

DR NEERAJ KAUSHIK

KNOW DIABETES FOR NO DIABETES



Your guide to say goodbye to diabetesd
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Know Diabetes

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Contents

Introduction	6
What is Diabetes?	9
Structural aspect of diabetes	13
Hormonal connection of Diabetes	16
Link between Stress and Diabetes	21
Risk Factors associated with diabetes	26
Is diabetes genetic ?.....	31
Why diabetes is taking shape of an epidemic?.....	35
How I Beat Diabetes – a real story.....	37
Why diabetes is called a silent killer ?	45
Can diabetes be reversed?.....	48
10 homeopathic medicines for diabetes	52
15 health risks of diabetes	54
15 natural ways to manage and prevent diabetes	57
15 strategies to keep HbA1c below 5.5	61
25 diabetes prevention tips	64
25 diabetes self management tips.....	68
Allopathic management of diabetes.....	71

Alternative therapies for diabetes	74
15 herbs for prevention and management of diabetes.....	77
Diabetes and heart diseases	81
Diabetes and high blood pressure	83
Diabetes and kidney disease.....	86
Diabetes from Ayurvedic perspective.....	89
Diabetes from traditional Chinese medicine perspective	95
Diabetic neuropathy	101
Food and Diabetes	104
Diet plan for a diabetic patient	114
What is Glycemic index?	119
Yogasan for diabetes.....	128
Conclusion.....	130

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Introduction

Diabetes is a chronic disease that affects millions of people worldwide. According to the International Diabetes Federation, around 463 million adults between the ages of 20 and 79 years had diabetes in 2019, and this number is expected to rise to 578 million by 2030.

The impact of diabetes on individuals, families, and societies is enormous. It can lead to various complications, such as blindness, kidney failure, heart disease, stroke, and amputations. Diabetes also poses a significant economic burden on health systems and societies.

However, diabetes is not an inevitable fate. It is preventable, treatable, and manageable. Through education, lifestyle changes, and proper medical care, people with diabetes can lead healthy and fulfilling lives.

This book, "Know Diabetes for No Diabetes," aims to provide comprehensive and practical information about diabetes to help people prevent, manage, and overcome this disease. Whether you have diabetes or want to prevent it, this book will offer you the knowledge and tools to take control of your health.

The book is divided into parts:

Understanding Diabetes This part explains the basics of diabetes, including the types, causes, symptoms, risk factors, and complications. It also covers the latest research and developments in diabetes prevention and management.

Living with Diabetes This part provides practical tips on how to manage diabetes, including diet, exercise, self-monitoring, medications, and coping with diabetes-related challenges. It also addresses common myths and misconceptions about diabetes.

Thriving Beyond Diabetes This part focuses on how to live a healthy and fulfilling life with diabetes. It covers topics such as diabetes and mental health, diabetes and sexuality, diabetes and travel, and diabetes and work. It also shares inspiring stories of people who have overcome diabetes and achieved their dreams.

By reading this book, you will learn:

- How to prevent and manage diabetes through lifestyle changes and medical care
- How to overcome the challenges of living with diabetes and thrive
- How to support and care for loved ones with diabetes
- How to advocate for diabetes awareness and prevention in your community

Remember, knowledge is power, and by knowing diabetes, you can avoid it or live well with it. Let's work together to make diabetes a thing of the past

What is Diabetes?

Diabetes is a chronic condition that affects the way your body processes blood sugar (glucose). Glucose is a crucial source of energy for your body's cells and tissues, and it comes from the foods you eat. In order for glucose to enter your cells, a hormone called insulin is needed. Insulin is produced by the pancreas, a gland located behind the stomach.

There are three main types of diabetes:

1. Type 1 diabetes: This type of diabetes occurs when the body's immune system attacks and destroys the insulin-producing cells in the pancreas. As a result, the body is unable to produce insulin, and glucose builds up in the bloodstream. Type 1 diabetes is usually diagnosed in children and young adults, although it can occur at any age.
2. Type 2 diabetes: This type of diabetes occurs when the body becomes resistant to insulin or does not

produce enough insulin to properly process glucose.

Type 2 diabetes is the most common form of diabetes and is often related to lifestyle factors such as obesity, physical inactivity, and poor diet.

3. Gestational diabetes: This type of diabetes occurs during pregnancy and usually goes away after the baby is born. However, women who have had gestational diabetes are at higher risk of developing type 2 diabetes later in life.

Symptoms of diabetes can include:

- Frequent urination
- Excessive thirst
- Hunger
- Fatigue
- Blurred vision
- Slow-healing sores or infections
- Tingling or numbness in the hands or feet

Complications of diabetes can include:

- Heart disease and stroke
- Kidney disease
- Nerve damage
- Vision loss and blindness
- Foot problems that can lead to amputation
- Dental problems
- Pregnancy complications

Diabetes is diagnosed through a blood test that measures your blood glucose level. Treatment for diabetes typically involves a combination of lifestyle changes (such as diet and exercise) and medication. In some cases, insulin injections may be necessary.

If left untreated, diabetes can lead to serious health problems. However, with proper management, people with diabetes can live long, healthy lives. It's important to work with your healthcare provider to develop a personalized diabetes management plan that works for you.

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Structural aspect of diabetes

Diabetes is a chronic condition that affects the body's ability to produce or use insulin, a hormone that regulates blood sugar levels. There are two main types of diabetes: Type 1 and Type 2.

In Type 1 diabetes, the body's immune system attacks and destroys the cells in the pancreas that produce insulin. As a result, the body cannot produce insulin, leading to high blood sugar levels. Type 1 diabetes is typically diagnosed in children and young adults.

In Type 2 diabetes, the body becomes resistant to the effects of insulin or does not produce enough insulin to maintain normal blood sugar levels. This is often associated with lifestyle factors such as being overweight, having a sedentary lifestyle, and consuming a high-calorie, high-sugar diet. Type 2 diabetes is more common in adults and is often preventable through lifestyle changes.

In both types of diabetes, the structural aspect involves changes in various organs and tissues due to high blood sugar levels over time. These changes can lead to a range of complications, including:

1. Cardiovascular disease: High blood sugar levels can damage the blood vessels, leading to atherosclerosis (hardening of the arteries), which increases the risk of heart attack, stroke, and other cardiovascular diseases.
2. Kidney disease: High blood sugar levels can damage the small blood vessels in the kidneys, leading to kidney damage or failure over time.
3. Neuropathy: High blood sugar levels can damage the nerves, leading to numbness, tingling, and pain in the hands and feet.
4. Retinopathy: High blood sugar levels can damage the blood vessels in the retina, leading to vision loss or blindness.
5. Foot ulcers and amputations: High blood sugar levels can damage the blood vessels and nerves in the feet,

leading to poor circulation, infections, and foot ulcers. In severe cases, this can lead to amputation.

Managing blood sugar levels through lifestyle changes, medication, and insulin therapy can help prevent or slow the progression of these complications. Regular monitoring and screening for complications are also important to catch any issues early on and prevent further damage.

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Hormonal connection of Diabetes

Diabetes is a group of metabolic disorders characterized by high blood glucose levels due to insufficient insulin secretion, insulin resistance, or a combination of both. Several hormones are involved in regulating blood glucose levels and can play a role in the development and management of diabetes.

1. **Insulin:** Insulin is a hormone secreted by the pancreas in response to elevated blood glucose levels. It acts on target cells in the liver, muscle, and adipose tissue, promoting glucose uptake and storage. In type 1 diabetes, the pancreas fails to produce insulin, while in type 2 diabetes, the body becomes resistant to insulin.
2. **Glucagon:** Glucagon is a hormone secreted by the pancreas in response to low blood glucose levels. It acts on the liver, promoting the breakdown of glycogen into glucose and stimulating gluconeogenesis, the production of glucose from non-carbohydrate sources.

3. Epinephrine and norepinephrine: These hormones are produced by the adrenal glands and play a role in the "fight or flight" response. They can increase blood glucose levels by stimulating glycogenolysis, the breakdown of glycogen into glucose.
4. Cortisol: Cortisol is a hormone produced by the adrenal glands in response to stress. It can increase blood glucose levels by stimulating gluconeogenesis and inhibiting glucose uptake by cells.
5. Somatostatin: Somatostatin is a hormone produced by the pancreas that inhibits the secretion of insulin and glucagon, thereby regulating blood glucose levels.

In summary, the hormones involved in diabetes can impact blood glucose levels through various mechanisms, including promoting glucose uptake and storage, promoting glycogenolysis and gluconeogenesis, inhibiting insulin secretion, and inhibiting glucose uptake by cells. The complex interplay of these hormones and their interactions

with other factors can contribute to the development and management of diabetes.

Cortisol connection of diabetes

Cortisol is a steroid hormone produced by the adrenal glands in response to stress. It has a complex role in regulating blood glucose levels and can contribute to the development of diabetes.

Cortisol stimulates gluconeogenesis, the production of glucose from non-carbohydrate sources such as amino acids and fatty acids. It does this by increasing the breakdown of muscle protein, which provides the amino acids needed for gluconeogenesis. Cortisol also promotes the release of fatty acids from adipose tissue, which can be used for energy and can also contribute to insulin resistance.

In addition to promoting glucose production, cortisol can also inhibit glucose uptake by cells. It does this by reducing the translocation of glucose transporter type

4 (GLUT4) to the cell membrane, which is necessary for glucose uptake by muscle and adipose tissue.

Chronically elevated cortisol levels, such as those seen in people with chronic stress or Cushing's syndrome, can contribute to the development of insulin resistance and type 2 diabetes. This is thought to occur through a combination of increased gluconeogenesis, decreased glucose uptake by cells, and impaired insulin secretion.

Furthermore, cortisol can also exacerbate the complications of diabetes by promoting inflammation and oxidative stress. These processes can damage tissues and organs, leading to diabetic complications such as neuropathy, nephropathy, and retinopathy.

In summary, cortisol plays a complex role in regulating blood glucose levels and can contribute to the development and complications of diabetes. Its effects on glucose production, glucose uptake, and

inflammation can all impact the progression of the disease.

