



# **HOW TO MANAGE DIABETES WITHOUT MEDICATION**

**Controlling Diabetes With Natural  
Health Products**

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## What do you mean by diabetes?

Diabetes occurred due to certain metabolic disorders and malfunctioning of the pancreas, which leads to excessive urination, thirst, weakness, and restlessness. Diabetes can be divided into two categories Diabetes mellitus and Diabetes insipidus.

## Diabetes mellitus (type one)


In diabetes mellitus body unable to make insulin. Insulin helps the body to convert the sugar from the body into an energy source. The patient is insulin-dependent. Type one diabetes is very prevalent among young children, young and adults.

## Diabetes insipidus (type two)

Diabetes insipidus results due to insulin defective in insulin production and tissues resist to insulin production. In type-2 diabetes, a daily supplement of insulin is not necessary. The patient is insulin non-dependent. Controlling diet and doing moderate physical exercises can control type two diabetes.

Diabetes is often slow and silent in affecting a person, an individual may not notice or feel its existence. The tissues of the eyes, kidneys, nerves, and blood vessels of the heart are target areas, which are attacked by diabetes.

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Diabetes cannot be cured permanently but it can be controlled to a great extent.

Causes of diabetes: Excessive eating containing sugar, obesity, lack of exercise, tension and stress, and heredity.

## **Treatment of diabetes with natural products**

People are reluctant and repulsive towards high-dose medicines containing different chemicals, which have severe side effects like head reeling, shivering, tiredness, dizziness, and skin allergy. So it is better to opt for natural treatment using natural products for the treatment of diabetes, which is safe and free from any side effects. Natural products are cheaper and easily available.

Some herbs are highly recommended for the treatment of diabetes.

## **Important Diabetic Natural Remedy Considerations**

1. Consumption of sugar in large quantity for a long time may lead to blood sugar level complications
2. Don't take fatty food, must take fruits and vegetables containing fiber. Fiber reduces blood sugar levels.
3. Avoid direct sugar intake (sugars found in raw fruits or whole grains react on the body differently)
4. White flour-based food products increase the chances of diabetes and it will increase the blood sugar level. Avoid taking these foods.

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5. Diabetes must be checked up regularly, especially the blood sugar level or it can be dangerous and fatal if it is ignored.

**Gymnema:** Improves insulin levels in the body. It controls and destroys the sugar-craving habits of a patient. This herb also helps in lowering blood sugar levels. It can be used for 18 months and more for positive results.

**Fenugreek:** Helps in glucose tolerance and breaking the glucose and excrete through urination. Keeps blood sugar level balanced and stable.

**Cayenne:** works as a health tonic and tones blood circulation.

**Dandelion:** It takes care of the liver, which breaks nutrients into glucose.


**Kidney Beans:** Helps in detoxifying the pancreases.

There are some herbal diabetic supplements, diabetic vitamins such as Chromium GTF tablets and Chromium Picolinate capsules to control diabetes. Other sugar control supplements are SLIM 3, chromium and niacin, chromium picolate, liver and gall formula, multivitamins, and food powders exclusively based on natural herbs.

Treatment of diabetes through Homeopathic Medicines

Homeopathy medicines are also very effective for the treatment of diabetes.

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Uranium Nitrate: this remedy helps in reducing sugar level in the blood and helps in digestion and decreasing sugar in the urine.

**Syzygium jambolanum:** It is a remedy that helps in decreasing sugar in urine if it is taken in a lower dose.

**Phosphoric acid:** It helps the patient having diabetes due to nervous origin. When the urination is increased and the color of urine is milky containing sugar the phosphoric acid to be thought of. It is a great remedy to cure diabetes mellitus when it is a rudimentary stage.

**Lactic acid:** One of the best remedies for diabetes due to gastric origin. The symptoms are frequent urine; urine is yellow, much thirst, nausea and debility, dry skin, much gas in the stomach, and dry tongue. If these symptoms are present then lactic acid is the best remedy for it.

