

Best Keto Gummies on the Market: Top Products to Help You Stay in Ketosis

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[Do Keto Gummies Work. Fatty Liver Diet Chart | Lecture 186](#)



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----- [Dr Khalid Jamil \(Retired\) Assistant Prof. Sheikh Zayed Institute Lahore Website: <http://khalidjamil.com/> Facebook: <https://www.facebook.com/DrKhalidJami...>](#)

[Email: \[help@khalidjamil.com\]\(mailto:help@khalidjamil.com\) ----- Dr Khalid Jamil was an Assistant Professor Urology at Sheikh Zayed Hospital and Kidney Transplant Center, Lahore. In 2003, he was diagnosed with Type 2 Diabetes and High Blood Pressure and was prescribed oral medications, exercise & diet control. In 2016, he was put on insulin due to increase in urea creatinine and retinopathy. The](#)

deteriorating health led Dr. Khalid on a quest to find answers. He started intensively studying Type 2 Diabetes, its™ prevention and cure. He consulted doctors but none were able to give answers to his questions. Then finally, he stumbled upon a YouTube video of Dr. Jason Fung, that video proved to be a life changing moment in Dr. Khalid™s life. Dr. Jason Fung is a Canadian nephrologist who claimed 100% cure and reversal of Diabetes via intermittent fasting and some lifestyle changes. A doctor himself, Dr. Khalid extensively studied Jason Fung™s theories. Now, since 2018, he is on a ketogenic diet and doing intermittent fasting with walk and exercise. He is off the medicines now and his creatinine levels are also back to normal. Dr. Khalid is no longer practicing Urology and has instead made it his mission to educate people on social media about what he has learned & practiced so that they are also able to cure 80-90% of all diseases caused by Insulin Resistance. Dr. Khalid is starting weekly lectures on Facebook & Youtube on curing Kidney Problems, Diabetes and Blood Pressure through Ketogenic Diet and intermittent fasting. #fatty liver #fatty liver diet #fatty liver treatment #drkhalidjamil

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