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Link between Stress and Diabetes

Stress is known to be a risk factor for developing diabetes, although it doesn't directly cause diabetes. The exact mechanism by which stress contributes to diabetes is not fully understood, but several factors are thought to be involved:

1. **Cortisol hormone:** Stress activates the body's "fight or flight" response, which leads to the release of the hormone cortisol. Elevated cortisol levels can lead to increased insulin resistance, which is a major risk factor for type 2 diabetes.
2. **Blood sugar regulation:** Stress can affect the body's ability to regulate blood sugar levels. Stress hormones like cortisol and adrenaline can cause blood sugar levels to rise, and if this happens repeatedly over time, it can lead to insulin resistance and eventually to type 2 diabetes.
3. **Lifestyle factors:** Stress can also contribute to unhealthy lifestyle choices, such as overeating,

physical inactivity, and smoking, which are all risk factors for diabetes.

It's important to note that while stress is a risk factor for diabetes, it's not the only factor. Other factors that increase the risk of developing diabetes include genetics, obesity, age, and certain medical conditions. If you're concerned about your risk of developing diabetes, it's important to talk to your healthcare provider and get regular check-ups.

Explanation:

1. **Cortisol hormone:** When the body experiences stress, the hypothalamus in the brain sends a signal to the adrenal glands to release the hormone cortisol. Cortisol is involved in a number of processes in the body, including the regulation of blood sugar levels. In the short term, cortisol can cause blood sugar levels to rise by promoting the breakdown of glycogen (a stored form of glucose) in the liver. This is part of the

body's natural "fight or flight" response to stress, which is designed to provide the body with extra energy to respond to a perceived threat.

However, when stress becomes chronic, and cortisol levels remain elevated for extended periods of time, it can lead to insulin resistance. Insulin is a hormone that helps regulate blood sugar levels by allowing cells to take up glucose from the blood. Insulin resistance occurs when cells become less responsive to insulin, and as a result, more insulin is needed to maintain normal blood sugar levels. Over time, this can lead to high blood sugar levels and eventually to type 2 diabetes.

2. Blood sugar regulation: In addition to cortisol, other stress hormones like adrenaline and norepinephrine can also affect blood sugar levels. These hormones can stimulate the liver to release glucose into the bloodstream, and they can also reduce insulin sensitivity. Again, in the short term, this can be a helpful response to stress, but if it happens frequently,

it can contribute to the development of insulin resistance and diabetes.

3. Lifestyle factors: Chronic stress can also lead to unhealthy lifestyle choices that increase the risk of diabetes. For example, people who are stressed may be more likely to overeat or turn to unhealthy foods for comfort. They may also be less likely to engage in physical activity or to get enough sleep, both of which can contribute to insulin resistance and diabetes. Additionally, stress can lead to unhealthy coping mechanisms like smoking or drinking alcohol, which can also increase the risk of diabetes.

Overall, while stress doesn't directly cause diabetes, it can contribute to its development through a number of different mechanisms. Managing stress through techniques like exercise, meditation, or therapy may help reduce the risk of developing diabetes, along with other lifestyle changes like maintaining a healthy diet and staying active

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Risk Factors associated with diabetes

Diabetes is a chronic medical condition that affects how the body processes blood sugar (glucose). There are several risk factors that can contribute to the development of diabetes, including:

1. Age: Diabetes is more common in individuals who are 45 years of age or older.
2. Family history: If you have a family history of diabetes, you are more likely to develop the condition.
3. Obesity: Being overweight or obese is a major risk factor for diabetes. Excess weight can cause insulin resistance, which leads to high blood sugar levels.
4. Sedentary lifestyle: Lack of physical activity can contribute to the development of diabetes. Exercise helps your body use insulin more effectively and control blood sugar levels.
5. High blood pressure: Hypertension or high blood pressure can increase the risk of developing diabetes.

6. High cholesterol: High levels of triglycerides and LDL (bad) cholesterol can increase the risk of developing diabetes.
7. Race or ethnicity: Certain racial and ethnic groups, including African Americans, Hispanic/Latino Americans, Native Americans, and Asian Americans, are at higher risk for developing diabetes.
8. Gestational diabetes: Women who develop diabetes during pregnancy (gestational diabetes) are at increased risk of developing type 2 diabetes later in life.
9. Polycystic ovary syndrome (PCOS): PCOS is a hormonal disorder that affects women and increases the risk of developing diabetes.
10. Sleep apnea: Sleep apnea is a sleep disorder that is associated with an increased risk of developing diabetes.

It is important to note that while some of these risk factors cannot be controlled (such as age, family history, and race or ethnicity), many others can be

managed through lifestyle changes, such as eating a healthy diet, getting regular exercise, and maintaining a healthy weight.

More detail:

1. **Age:** The risk of developing diabetes increases as you get older. This may be because aging is associated with insulin resistance, a condition where your body becomes less sensitive to the effects of insulin.
2. **Family history:** If you have a close family member (such as a parent or sibling) with diabetes, you are more likely to develop the condition yourself. This may be due to shared genetic factors, as well as shared lifestyle habits and environmental factors.
3. **Obesity:** Excess weight, particularly around the abdomen, can cause insulin resistance, which leads to high blood sugar levels. This is why obesity is one of the most significant risk factors for developing diabetes.
4. **Sedentary lifestyle:** Lack of physical activity can contribute to obesity and insulin resistance, making

you more likely to develop diabetes. Regular exercise, on the other hand, can improve insulin sensitivity and help control blood sugar levels.

5. High blood pressure: Hypertension or high blood pressure can damage blood vessels and increase the risk of developing diabetes. This may be because high blood pressure is often associated with other risk factors for diabetes, such as obesity and insulin resistance.
6. High cholesterol: High levels of triglycerides and LDL (bad) cholesterol can increase the risk of developing diabetes, particularly in combination with other risk factors like obesity and high blood pressure.
7. Race or ethnicity: Certain racial and ethnic groups, including African Americans, Hispanic/Latino Americans, Native Americans, and Asian Americans, are at higher risk for developing diabetes. This may be due to genetic factors, as well as differences in lifestyle and environmental factors.
8. Gestational diabetes: Women who develop diabetes during pregnancy (gestational diabetes) are at

increased risk of developing type 2 diabetes later in life. This may be because gestational diabetes is often associated with other risk factors for diabetes, such as obesity and insulin resistance.

9. Polycystic ovary syndrome (PCOS): PCOS is a hormonal disorder that affects women and is associated with insulin resistance, making it a risk factor for developing diabetes.
10. Sleep apnea: Sleep apnea is a sleep disorder that is associated with obesity and insulin resistance, making it a risk factor for diabetes.

While some of these risk factors cannot be changed (such as age and family history), many others can be managed through lifestyle changes, such as maintaining a healthy weight, getting regular exercise, eating a healthy diet, and managing blood pressure and cholesterol levels. By reducing your risk factors, you can lower your chances of developing diabetes and improve your overall health.

Is diabetes genetic ?

Yes, diabetes can have a genetic component. While there are several types of diabetes, including type 1, type 2, and gestational diabetes, each with its unique causes, risk factors, and treatment approaches, genetics can play a role in all of them.

Type 1 diabetes, also called juvenile diabetes, is an autoimmune disorder in which the body's immune system attacks and destroys insulin-producing cells in the pancreas. While the exact cause is not fully understood, scientists believe that genetics can predispose individuals to type 1 diabetes. Having a family history of type 1 diabetes increases the risk of developing the condition.

Type 2 diabetes, which accounts for about 90% of all diabetes cases, is a metabolic disorder in which the body becomes resistant to insulin or does not produce enough insulin. While lifestyle factors such as

poor diet, lack of physical activity, and obesity can contribute to the development of type 2 diabetes, genetics also plays a role. Researchers have identified several genetic variants associated with an increased risk of type 2 diabetes.

Gestational diabetes occurs during pregnancy and usually resolves after giving birth. However, women with a family history of diabetes are at higher risk of developing gestational diabetes.

Overall, while genetics can contribute to the risk of developing diabetes, lifestyle factors such as diet, exercise, and maintaining a healthy weight also play an essential role in preventing and managing diabetes.

In type 1 diabetes, researchers have identified several genes that may be involved in the development of the condition. These genes play a role in the immune

system's response to insulin-producing cells in the pancreas, leading to their destruction. Some of these genes are involved in the production of proteins that help the immune system recognize and attack foreign substances, including the insulin-producing cells in the pancreas.

In type 2 diabetes, genetics also plays a role.

Researchers have identified several genetic variants associated with an increased risk of developing the condition. These genetic variants affect the way the body processes and responds to insulin, leading to insulin resistance and high blood sugar levels.

However, it's important to note that lifestyle factors such as diet, physical activity, and obesity can also contribute to insulin resistance and the development of type 2 diabetes.

Additionally, research has shown that the risk of developing diabetes can be influenced by both genetic and environmental factors. For example, some studies have shown that people with a family history

of diabetes are more likely to develop the condition, but only if they also have an unhealthy lifestyle. On the other hand, people with a family history of diabetes who lead healthy lifestyles are less likely to develop the condition.

In summary, genetics can play a role in the development of diabetes, but lifestyle factors such as diet, physical activity, and maintaining a healthy weight also play a crucial role in preventing and managing the condition. If you're concerned about your risk of developing diabetes, it's important to talk to your healthcare provider, who can assess your risk factors and provide recommendations for prevention and management

Why diabetes is taking shape of an epidemic?

Diabetes is becoming an epidemic because of several factors, including:

1. **Unhealthy diets:** The increasing consumption of unhealthy diets, such as processed foods, sugary drinks, and fast food, has contributed to the rising rates of diabetes. These foods are often high in calories, unhealthy fats, and added sugars, which can lead to obesity and insulin resistance, a key factor in the development of type 2 diabetes.
2. **Sedentary lifestyles:** Lack of physical activity is another major contributing factor to the diabetes epidemic. Many people lead sedentary lifestyles due to their jobs or other reasons, which can lead to weight gain and a higher risk of diabetes.
3. **Ageing populations:** As populations age, the risk of developing diabetes increases. This is partly due to the fact that older people are more likely to have other health conditions that can contribute to

diabetes, such as high blood pressure or heart disease.

4. Genetic factors: Some people are more genetically predisposed to developing diabetes than others. This can increase the risk of diabetes, particularly if other risk factors, such as an unhealthy diet or lack of physical activity, are also present.
5. Poor access to healthcare: In many parts of the world, people do not have access to adequate healthcare or diabetes prevention programs, which can make it difficult to manage the disease or prevent its onset.

Overall, the diabetes epidemic is a complex problem that requires a multifaceted approach to address. This may include interventions to promote healthy diets and physical activity, improve access to healthcare, and address social and economic factors that contribute to the development of diabetes

How I Beat Diabetes – a real story

This is an article that I wrote and teach, after I succeeded in beating type 2 diabetes. The reaction of some of my patients is exactly what inspired me to create this story. I hope you enjoy it!

