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Dear Editors of the World Journal of Diabetes

I thank you for the invitation to *re-submit* our manuscript (ID# 02919502) to the **World Journal of Diabetes**. Our paper, entitled “*Effects of Intermittent Fasting on Health Markers in those with Type 2 Diabetes*” by Arnason *et al*, is an observational study looking at the result of intermittent fasting (IF) in individuals with Type 2 diabetes to measure the advantages from this type of dietary manipulation. As you will recall, 2 of the original reviewers (from the USA) recommended acceptance, whereas one reviewer (from Mexico) recommended rejection. Based on your input, we have revised the manuscript based on the minimal suggestions made by the 2 reviewers (the other reviewer did not recommend any changes).

To recap, in our study, IF was taught to all the participants in a single session lasting only 15-30 minutes. We collected blood sugar, clinical parameters, and biochemical markers of insulin resistance and inflammation throughout the phases of the study. Although short term (2 week IF intervention), and without oversight (self reported and self controlled eating hours), the intervention resulted in significant improvements in diabetic glucose control. The intermittent fasting phase yielded a significant increase in the incidence of fasting blood sugars at goal, and favorable decreases in postprandial hyperglycemia. There was also a spontaneous decrease in caloric intake and increase in energy expenditure, coinciding with a significant decrease in weight and BMI. A strong association between the increase in hours fasted from baseline, and the probability of attaining a normal fasting glucose level was found, despite few individuals reaching the 18-20 hour fasting goal. Importantly, the diet was found to be tolerable and safe, with zero incidences of hypoglycemia.

We look forward to your evaluation of this work, and we feel that we have adequately addressed the original suggestions made by the reviewers. Thank you for the opportunity to re-submit.

Respectfully

Dr. Kerry Mansell