—it is a **lifestyle transformation system**. With the right guidance, commitment, and consistency, you can take control of your health, reverse metabolic disorders, and move toward a **medicine-free, healthier future**.

ORGANIZERS OF THE PROGRAM

This program is organized and operated by the **Advanto Healthpreneurship Services India LLP** (Registration No. **AAL-1186** dated 13th Nov-2017, with Registrar of Companies, **Ministry of Corporate Affairs, Govt of India under section 12(1) of LLP Act-2008**)