There is a great possibility that many of you reading this article are afflicted with diabetes. If not, it could surface in near future. I am simply a healthcare professional and self-improvement trainer who has used his personal experience to escape from the claws of diabetes.

Ten year ago I took a blood test and my fasting glucose was 140 mg/dl which was far beyond the norm of 100 mg/dl. My PP glucose level had rocketed to 196 mg/dl , which was a clear indication of diabetes. As I am not the kind of person to panic easily, I got into my car and on my way back home, had a loud discussion between me and myself.

The initial reason for taking the blood glucose test was related to symptoms like feeling tired all the time. After analyzing the blood results, I was officially diagnosed with

type 2 diabetes and medicine was prescribed. I got my glucometer, diabetes test strips and my medication but was unwilling to surrender before the situation.

I looked at the medicine strip and asked myself whether I wanted medicine to dictate my life. I asked myself if I was mentally weak to allow the pharmaceutical industry to solve my issue. The answer to both questions was a blunt “No”. It was then I decided to regain control of my life.

I started by envisioning all the consequences of diabetes and what my life would look like in a few years. Believe me, the consequences in my mind’s eye were devastating. I pictured the high blood sugar causing damage to my blood vessels, causing kidney disorder that might lead to dialysis, eye problems resulting in blindness, foot ulcers, fungal infection, heart disease, stroke, and dementia. I saw myself getting bigger around the waistline. I created these pictures in my mind’s eye and could literally feel the pain that they aroused.

Afterwards, I envisioned myself taking action, overpowering my diabetes and regaining control of my physical and mental well-being. And that was the

beginning of a new era for me. As I always mention in my training , you need to link extreme pain to the things that you do not want. So, if you want to cure yourself from a disease, then link as much pain as possible to the impact of the disease. In my case, it was diabetes. In your case, it could be obesity, excessive usage of alcohol, smoking. After that, simply link as much pleasure to having overcome that bad situation, and this will provide the driving force to move forward and conquer the obstacles.

The good news is that the process leading to type 2 diabetes does not take place overnight. The phase when the pancreas tries to counterbalance high levels of glucose by producing more insulin may last many years. However, eventually, the liver cells become saturated with glucose and fat. After that, it's just a matter of time before the pancreas becomes clogged with fat and its beta cells start to malfunction.

As I understood the mechanism of diabetes, I realized that if I consumed less carbohydrates, then it would be impossible for my blood glucose to rise above the norm.

Furthermore, if I exercised more often, then I would be burning glycogen and then fat to acquire energy. I looked at the issue at hand in a very simplistic way. With this in mind, I began intermittent fasting. This intermittent fasting is on even today. Fasting is a great tool to get better health in Ayurveda as well as Chinese medicine.

It is basically the process of not eating for a longer period of time than usual. Intermittent fasting means that my stomach, liver, pancreas and other organs went on a 16-hour vacation every day. Of course, my last meal of the day contained fats and proteins, but less carbohydrates. Not only was I having less carbohydrates, but I was giving my body ample time to take care of things and heal itself. In addition, the fat was also slowing down the absorption of carbohydrates, which made things easier.

During the morning hours when I was still in the fasting process, I would drink black coffee, green tea or fresh fruit juice and water. Actually, it became my habit to drink green tea and plenty of water during the day. When I broke my fast, I would simply have a teaspoon of coconut oil because I knew that I shouldn't bombard my organs right away with too much food, especially refined

carbohydrates. I would then have my real breakfast one hour after having consumed the coconut oil. During the day, I would make sure that my intake of calories was sufficient for my weight, but would restrict the amount of carbohydrates. In fact, I consumed food and drinks that had a low glycemic index and stayed away from those with a high glycemic index.

In addition to fasting, I also began exercising regularly, so whatever I ate was converted into energy. In fact, when I exercised around the 13th hour of my 16-hour fasting, I had more energy than when exercising after meals.

In due time, the fat around my waist retreated and eventually disappeared, releasing the burden on my shirt buttons. I have also had my ups and downs during my battle with diabetes and my glucose level would rise when the intake of carbohydrates was inappropriate. In such situations, I would simply discipline myself and do Yoga and Pranayam for 30 minutes

I consciously made my subconscious mind understand that if I fast for 16 hours, consumed less carbs, did frequent

workout, then I would regain my health. It became a habit. Once an action turns into a habit, success is inevitable.

There is one specific thing about fasting that I really love and it's the fact that I actually do not feel hungry in the morning and there is no feeling of discomfort. Also, when I wake up in the morning, I do not have to waste time to prepare and eat breakfast. I have so much time for myself. I can relax and savor my green tea. Fasting is not only convenient but also extremely effective.

After using the above mentioned technique, my fasting glucose decreased within a few weeks. At first, it fluctuated between 115 and 100 mg/dl, depending on how much carbohydrate I had eaten the night before. Eventually, it went below 100 and fluctuated between 90 and 95 mg/dl, depending on how disciplined I was the previous day. During the day, it never exceeded the 139 mg/dl limit (measured two hours after meals). In fact, it sometimes went below 110 mg/dl after meals, especially after a good workout. The explanation for the drop in blood sugar level is simple. I diligently controlled my intake of carbohydrates and burned my fat through exercise. As a result, the fat on my liver started to shrink and my liver

cells became more sensitive to insulin. My fatty pancreas is functioning more effectively at the moment by secreting enough insulin to manage the blood glucose. I can therefore deduce that it is not as clogged up with fat as it used to be in the past. I was able to reverse the vicious circle and bring back my healthy condition.

Does it mean that I will never be haunted by diabetes? No way!

One wrong step is enough to take me back on that path towards self-destruction. This is why I will continue with my fasting, workouts and low-carb diet. There is one last thing that I need to add. I have not only defeated diabetes but have sculptured a fairly good looking physique also. I have lost around 15% of my body weight and during the process I have replaced irrelevant fat with muscle mass. The heartburn has disappeared. I do not snore anymore, nor do I fall asleep in front of the TV. I feel more relaxed and my power of concentration has markedly increased. I believe this could be connected to the better diet I have been on, as well as my good physical shape and stamina. I truly believe that my encounter with type 2 diabetes was a blessing in disguise.

Remember, life is too short to be wasted. If I could do it, then you can do it.

The typical patient with type 2 diabetes is overweight, with fat distributed around the waistline. They lead a sedentary life style, eat a lot and have a sweet tooth. After a hectic day with refined carbohydrates, they would seek comfort and clean their conscience by reaching for their medication. They do not stop to think of the toxicity caused by medication because the consumption of refined carbohydrates is too irresistible.

What is the moral? Make it your duty to shape your future by properly managing your health today. You are the only one who spends 24/7 in your own company, so make it worthwhile.

Why diabetes is called a silent killer ?

Diabetes is often referred to as a "silent killer" because its symptoms can be subtle or nonexistent, yet the condition can have serious health consequences if left untreated. Here are a few reasons why diabetes can be considered a silent killer:

1. **Slow Onset:** Type 2 diabetes, the most common form of diabetes, typically develops slowly over a period of years. During this time, a person's blood sugar levels can gradually rise without causing any noticeable symptoms. It's estimated that up to 50% of people with type 2 diabetes don't even realize they have the condition.
2. **Asymptomatic:** Even when blood sugar levels become elevated enough to cause symptoms, those symptoms can be mild or easily overlooked. Common early symptoms of diabetes include increased thirst, frequent urination, blurred vision, and fatigue, which are also symptoms of other conditions. Therefore,

people may not seek medical attention until their symptoms become severe.

3. **Damage to Organs:** Uncontrolled diabetes can damage various organs in the body, such as the kidneys, eyes, nerves, and blood vessels. This damage can occur over time and lead to serious complications such as heart disease, stroke, kidney failure, blindness, and amputations.
4. **Preventable:** Diabetes is largely preventable through lifestyle changes such as a healthy diet, regular exercise, and maintaining a healthy weight. However, many people may not be aware of their risk factors for diabetes or may not prioritize healthy lifestyle habits until it's too late.

In summary, diabetes can be called a silent killer because its symptoms can be subtle or nonexistent, and the condition can have serious health consequences if left untreated. It's important for individuals to be aware of their risk factors for

diabetes, get screened regularly, and make healthy lifestyle choices to prevent and manage the condition.

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Can diabetes be reversed?

Diabetes is a chronic condition characterized by high blood sugar levels. While it cannot be "cured" or reversed in the traditional sense, it can be effectively managed with proper treatment and lifestyle changes.

Type 1 diabetes, which is caused by an autoimmune reaction that destroys insulin-producing cells in the pancreas, cannot be reversed. However, type 2 diabetes, which is often caused by poor diet and lifestyle choices, can sometimes be reversed or put into remission through lifestyle changes such as losing weight, eating a healthy diet, and exercising regularly.

Research has shown that losing just 5-10% of body weight can improve blood sugar control and reduce the need for medication in people with type 2 diabetes. Additionally, following a diet low in carbohydrates and high in fiber and healthy fats, such

as the Mediterranean diet, can also help improve blood sugar control.

It's important to note that even if diabetes is put into remission through lifestyle changes, it still requires ongoing management to prevent it from returning. This typically includes maintaining a healthy diet and exercise routine, regular monitoring of blood sugar levels, and possibly taking medication.

What the research says about diabetes reversal ?

Research has shown that it is possible to reverse type 2 diabetes or put it into remission through lifestyle changes such as weight loss, healthy diet, and exercise.

A 2017 study published in *The Lancet Diabetes & Endocrinology* followed 298 adults with type 2 diabetes who were assigned to either an intensive weight management program or standard care. After 12 months, almost half of the participants in the

weight management group had achieved remission of their diabetes, compared to just 4% in the standard care group.

Another study published in 2018 in the journal *BMJ Open Diabetes Research & Care* looked at 262 people with type 2 diabetes who followed a low-calorie diet for 12 months. At the end of the study, almost 46% of participants had achieved remission of their diabetes, and more than 86% had achieved at least partial remission.

Other studies have also found that following a healthy diet, such as a low-carbohydrate or Mediterranean-style diet, can help improve blood sugar control and even lead to diabetes remission in some cases.

It's important to note that diabetes remission is not a guarantee, and individual results may vary based on factors such as age, duration of diabetes, and overall health. Additionally, ongoing management is still

necessary even if diabetes is put into remission to prevent it from returning.

