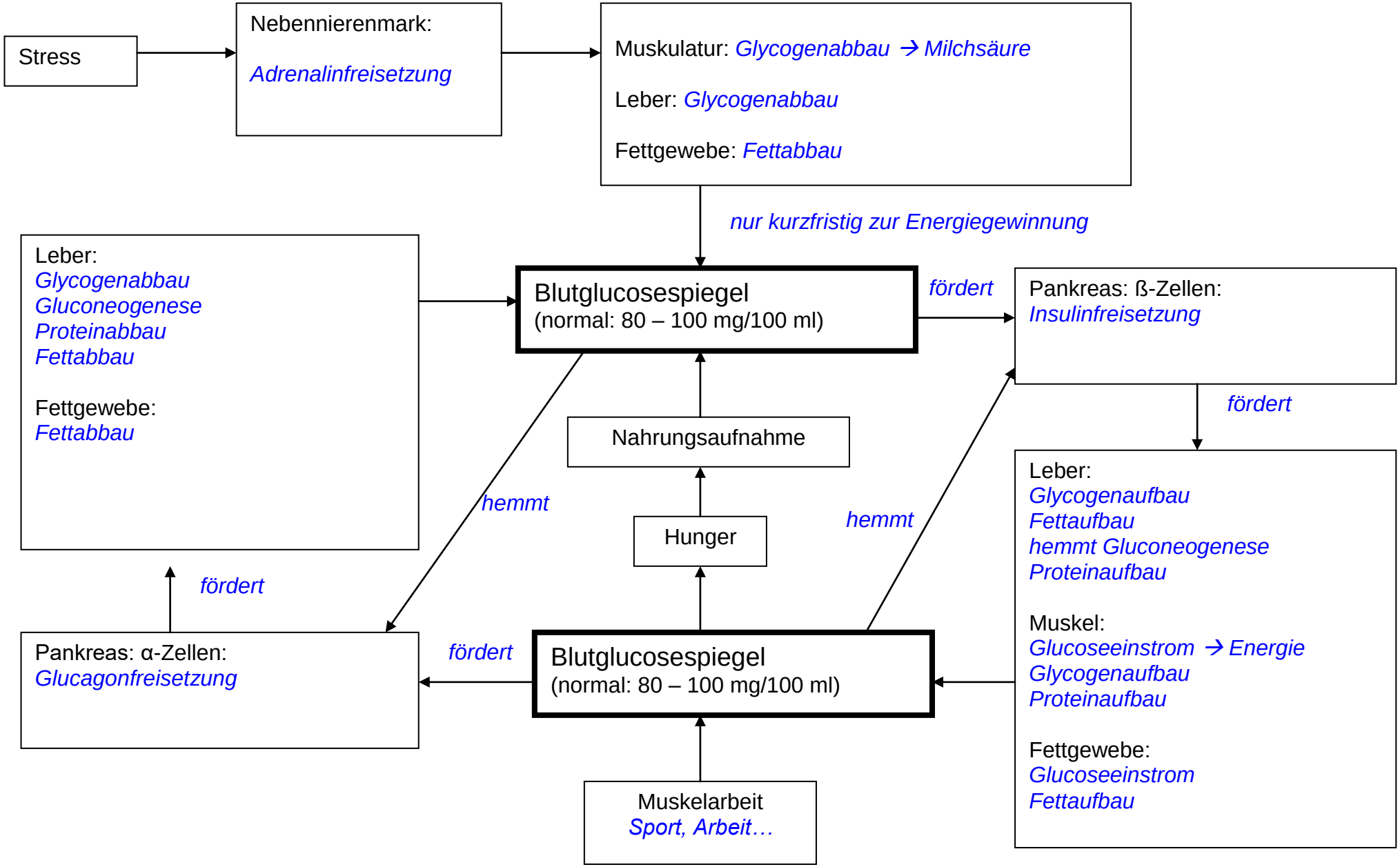Regulation des Blutzuckerspiegels (Blutglucosespiegels), Lösung