**Acetic acid:** it helps to reduce frequent urination and it also abates severe thirst and dry skin.

**Bryonia:** If symptoms like bitterness in the taste, dryness of the lips, and weakness then Bryonia is the first remedy to be remembered

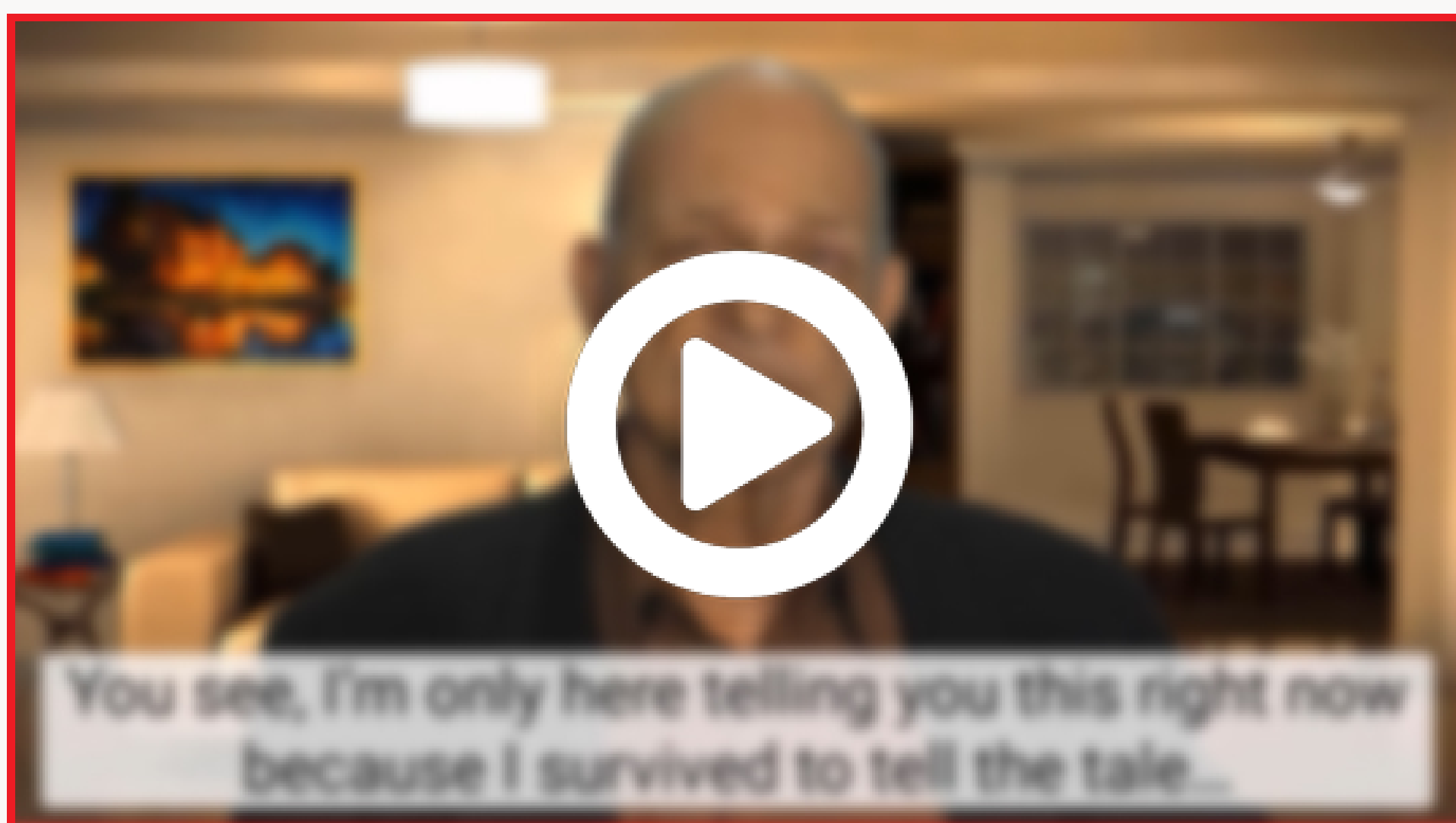
There are other remedies such as Chionanthus and Argentum mettalicum good for the treatment of diabetes.

Diabetes can be controlled and a patient can lead a normal life if he takes care of himself by adopting the right treatment.

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*"This horrific disease was going to rob me of my retirement and put me in a wheelchair for life... But I reversed my type 2 diabetes and you can too!"*  
*- George Reilly -*



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