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10 homeopathic medicines for diabetes

1. **Syzygium Jambolanum**: This homeopathic remedy is often used to treat diabetes-related symptoms such as frequent urination, excessive thirst, and fatigue.
2. **Uranium Nitricum**: This remedy is often used for individuals with diabetes who have symptoms such as extreme weakness, fatigue, and weight loss.
3. **Phosphoricum Acidum**: This remedy is often used for individuals with diabetes who have symptoms such as exhaustion, weakness, and depression.
4. **Lycopodium**: This remedy is often used for individuals with diabetes who have symptoms such as bloating, gas, and indigestion.
5. **Arsenicum Album**: This remedy is often used for individuals with diabetes who have symptoms such as thirst, vomiting, and diarrhea.
6. **Baryta Carbonica**: This remedy is often used for individuals with diabetes who have symptoms such as slow mental and physical development, and weak memory.

7. Nux Vomica: This remedy is often used for individuals with diabetes who have symptoms such as constipation, irritability, and poor digestion.
8. China Officinalis: This remedy is often used for individuals with diabetes who have symptoms such as weakness, exhaustion, and loss of appetite.
9. Belladonna: This remedy is often used for individuals with diabetes who have symptoms such as dry mouth, thirst, and high fever.
10. Natrum Muriaticum: This remedy is often used for individuals with diabetes who have symptoms such as excessive thirst, dry mouth, and weight loss.

Once again, it is important to consult with a licensed healthcare professional before attempting to use any homeopathic remedy for diabetes or any other medical condition.

15 health risks of diabetes

Diabetes is a chronic condition that affects how the body uses glucose (sugar). If left unmanaged, diabetes can cause a range of health problems that affect different parts of the body. Here are 15 health risks of diabetes:

1. Cardiovascular disease: Diabetes increases the risk of developing cardiovascular disease, such as heart attack and stroke.
2. Nerve damage: High blood sugar levels can cause nerve damage, leading to problems such as neuropathy (nerve pain), gastroparesis (delayed stomach emptying), and erectile dysfunction.
3. Kidney damage: Diabetes can damage the kidneys over time, leading to kidney failure and the need for dialysis or transplantation.
4. Eye damage: High blood sugar levels can damage the blood vessels in the eyes, leading to diabetic retinopathy, which can cause blindness.

5. Foot damage: Nerve damage and poor circulation can lead to foot problems in people with diabetes, including infections, ulcers, and even amputations.
6. Skin conditions: Diabetes can increase the risk of developing skin conditions such as fungal infections, bacterial infections, and itching.
7. Hearing loss: People with diabetes are at an increased risk of developing hearing loss, especially as they age.
8. Depression: Diabetes can increase the risk of developing depression, which can further affect the management of the condition.
9. Gum disease: Diabetes can increase the risk of gum disease, which can lead to tooth loss.
10. Digestive problems: Diabetes can cause digestive problems such as diarrhea, constipation, and bloating.
11. Sexual dysfunction: Men with diabetes are at an increased risk of developing erectile dysfunction, while women with diabetes may experience vaginal dryness or reduced sexual desire.
12. Pregnancy complications: Women with diabetes who become pregnant are at an increased risk of

complications such as preeclampsia and gestational diabetes.

13. Increased risk of infections: Diabetes can make it harder for the body to fight off infections, leading to an increased risk of infections such as pneumonia, urinary tract infections, and skin infections.
14. Increased risk of cancer: People with diabetes have an increased risk of developing certain types of cancer, such as liver, pancreatic, and endometrial cancer.
15. Alzheimer's disease: There is evidence to suggest that people with diabetes are at an increased risk of developing Alzheimer's disease and other forms of dementia.

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15 natural ways to manage and prevent diabetes

Diabetes is a chronic disease that affects millions of people worldwide. It occurs when the body is unable to produce or use insulin properly, resulting in high blood sugar levels. While medication and insulin therapy are important in managing diabetes, there are also natural ways to help prevent and manage the disease. Here are 15 natural ways to manage and prevent diabetes:

1. Exercise regularly: Regular physical activity can help regulate blood sugar levels and improve insulin sensitivity.
2. Maintain a healthy weight: Being overweight or obese increases the risk of developing type 2 diabetes. Losing weight and maintaining a healthy weight can help prevent the disease.
3. Eat a healthy diet: A healthy diet rich in whole grains, fruits, vegetables, and lean protein can help prevent diabetes and manage blood sugar levels.

4. Reduce sugar intake: Consuming too much sugar can lead to weight gain and increase the risk of developing diabetes. Limit your intake of sugary drinks and sweets.
5. Drink plenty of water: Drinking plenty of water can help regulate blood sugar levels and keep you hydrated.
6. Get enough sleep: Lack of sleep can disrupt hormones and increase the risk of developing diabetes. Aim for at least 7 hours of sleep each night.
7. Manage stress: Chronic stress can increase blood sugar levels and increase the risk of developing diabetes. Find ways to manage stress, such as meditation, yoga, or deep breathing exercises.
8. Quit smoking: Smoking increases the risk of developing diabetes and other health problems. Quitting smoking can improve overall health and reduce the risk of diabetes.
9. Monitor blood sugar levels: Regular monitoring of blood sugar levels can help identify patterns and prevent complications.

10. Get regular check-ups: Regular check-ups with a healthcare provider can help identify any health problems early and manage diabetes effectively.
11. Take medications as prescribed: If you have diabetes, it's important to take medications as prescribed to manage blood sugar levels and prevent complications.
12. Consider herbal supplements: Some herbal supplements, such as cinnamon and fenugreek, may help regulate blood sugar levels. However, always talk to a healthcare provider before taking any supplements.
13. Drink green tea: Green tea contains compounds that may help regulate blood sugar levels and reduce the risk of developing diabetes.
14. Consume foods rich in magnesium: Magnesium-rich foods, such as spinach, almonds, and avocados, may help improve insulin sensitivity and regulate blood sugar levels.
15. Incorporate physical activity into daily life: Small changes, such as taking the stairs instead of the

elevator, can help increase physical activity and improve insulin sensitivity.

In summary, a healthy lifestyle that includes regular physical activity, a balanced diet, stress management, and regular check-ups with a healthcare provider can help prevent and manage diabetes naturally

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15 strategies to keep HbA1c below 5.5

HbA1c (hemoglobin A1c) is a measure of average blood sugar levels over the past 2-3 months.

Maintaining HbA1c levels below 5.5% can help reduce the risk of long-term complications from diabetes.

Here are 15 strategies to help keep HbA1c levels below 5.5%:

1. Monitor blood sugar levels regularly: Keeping track of blood sugar levels can help you make necessary adjustments to diet, exercise, and medication.
2. Eat a balanced diet: A diet that is high in fiber, whole grains, fruits, vegetables, and lean proteins can help stabilize blood sugar levels.
3. Avoid refined sugars and carbohydrates: Foods high in refined sugars and carbohydrates can spike blood sugar levels and cause HbA1c levels to rise.
4. Exercise regularly: Regular exercise can help control blood sugar levels and reduce the risk of complications associated with diabetes.

5. Maintain a healthy weight: Being overweight or obese can increase the risk of complications associated with diabetes.
6. Take medications as prescribed: Medications can help control blood sugar levels, and it is important to take them as prescribed by your doctor.
7. Stay hydrated: Drinking plenty of water can help flush excess sugar from the body and reduce the risk of dehydration.
8. Get enough sleep: Lack of sleep can increase stress levels, which can cause blood sugar levels to rise.
9. Manage stress: Stress can cause blood sugar levels to rise, so it is important to find ways to manage stress, such as yoga, meditation, or deep breathing.
10. Quit smoking: Smoking can increase the risk of complications associated with diabetes, including cardiovascular disease.
11. Avoid alcohol: Alcohol can cause blood sugar levels to spike and should be consumed in moderation or avoided altogether.

12. Keep a record of blood sugar levels and symptoms:

Keeping a record of blood sugar levels and symptoms can help identify patterns and inform treatment decisions.

13. Work with a healthcare team: Working with a healthcare team, including a doctor, nurse, and dietitian, can help develop a comprehensive treatment plan.

14. Stay informed: Keep up to date with the latest research and information on diabetes management to inform your treatment decisions.

15. Be proactive: Take an active role in managing diabetes and advocate for yourself to ensure you receive the best possible care.

25 diabetes prevention tips

1. **Maintain a healthy weight:** Being overweight or obese is one of the main risk factors for developing diabetes. Losing weight can significantly reduce your risk.
2. **Exercise regularly:** Physical activity can help you lose weight and reduce your risk of diabetes.
3. **Eat a balanced diet:** Eating a diet rich in whole grains, fruits, vegetables, lean proteins, and healthy fats can help prevent diabetes.
4. **Limit your intake of processed foods:** Processed foods are often high in calories, unhealthy fats, and sugar, which can increase your risk of diabetes.
5. **Cut back on sugary drinks:** Sugary drinks like soda and juice can increase your risk of diabetes.
6. **Drink water:** Drinking water instead of sugary drinks can help prevent diabetes.
7. **Avoid or limit alcohol:** Drinking too much alcohol can increase your risk of developing diabetes.
8. **Stop smoking:** Smoking is a risk factor for many health conditions, including diabetes.

9. Get enough sleep: Poor sleep can increase your risk of developing diabetes.
10. Manage stress: Chronic stress can increase your risk of diabetes.
11. Get regular check-ups: Regular check-ups can help detect diabetes early and prevent complications.
12. Know your family history: If you have a family history of diabetes, you may be at increased risk.
13. Monitor your blood sugar levels: If you are at risk for diabetes, monitoring your blood sugar levels can help you detect and manage the condition early.
14. Take medications as prescribed: If you have diabetes, taking medications as prescribed can help manage the condition and prevent complications.
15. Maintain a healthy blood pressure: High blood pressure can increase your risk of developing diabetes.
16. Reduce your cholesterol levels: High cholesterol can increase your risk of developing diabetes.
17. Stay hydrated: Dehydration can increase your risk of diabetes.

18. Take breaks from sitting: Sitting for long periods can increase your risk of diabetes.
19. Walk or bike to work: Walking or biking to work can help you stay physically active and reduce your risk of diabetes.
20. Use a standing desk: Standing desks can help reduce your risk of diabetes.
21. Limit your screen time: Too much screen time can increase your risk of diabetes.
22. Join a support group: Joining a support group can help you manage your diabetes and stay motivated.
23. Practice good hygiene: Good hygiene can help prevent infections, which can increase your risk of developing diabetes.
24. Keep your feet healthy: People with diabetes are at increased risk of foot problems, so it's important to keep your feet healthy.
25. Educate yourself about diabetes: Knowing about diabetes and its risk factors can help you make informed decisions about your health

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25 diabetes self management tips

1. Know your blood sugar levels and track them regularly with a blood glucose meter.
2. Make healthy food choices and eat a balanced diet with the right amount of carbohydrates, protein, and fat.
3. Count your carbs and be mindful of portion sizes.
4. Choose foods with a low glycemic index to help keep your blood sugar stable.
5. Stay hydrated by drinking plenty of water throughout the day.
6. Exercise regularly to help improve your blood sugar control and overall health.
7. Take your medication as prescribed by your doctor.
8. Keep your feet clean and dry, and inspect them daily for any cuts or sores.
9. Wear comfortable shoes that fit properly to prevent foot injuries.
10. Practice good oral hygiene to help prevent gum disease, which can worsen diabetes.

11. Quit smoking or using tobacco products.
12. Get enough sleep each night to help manage stress and blood sugar levels.
13. Manage stress with relaxation techniques like deep breathing, meditation, or yoga.
14. Schedule regular appointments with your doctor and other healthcare providers to monitor your condition.
15. Keep a record of your blood sugar levels, medications, and other health information in a diabetes journal.
16. Learn how to inject insulin properly if you need it.
17. Educate yourself about the signs and symptoms of high and low blood sugar levels.
18. Keep healthy snacks on hand to help prevent blood sugar crashes.
19. Limit your alcohol intake or avoid it altogether.
20. Wear a medical alert bracelet or necklace in case of emergency.
21. Be prepared for travel by bringing enough medication and supplies, and know how to manage your diabetes in different time zones.

22. Take care of your mental health by seeking support from loved ones or a mental health professional.
23. Keep emergency supplies on hand, like glucose gel or tablets, in case of a sudden drop in blood sugar levels.
24. Join a support group to connect with others who have diabetes.
25. Stay up-to-date on the latest diabetes research and treatments by reading reputable sources of information

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Allopathic management of diabetes

Allopathic management of diabetes involves a combination of lifestyle changes, medication, and regular monitoring of blood sugar levels. The goals of treatment are to maintain normal blood sugar levels, prevent complications, and improve quality of life.

1. Lifestyle changes: Patients with diabetes are advised to make several lifestyle changes, including:
 - Following a healthy diet: A balanced diet with adequate amounts of carbohydrates, proteins, and fats can help keep blood sugar levels stable.
 - Regular exercise: Regular physical activity can help lower blood sugar levels, improve insulin sensitivity, and maintain a healthy weight.
 - Weight management: Maintaining a healthy weight can help control blood sugar levels and reduce the risk of complications.

- Smoking cessation: Smoking increases the risk of complications, so quitting smoking is essential for diabetes management.
2. Medications: There are several medications available for diabetes management, including:
 - Metformin: This medication helps lower blood sugar levels and improves insulin sensitivity.
 - Sulfonylureas: These medications stimulate the pancreas to release more insulin, which helps lower blood sugar levels.
 - DPP-4 inhibitors: These medications help increase the amount of insulin released by the pancreas after a meal, which helps lower blood sugar levels.
 - Insulin: Insulin therapy is used to replace or supplement the body's natural insulin, and it can be administered through injections or an insulin pump.
 3. Monitoring: Patients with diabetes need to monitor their blood sugar levels regularly to ensure they are within the target range. This can be done through self-monitoring with a blood glucose meter or continuous glucose monitoring.

In summary, allopathic management of diabetes involves a combination of lifestyle changes, medication, and regular monitoring of blood sugar levels to maintain normal blood sugar levels, prevent complications, and improve quality of life

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Alternative therapies for diabetes

Alternative therapies for diabetes include a variety of practices that are not part of conventional medicine or that are used in conjunction with conventional treatments. Some of the most common alternative therapies for diabetes include:

1. **Acupuncture:** Acupuncture involves inserting thin needles into specific points on the body to stimulate energy flow and promote healing. Studies suggest that acupuncture may help to lower blood sugar levels and improve insulin sensitivity.
2. **Ayurveda:** Ayurvedic medicine is an ancient Indian system of medicine that emphasizes the use of herbs, dietary changes, and lifestyle modifications to balance the body and promote healing. Ayurvedic practitioners may recommend a combination of herbs and spices to help manage diabetes symptoms.
3. **Yoga:** Yoga is a mind-body practice that involves physical postures, breathing exercises, and meditation.

Studies suggest that regular yoga practice may help to improve blood sugar control and reduce the risk of complications associated with diabetes.

4. **Massage therapy:** Massage therapy involves manipulating the soft tissues of the body to promote relaxation and relieve tension. Studies suggest that massage therapy may help to improve insulin sensitivity and reduce inflammation in people with diabetes.
5. **Mind-body therapies:** Mind-body therapies such as mindfulness meditation, tai chi, and qigong may help to reduce stress and promote relaxation. Studies suggest that these practices may help to improve blood sugar control and reduce the risk of complications associated with diabetes.
6. **Dietary supplements:** Some dietary supplements, such as cinnamon, alpha-lipoic acid, and chromium, may help to improve blood sugar control in people with diabetes. However, it is important to talk to your healthcare provider before taking any dietary

supplements, as they can interact with other medications and cause side effects.

It is important to note that while some alternative therapies may be helpful for managing diabetes symptoms, they should never be used as a substitute for conventional medical care. If you have diabetes, it is important to work closely with your healthcare provider to develop a comprehensive treatment plan that addresses all aspects of your health.

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15 herbs for prevention and management of diabetes

1. **Gymnema Sylvestre:** Also known as Gurmar, it is a powerful herb that is commonly used in Ayurvedic medicine to treat diabetes. It is believed to regulate blood sugar levels by increasing insulin production.
2. **Cinnamon:** Cinnamon is a common spice that is known for its ability to lower blood sugar levels. It is believed to work by increasing insulin sensitivity and reducing insulin resistance.
3. **Fenugreek:** Fenugreek seeds are known to have hypoglycemic effects and can help lower blood sugar levels. It is also believed to increase insulin sensitivity and improve glucose tolerance.
4. **Bitter Melon:** Bitter melon is a popular vegetable in some cultures that is known to have blood sugar-lowering properties. It contains a compound called charantin, which is believed to reduce glucose levels.
5. **Turmeric:** Turmeric is a spice that has anti-inflammatory properties and has been shown to

improve insulin sensitivity and reduce blood sugar levels.

6. Ginseng: Ginseng is a popular herb that has been used in traditional Chinese medicine for centuries. It is believed to help regulate blood sugar levels by increasing insulin sensitivity.
7. Aloe Vera: Aloe vera is a succulent plant that has been used for medicinal purposes for centuries. It is believed to have hypoglycemic effects and can help lower blood sugar levels.
8. Garlic: Garlic is a common spice that is known for its ability to reduce blood sugar levels. It contains a compound called allicin, which is believed to improve insulin sensitivity and reduce insulin resistance.
9. Ginger: Ginger is a popular spice that has anti-inflammatory properties and has been shown to improve insulin sensitivity and reduce blood sugar levels.
10. Milk Thistle: Milk thistle is a herb that has been shown to improve liver function and reduce insulin

resistance. It is believed to help regulate blood sugar levels by improving glucose uptake by cells.

11. Stevia: Stevia is a natural sweetener that is derived from the leaves of the stevia plant. It is known for its ability to regulate blood sugar levels and can be used as a sugar substitute for people with diabetes.
12. Nigella Sativa: Nigella sativa is a herb that has been used for medicinal purposes for centuries. It is believed to have hypoglycemic effects and can help lower blood sugar levels.
13. Guduchi: Guduchi is a herb that is commonly used in Ayurvedic medicine to treat diabetes. It is believed to have hypoglycemic effects and can help regulate blood sugar levels.
14. Neem: Neem is a tree that is commonly used in Ayurvedic medicine to treat diabetes. It is believed to have hypoglycemic effects and can help lower blood sugar levels.
15. Holy Basil: Holy basil, also known as tulsi, is a herb that has been used for medicinal purposes for

centuries. It is believed to have hypoglycemic effects and can help regulate blood sugar levels.

It's important to note that these herbs should be used in conjunction with other treatments and under the guidance of a healthcare professional. Additionally, herbs can interact with medications, so it's important to consult with a healthcare professional before using any herbs for diabetes management.

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Diabetes and heart diseases

Diabetes and heart diseases are closely related, and having diabetes significantly increases your risk of developing heart disease. This is because high blood glucose levels over time can damage blood vessels and lead to the buildup of plaque, which can narrow or block blood vessels. This can lead to various cardiovascular problems, including:

1. Coronary artery disease (CAD): This is a condition where the arteries that supply blood to the heart become narrow or blocked, which can lead to chest pain, heart attack, or heart failure.
2. Stroke: Diabetes increases the risk of stroke by damaging blood vessels in the brain and increasing the risk of blood clots.
3. Peripheral arterial disease (PAD): This is a condition where the arteries in the legs become narrow or blocked, leading to pain, cramping, or numbness in the legs and feet.

4. High blood pressure: Diabetes increases the risk of high blood pressure, which can further damage blood vessels and increase the risk of heart disease.

To reduce the risk of heart disease, it's important to manage your diabetes effectively by keeping your blood glucose levels within a healthy range, maintaining a healthy weight, exercising regularly, quitting smoking, and controlling your blood pressure and cholesterol levels. It's also important to get regular check-ups and screenings to detect and treat any potential heart problems early.

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Diabetes and high blood pressure

Diabetes and high blood pressure are two common health conditions that often occur together. The link between them is multifaceted and complex, but there are several key factors that contribute to their co-occurrence.

One major factor is insulin resistance, which is a hallmark of type 2 diabetes. Insulin resistance means that the body's cells become less responsive to insulin, a hormone that helps regulate blood sugar levels. This can lead to high blood sugar, which in turn can cause damage to blood vessels and increase the risk of hypertension (high blood pressure).

Another factor is the impact of high blood sugar on the kidneys. High blood sugar can damage the small blood vessels in the kidneys, which can impair their ability to filter waste and regulate blood pressure. This can lead to an increase in blood pressure levels.

Additionally, there is evidence to suggest that inflammation plays a role in both diabetes and hypertension. Chronic inflammation can damage blood vessels, increase insulin resistance, and lead to high blood pressure.

Finally, lifestyle factors such as obesity, physical inactivity, and poor diet are risk factors for both diabetes and high blood pressure. These factors can contribute to insulin resistance, inflammation, and other underlying mechanisms that increase the risk of developing these conditions.

In summary, diabetes and high blood pressure are linked through several complex mechanisms, including insulin resistance, kidney damage, inflammation, and shared lifestyle risk factors. Managing one condition may require addressing the other as well, and a comprehensive approach to treatment and prevention may be necessary.

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Diabetes and kidney disease

Diabetes and kidney disease are closely related conditions, as diabetes is one of the leading causes of kidney disease.

Diabetes is a chronic condition that affects the body's ability to produce or use insulin, a hormone that regulates blood sugar levels. When a person has diabetes, their blood sugar levels can become too high, which can damage various organs in the body over time.

One of the organs that is particularly vulnerable to damage from high blood sugar levels is the kidneys. The kidneys are responsible for filtering waste products from the blood and regulating fluid balance in the body. Over time, high blood sugar levels can damage the small blood vessels and nerves in the kidneys, which can reduce their ability to function properly.

When the kidneys are damaged, it can lead to a condition called diabetic kidney disease, also known as diabetic nephropathy. Diabetic kidney disease can progress slowly over many years and often does not cause symptoms until the later stages. Some of the symptoms of diabetic kidney disease may include:

- Swelling in the legs, ankles, feet, or hands
- Fatigue
- Itchy skin
- Loss of appetite
- Nausea and vomiting
- Difficulty sleeping
- Muscle cramps
- High blood pressure

If left untreated, diabetic kidney disease can lead to kidney failure, which requires dialysis or a kidney transplant. People with diabetes can take steps to reduce their risk of developing kidney disease by maintaining good blood sugar control, controlling

blood pressure, and managing other health conditions such as high cholesterol.

In summary, diabetes and kidney disease are closely related conditions, and people with diabetes are at increased risk of developing kidney disease. It is essential for people with diabetes to monitor their kidney function regularly and take steps to manage their blood sugar and blood pressure levels to reduce their risk of developing complications.

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Diabetes from Ayurvedic perspective

Ayurveda, the ancient Indian system of medicine, recognizes diabetes as a disease that is caused by an imbalance in the body's three doshas - Vata, Pitta, and Kapha. Ayurveda views diabetes as a metabolic disorder in which the body's ability to process and use glucose (sugar) is impaired.

According to Ayurveda, the main causes of diabetes are a sedentary lifestyle, improper diet, and stress. These factors lead to an imbalance in the body's doshas, particularly the Kapha dosha, which causes a decrease in the digestive fire (Agni) and results in the accumulation of toxins (Ama) in the body.

Ayurvedic treatment for diabetes focuses on correcting the imbalances in the doshas and restoring the digestive fire. This is achieved through a combination of dietary and lifestyle changes, herbal remedies, and cleansing techniques.

Dietary recommendations include avoiding sweet, heavy, and oily foods, reducing the consumption of carbohydrates and sugar, and increasing the intake of bitter and astringent foods. Exercise, yoga, and meditation are also recommended to reduce stress and improve overall health.

Ayurvedic herbal remedies for diabetes include herbs like neem, gurmar, and bitter melon, which help to regulate blood sugar levels and improve insulin sensitivity. These herbs can be consumed in the form of capsules, powders, or teas.

Cleansing techniques like Panchakarma, which involves a series of detoxification procedures, are also recommended to eliminate toxins from the body and restore balance to the doshas.

It is important to note that while Ayurvedic treatments can be helpful in managing diabetes, they should not be used as a substitute for medical care. People with diabetes should consult with their healthcare provider

before making any changes to their treatment regimen.

Here are 10 Ayurvedic medicines commonly used to manage diabetes :

1. Bitter melon (*Momordica charantia*): Also known as Karela, bitter melon is a popular Ayurvedic remedy for diabetes. It is rich in compounds like charantin, vicine, and polypeptide-p, which help to regulate blood sugar levels and improve insulin sensitivity.
2. Fenugreek (*Trigonella foenum-graecum*): Fenugreek, also known as Methi, is another herb commonly used in Ayurvedic medicine for diabetes. It contains a compound called 4-hydroxyisoleucine, which helps to improve glucose tolerance and insulin sensitivity.
3. Cinnamon (*Cinnamomum verum*): Cinnamon, also known as Dalchini, is a spice commonly used in Ayurvedic medicine for its anti-diabetic properties. It helps to improve insulin sensitivity and lower blood sugar levels by stimulating glucose uptake in the cells.

4. Indian Gooseberry (*Emblica officinalis*): Indian Gooseberry, also known as Amla, is a rich source of vitamin C and other antioxidants. It helps to improve glucose tolerance and reduce oxidative stress in people with diabetes.
5. Gymnema (*Gymnema sylvestre*): Gymnema, also known as Gurmar, is an Ayurvedic herb that helps to regulate blood sugar levels by reducing the absorption of sugar in the intestines. It also helps to improve insulin sensitivity and stimulate the production of insulin.
6. Neem (*Azadirachta indica*): Neem is a tree commonly found in India that has been used for centuries in Ayurvedic medicine for its anti-diabetic properties. It helps to regulate blood sugar levels and improve insulin sensitivity by reducing inflammation and oxidative stress.
7. Turmeric (*Curcuma longa*): Turmeric, also known as Haldi, is a spice commonly used in Ayurvedic medicine for its anti-inflammatory and antioxidant properties. It helps to improve insulin sensitivity and

regulate blood sugar levels by reducing inflammation in the body.

8. Holy Basil (*Ocimum sanctum*): Holy Basil, also known as Tulsi, is a herb commonly used in Ayurvedic medicine for its anti-diabetic properties. It helps to regulate blood sugar levels and improve insulin sensitivity by reducing oxidative stress and inflammation in the body.
9. Mango leaves (*Mangifera indica*): Mango leaves are a traditional Ayurvedic remedy for diabetes. They contain compounds like mangiferin and beta-carotene, which help to regulate blood sugar levels and improve insulin sensitivity.
10. Jamun (*Syzygium cumini*): Jamun, also known as Indian blackberry, is a fruit commonly used in Ayurvedic medicine for its anti-diabetic properties. It helps to regulate blood sugar levels by improving insulin sensitivity and reducing the absorption of sugar in the intestines.

People with diabetes should consult with their healthcare provider before using any of these remedies

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Diabetes from traditional Chinese medicine perspective

Traditional Chinese Medicine (TCM) views diabetes as a result of an imbalance in the body's internal environment. According to TCM theory, diabetes is caused by a deficiency or imbalance in the body's vital energy, or Qi, which affects the body's ability to regulate blood sugar levels.

From a TCM perspective, there are two types of diabetes: Yin Deficiency and Phlegm-Heat.

1. Yin Deficiency: Yin deficiency is a common TCM pattern associated with diabetes. Yin is the cooling, nourishing, and moistening aspect of the body, and when it is deficient, the body can become overheated and dry. This can lead to symptoms such as excessive thirst, dry mouth, and dry skin. TCM practitioners may use acupuncture, herbal remedies, and dietary changes to help restore balance to the body's Yin.

2. Phlegm-Heat: Another common TCM pattern associated with diabetes is Phlegm-Heat. This pattern is characterized by a buildup of phlegm in the body, which can lead to symptoms such as obesity, lethargy, and a feeling of heaviness. TCM practitioners may use acupuncture, herbal remedies, and dietary changes to help clear the phlegm and reduce the body's heat.

TCM treatments for diabetes may include a combination of acupuncture, herbal remedies, dietary changes, and lifestyle modifications. Acupuncture can help regulate the body's Qi, which can help improve blood sugar control. Herbal remedies may be used to help nourish the body's Yin and clear phlegm. Dietary changes may include eating a diet that is low in sugar and refined carbohydrates, and high in whole grains, vegetables, and lean protein. Lifestyle modifications may include exercise, stress reduction techniques such as meditation or tai chi, and getting enough sleep.

It is important to note that TCM treatments for diabetes should not be used as a substitute for

conventional medical treatment. People with diabetes should work closely with their healthcare provider to develop a comprehensive treatment plan that addresses their individual needs.

20 Acupuncture points for diabetes

Acupuncture is a traditional Chinese medical practice that involves inserting thin needles into specific points on the body. Acupuncture can be used as a complementary therapy to conventional medical treatments for diabetes. Here are 20 acupuncture points that may be helpful for people with diabetes:

BL23 (Shenshu) - located on the lower back, bilateral to the spine, at the level of the waist. This point can tonify the Kidney Qi and strengthen the lower back.

BL20 (Pishu) - located on the lower back, bilateral to the spine, at the level of the second lumbar vertebra. This point can tonify the Spleen Qi and regulate digestion.

ST36 (Zusanli) - located four finger widths below the kneecap, on the outer side of the leg. This point can tonify the Spleen and Stomach Qi, regulate digestion, and strengthen the immune system.

PC6 (Neiguan) - located on the inner forearm, two finger widths above the wrist crease. This point can regulate the Heart Qi and calm the mind.

SP6 (Sanyinjiao) - located three finger widths above the inner ankle bone, on the back of the tibia. This point can tonify the Spleen, Liver, and Kidney Qi, and regulate blood sugar.

BL13 (Feishu) - located on the back, bilateral to the spine, at the level of the third thoracic vertebra. This point can tonify the Lung Qi and improve respiratory function.

BL18 (Ganshu) - located on the back, bilateral to the spine, at the level of the ninth thoracic vertebra. This point can tonify the Liver Qi and regulate blood sugar.

BL20 (Pishu) - located on the back, bilateral to the spine, at the level of the second lumbar vertebra. This point can tonify the Spleen Qi and regulate digestion.

BL22 (Sanjiaoshu) - located on the back, bilateral to the spine, at the level of the lower thoracic vertebrae. This point can tonify the Kidney Qi and strengthen the lower back.

ST25 (Tianshu) - located four finger widths from the belly button, on the outer side of the abdominal muscles. This point can regulate digestion and relieve constipation.

GV4 (Mingmen) - located on the lower back, below the second lumbar vertebra. This point can tonify the Kidney Qi and strengthen the lower back.

GV20 (Baihui) - located on the top of the head, at the midpoint between the ears. This point can tonify the Qi and calm the mind.

LI11 (Quchi) - located at the outer end of the elbow crease. This point can regulate the Qi and strengthen the immune system.

LR3 (Taichong) - located on the top of the foot, between the big toe and the second toe. This point can tonify the Liver Qi and regulate blood sugar.

CV4 (Guanyuan) - located on the lower abdomen, three finger widths below the belly button. This point can tonify the Qi and regulate digestion.

GV26 (Shuigou) - located in the middle of the upper lip. This point can tonify the Qi and calm the mind.

GB34 (Yanglingquan) - located below the knee, in the depression on the outer side of the tibia. This point can tonify the Liver and Gallbladder Qi and regulate blood sugar.

LR13

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Diabetic neuropathy

Diabetic neuropathy is a type of nerve damage that can occur in people with diabetes. It is a common complication of diabetes and can affect various parts of the body.

High blood sugar levels in people with diabetes can cause damage to the nerves that control various bodily functions such as sensation, movement, and organ function. This nerve damage can occur over time and can lead to symptoms such as tingling, numbness, or pain in the hands, feet, legs, or arms.

There are several types of diabetic neuropathy, including:

1. **Peripheral neuropathy:** This type of neuropathy affects the peripheral nerves that are responsible for sensation and movement in the arms, hands, legs, and feet. It can cause symptoms such as numbness, tingling, burning, or pain in these areas.

2. **Autonomic neuropathy:** This type of neuropathy affects the nerves that control involuntary bodily functions, such as digestion, heart rate, and blood pressure. It can cause symptoms such as nausea, vomiting, diarrhea, constipation, dizziness, and fainting.
3. **Proximal neuropathy:** This type of neuropathy affects the nerves that control movement in the legs, hips, thighs, and buttocks. It can cause symptoms such as muscle weakness, pain, and difficulty standing up from a sitting position.
4. **Focal neuropathy:** This type of neuropathy affects a specific nerve or group of nerves and can cause symptoms such as weakness, pain, or numbness in the affected area.

Treatment for diabetic neuropathy focuses on controlling blood sugar levels, managing symptoms, and preventing complications. This may include medications, physical therapy, and lifestyle changes

such as maintaining a healthy weight, exercising regularly, and avoiding smoking and alcohol.

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Food and Diabetes

Diabetes is a metabolic disorder characterized by high blood sugar levels. One of the key risk factors for developing type 2 diabetes is being overweight or obese. A diet that is high in calories, unhealthy fats, and added sugars can lead to weight gain and increase the risk of developing type 2 diabetes.

When you eat carbohydrates, your body breaks them down into glucose, which is used for energy. However, people with diabetes have difficulty regulating their blood sugar levels, and consuming too many carbohydrates can cause blood sugar levels to spike.

A healthy diet for diabetes management involves eating foods that are low in added sugars and unhealthy fats and high in fiber, protein, and healthy fats. This type of diet can help to regulate blood sugar levels, promote weight loss, and reduce the risk of developing type 2 diabetes.

Some foods that should be limited or avoided in a diabetes-friendly diet include:

- Processed and sugary foods
- Fried foods
- Foods high in saturated and trans fats
- White bread, pasta, and rice
- Sweetened drinks like soda and juice

Some foods that are beneficial for people with diabetes include:

- Non-starchy vegetables like leafy greens, broccoli, and cauliflower
- Whole grains like quinoa, brown rice, and whole-wheat bread
- Lean protein sources like chicken, fish, and beans
- Healthy fats like avocados, nuts, and olive oil

In summary, a healthy diet can play a critical role in managing diabetes by helping to regulate blood

sugar levels, promoting weight loss, and reducing the risk of developing type 2 diabetes.

20 foods which help in prevention and management of diabetes, pl give details

Here are 20 foods that can help in the prevention and management of diabetes:

1. Leafy greens: Vegetables like spinach, kale, and collard greens are low in calories and high in nutrients like vitamins A, C, and K. They also contain fiber, which can help regulate blood sugar levels.
2. Berries: Berries like blueberries, strawberries, and raspberries are rich in antioxidants, vitamins, and fiber. They also have a low glycemic index, which means they won't cause blood sugar levels to spike.
3. Whole grains: Whole grains like brown rice, quinoa, and whole wheat bread are high in fiber, vitamins, and minerals. They can also help regulate blood sugar levels and improve insulin sensitivity.

4. Nuts: Nuts like almonds, walnuts, and pistachios are high in healthy fats, fiber, and protein. They can help lower blood sugar levels and reduce the risk of heart disease.
5. Legumes: Legumes like beans, lentils, and chickpeas are high in fiber and protein. They can also help regulate blood sugar levels and improve insulin sensitivity.
6. Avocado: Avocado is high in healthy fats, fiber, and vitamins. It can help improve insulin sensitivity and reduce the risk of heart disease.
7. Fish: Fatty fish like salmon, tuna, and mackerel are high in omega-3 fatty acids, which can help lower blood sugar levels and reduce the risk of heart disease.
8. Greek yogurt: Greek yogurt is high in protein and low in sugar. It can help regulate blood sugar levels and improve insulin sensitivity.
9. Eggs: Eggs are high in protein and low in carbohydrates. They can help regulate blood sugar levels and reduce the risk of heart disease.

10. Garlic: Garlic can help lower blood sugar levels and improve insulin sensitivity.
11. Cinnamon: Cinnamon can help regulate blood sugar levels and improve insulin sensitivity.
12. Turmeric: Turmeric can help lower blood sugar levels and reduce inflammation.
13. Apple cider vinegar: Apple cider vinegar can help lower blood sugar levels and improve insulin sensitivity.
14. Sweet potatoes: Sweet potatoes are high in fiber, vitamins, and minerals. They can help regulate blood sugar levels and improve insulin sensitivity.
15. Broccoli: Broccoli is high in fiber and vitamins. It can help regulate blood sugar levels and reduce the risk of heart disease.
16. Tomatoes: Tomatoes are high in fiber, vitamins, and minerals. They can help regulate blood sugar levels and reduce the risk of heart disease.
17. Onions: Onions can help lower blood sugar levels and improve insulin sensitivity.

18. Quinoa: Quinoa is high in fiber, protein, and vitamins. It can help regulate blood sugar levels and improve insulin sensitivity.
19. Chia seeds: Chia seeds are high in fiber, protein, and omega-3 fatty acids. They can help regulate blood sugar levels and reduce the risk of heart disease.
20. Dark chocolate: Dark chocolate is high in antioxidants and can help lower blood sugar levels and reduce the risk of heart disease.

It's important to note that while these foods can be helpful in the prevention and management of diabetes, they should be consumed as part of a balanced diet and in moderation. Additionally, it's important to consult with a healthcare provider or registered dietitian to develop a personalized nutrition plan.

20 foods which aggravate diabetes and increase blood sugar and must be avoided

Here are 20 foods that can aggravate diabetes and increase blood sugar levels that should be avoided:

1. Sugary drinks: Sugary drinks like soda, fruit juice, and sports drinks can cause blood sugar levels to spike.
2. Processed foods: Processed foods like chips, crackers, and baked goods often contain high amounts of added sugars and unhealthy fats.
3. White bread and pasta: White bread and pasta are high in refined carbohydrates that can cause blood sugar levels to spike.
4. Candy and sweets: Candy and sweets are high in added sugars and can cause blood sugar levels to spike.
5. Fried foods: Fried foods like French fries and fried chicken are high in unhealthy fats and can cause inflammation, which can worsen insulin resistance.
6. High-fat dairy products: High-fat dairy products like cheese and ice cream can be high in saturated fats and contribute to insulin resistance.

7. Red meat: Red meat is high in saturated fat and can contribute to insulin resistance.
8. Sweetened breakfast cereals: Sweetened breakfast cereals are often high in added sugars and can cause blood sugar levels to spike.
9. Dried fruit: Dried fruit can be high in natural sugars and can cause blood sugar levels to spike.
10. Alcohol: Alcohol can cause blood sugar levels to spike and contribute to insulin resistance.
11. Fruit canned in syrup: Fruit canned in syrup is often high in added sugars.
12. Honey and agave nectar: Honey and agave nectar are natural sweeteners, but they are still high in sugars and can cause blood sugar levels to spike.
13. Processed meats: Processed meats like bacon and sausage can be high in unhealthy fats and contribute to insulin resistance.
14. Energy bars: Energy bars are often high in added sugars and can cause blood sugar levels to spike.

15. Margarine and shortening: Margarine and shortening are often high in trans fats, which can contribute to insulin resistance.
16. Flavored coffee drinks: Flavored coffee drinks like lattes and mochas can be high in added sugars and calories.
17. Fast food: Fast food meals are often high in unhealthy fats, refined carbohydrates, and added sugars.
18. Canned soups: Canned soups are often high in sodium and can contribute to inflammation, which can worsen insulin resistance.
19. White rice: White rice is high in refined carbohydrates that can cause blood sugar levels to spike.
20. Artificial sweeteners: Artificial sweeteners like aspartame and sucralose can still affect blood sugar levels and may contribute to insulin resistance.

Avoiding these foods and choosing a diet that is high in whole, unprocessed foods can help improve blood sugar control and reduce the risk of diabetes complications. It's important to consult with a

healthcare provider or registered dietitian to develop a personalized nutrition plan.

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Diet plan for a diabetic patient

A diabetic diet plan typically focuses on controlling blood sugar levels and managing overall health. Here is a general outline of a diet plan for a diabetic patient:

1. **Carbohydrates:** Choose healthy carbohydrates such as whole grains, fruits, vegetables, and legumes. Avoid refined carbohydrates such as white bread, sugary drinks, and desserts.
2. **Protein:** Include lean protein sources such as chicken, fish, tofu, beans, and low-fat dairy products.
3. **Fats:** Choose healthy fats such as nuts, seeds, avocado, and olive oil. Avoid saturated and trans fats found in fried foods, fatty meats, and processed snacks.
4. **Portion sizes:** Control portion sizes to manage blood sugar levels and maintain a healthy weight.
5. **Fiber:** Include high-fiber foods such as whole grains, fruits, vegetables, and legumes to improve blood sugar control and maintain digestive health.

6. Limit sugary foods and beverages: Avoid sugary drinks and desserts, and limit the intake of fruits high in sugar.
7. Stay hydrated: Drink plenty of water and other sugar-free beverages to stay hydrated.

It is also important for diabetic patients to spread their meals throughout the day to maintain stable blood sugar levels. It is recommended to work with a registered dietitian to develop a personalized diet plan that meets individual needs and preferences. Additionally, it is important to regularly monitor blood sugar levels and follow the treatment plan recommended by your healthcare provider.

sample diet of a diabetic patient

Here is a sample diet plan for a diabetic patient:

Breakfast:

- 1 small whole grain bagel

- 1 scrambled egg
- 1 cup of sliced fruit
- 1 cup of unsweetened coffee or tea

Snack:

- 1 small apple
- 1 oz of low-fat cheese

Lunch:

- 2 slices of whole grain bread
- 3 oz of grilled chicken breast
- 1 slice of low-fat cheese
- 1 cup of raw vegetables (such as carrots, celery, and bell peppers)
- 1 small piece of fruit
- 1 cup of unsweetened iced tea

Snack:

- 1/4 cup of unsalted nuts
- 1 small piece of fruit

Dinner:

- 3 oz of grilled salmon
- 1/2 cup of brown rice
- 1 cup of steamed vegetables (such as broccoli, cauliflower, and carrots)
- 1 small whole grain dinner roll
- 1 small side salad with low-fat dressing
- 1 cup of unsweetened water or tea

Bedtime Snack:

- 1 small apple
- 1 tablespoon of peanut butter

Note: This is just a sample diet plan and should be customized based on the individual needs and preferences of the patient. It is important to work with a registered dietitian and healthcare provider to develop a personalized diet plan. Additionally, diabetic patients should monitor their blood sugar

levels regularly and adjust their diet and medication regimen as needed.

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What is Glycemic index?

Glycemic index (GI) is a measure of how quickly a particular food raises blood sugar levels after it is consumed. It is a ranking system that assigns a number to carbohydrate-containing foods based on their impact on blood sugar levels compared to pure glucose (which has a GI value of 100).

Foods with a high GI are rapidly digested and absorbed, causing a rapid rise in blood sugar levels, while foods with a low GI are digested and absorbed more slowly, resulting in a slower and more gradual rise in blood sugar levels.

The glycemic index can be useful for people with diabetes, as it can help them choose foods that will help them manage their blood sugar levels. Foods with a low GI are typically recommended for people with diabetes, as they have a smaller impact on blood

sugar levels and can help maintain more stable blood sugar levels.

It's important to note that GI is not the only factor to consider when choosing foods for a healthy diet.

Other factors such as nutrient content, fiber content, and overall calorie intake should also be taken into account.

Why to have food with low glycemic index ?

Eating foods with a low glycemic index (GI) can have several benefits for overall health, particularly for individuals with conditions such as diabetes. Here are some reasons why:

1. **Better blood sugar control:** Foods with a low GI are digested and absorbed more slowly, resulting in a slower and more gradual rise in blood sugar levels. This can help individuals with diabetes manage their blood sugar levels more effectively and avoid sudden spikes in blood sugar levels.

2. Improved energy levels: Foods with a low GI provide a steady supply of glucose to the body, which can help maintain energy levels over a longer period of time. This can help prevent feelings of fatigue and sluggishness that can occur after consuming foods with a high GI.
3. Increased satiety: Foods with a low GI tend to be more filling and can help individuals feel satisfied for a longer period of time after eating. This can help prevent overeating and snacking between meals.
4. Lower risk of chronic diseases: A diet rich in low GI foods has been associated with a lower risk of chronic diseases such as type 2 diabetes, cardiovascular disease, and certain types of cancer.

Some examples of low GI foods include non-starchy vegetables, fruits, whole grains, legumes, and nuts. It's important to note that a food's GI can be affected by factors such as preparation method, ripeness, and processing, so it's important to consider these factors when choosing foods for a healthy diet

20 foods with high glycemic index

The glycemic index (GI) is a measure of how quickly carbohydrates in food are converted into glucose in the bloodstream. Foods with a high glycemic index cause a rapid spike in blood sugar levels, which can be harmful to people with diabetes or those trying to manage their weight. Here are 20 foods with a high glycemic index:

1. White bread: White bread has a GI of 75 or higher, making it a high-glycemic food.
2. White rice: White rice has a GI of around 73, making it another high-glycemic food.
3. Bagels: Bagels have a GI of around 72, making them another high-glycemic food.
4. Cornflakes: Cornflakes have a GI of around 81, making them one of the highest-glycemic breakfast cereals.
5. Rice cakes: Rice cakes have a GI of around 77, making them a high-glycemic snack food.

6. Pretzels: Pretzels have a GI of around 81, making them a high-glycemic snack food.
7. Doughnuts: Doughnuts have a GI of around 76, making them a high-glycemic dessert food.
8. Croissants: Croissants have a GI of around 67, making them a high-glycemic breakfast pastry.
9. Watermelon: Watermelon has a GI of around 72, making it a high-glycemic fruit.
10. Pineapple: Pineapple has a GI of around 66, making it a high-glycemic fruit.
11. Mango: Mango has a GI of around 51, making it a medium-glycemic fruit.
12. Raisins: Raisins have a GI of around 64, making them a high-glycemic dried fruit.
13. Dates: Dates have a GI of around 103, making them one of the highest-glycemic dried fruits.
14. Potatoes: Potatoes have a GI of around 78, making them a high-glycemic vegetable.
15. Sweet potatoes: Sweet potatoes have a GI of around 70, making them a high-glycemic vegetable.

16. Carrots: Carrots have a GI of around 47, making them a medium-glycemic vegetable.
17. Beets: Beets have a GI of around 64, making them a high-glycemic vegetable.
18. Corn: Corn has a GI of around 60, making it a medium-glycemic vegetable.
19. Sugary drinks: Sugary drinks, such as soda and sports drinks, have a high GI and should be avoided or consumed in moderation.
20. Candy: Candy, such as gummy bears and jelly beans, has a high GI and should be avoided or consumed in moderation.

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20 foods with low glycemic index

The glycemic index (GI) measures how quickly carbohydrates in food are converted into glucose in the bloodstream. Foods with a low GI are absorbed more slowly, resulting in a slower and more steady rise in blood sugar levels. Here are 20 foods with a low glycemic index:

1. Steel-cut oats: Steel-cut oats have a GI of around 42, making them a low-glycemic breakfast option.
2. Quinoa: Quinoa has a GI of around 53, making it a low-glycemic grain alternative.
3. Brown rice: Brown rice has a GI of around 55, making it a low-glycemic alternative to white rice.
4. Lentils: Lentils have a GI of around 29, making them a low-glycemic legume option.
5. Chickpeas: Chickpeas have a GI of around 28, making them another low-glycemic legume option.
6. Sweet potatoes: Sweet potatoes have a GI of around 70, making them a high-glycemic vegetable. However, their fiber content slows down their absorption, making them a good low-glycemic option.
7. Berries: Berries have a GI of around 40-50, making them a low-glycemic fruit option.
8. Apples: Apples have a GI of around 36-42, making them a low-glycemic fruit option.
9. Grapefruit: Grapefruit has a GI of around 25, making it a low-glycemic fruit option.

10. Oranges: Oranges have a GI of around 40, making them a low-glycemic fruit option.
11. Tomatoes: Tomatoes have a GI of around 15, making them a low-glycemic vegetable option.
12. Broccoli: Broccoli has a GI of around 10, making it a very low-glycemic vegetable option.
13. Cauliflower: Cauliflower has a GI of around 15, making it a low-glycemic vegetable option.
14. Spinach: Spinach has a GI of around 15, making it a low-glycemic leafy green option.
15. Nuts: Nuts have a GI of around 0-30, making them a low-glycemic snack option.
16. Seeds: Seeds have a GI of around 0-35, making them a low-glycemic snack option.
17. Hummus: Hummus, made from chickpeas, has a GI of around 6, making it a low-glycemic dip option.
18. Greek yogurt: Greek yogurt has a GI of around 11, making it a low-glycemic dairy option.
19. Cheese: Cheese has a GI of around 0-30, making it a low-glycemic dairy option.

20. Eggs: Eggs have a GI of 0, making them a low-glycemic protein option.

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Yogasan for diabetes

Yoga can be a great way to help manage diabetes by reducing stress, improving circulation, and increasing insulin sensitivity. Here are 20 yoga poses (asanas) that may be beneficial for people with diabetes:

1. Tadasana (Mountain Pose)
2. Trikonasana (Triangle Pose)
3. Virabhadrasana (Warrior Pose)
4. Uttanasana (Standing Forward Bend)
5. Adho Mukha Svanasana (Downward-Facing Dog)
6. Urdhva Mukha Svanasana (Upward-Facing Dog)
7. Bhujangasana (Cobra Pose)
8. Dhanurasana (Bow Pose)
9. Ardha Matsyendrasana (Half Lord of the Fishes Pose)
10. Janu Sirsasana (Head-to-Knee Pose)
11. Paschimottanasana (Seated Forward Bend)
12. Balasana (Child's Pose)
13. Viparita Karani (Legs-Up-The-Wall Pose)
14. Setu Bandhasana (Bridge Pose)

15. Halasana (Plow Pose)
16. Sarvangasana (Shoulder Stand)
17. Matsyasana (Fish Pose)
18. Gomukhasana (Cow Face Pose)
19. Shavasana (Corpse Pose)
20. Nadi Shodhana Pranayama (Alternate Nostril Breathing)

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Conclusion

After delving into the topic of diabetes and exploring various aspects related to it, it is clear that this chronic disease is a growing concern in our society. Millions of people around the world are affected by diabetes, and its prevalence is only increasing.

However, the good news is that diabetes is a preventable and manageable disease. Through making healthy lifestyle choices, such as eating a balanced diet, engaging in regular physical activity, and maintaining a healthy weight, individuals can significantly reduce their risk of developing diabetes. For those who have already been diagnosed with diabetes, there are various treatment options available, including medications and insulin therapy, to help manage the disease and prevent complications.

Moreover, it is essential to raise awareness and promote education about diabetes, as it is often misunderstood or overlooked. By providing accurate and comprehensive information about diabetes, we can empower individuals to take control of their health and make informed decisions to prevent or manage this chronic condition.

In conclusion, Know Diabetes for No Diabetes emphasizes the importance of taking proactive steps towards preventing and managing diabetes. By making lifestyle changes, seeking medical care, and raising awareness, we can work towards a future where diabetes is no longer a widespread health concern. Let us work together to promote health and wellness and combat this disease.

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