

**POWERFUL DIABETES CURE INFO! (5POWERFUL DIABETIC CURE
INFORMATION)**

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ARTICLE #1. NATURAL CURES FOR DIABETES .

[BY MURALI V.](#)

Diabetes - 15 Tips. Although being a dreadful disease, diabetes can be cured naturally using several proven remedies. Since our body has the ability to cure itself, natural remedies enhance the process of healing diabetes in a short span. You can use the technique of Bio Energetics that naturally eliminates all the unnecessary toxins in the body and that too at an alarming rate. Bio Energetics involves the use of several natural herbs and products that help in preventing and also curing diabetes.

Here is a list of several natural remedies that can do wonders for a diabetes patient or a patient having symptoms of diabetes. I have created a list of herbs, vegetables and fruits that you can use for curing diabetes.

1. Bitter Gourd- You can either consume it 2 ounces twice a day, or can also optionally go for the bitter melon juice.
2. Grapefruits- 3 Grapefruits a day.
3. Amla- Either 1 tablespoon or amla juice mixed with bitter gourd juice. You can also consume amla juice mixed with turmeric powder.
4. Indian blackberry seeds: 1/4th teaspoon with 1 teaspoon honey for around 50 days.
5. Equal quantities of Gooseberry and turmeric with warm water
6. 1 teaspoon of Grind Bhrahmi with milk.
7. 3-4 grams of freshly crushed raw garlic.
8. Fenugreek seeds soaked in water and then grinded into a paste. Also, add fenugreek in every possible food item.
9. Onion: You must have onion daily as it has low sugar and helps to reduce the blood sugar level.
10. Pumpkin: You can have pumpkin directly or can have the pumpkin soup as it helps in the regeneration of damaged pancreatic cells.
11. Ital Stew: You can prepare an ital stew that contains peas, okra, pumpkin, carrots and stewed down with coconut milk. You can then have this stew with brown rice.
12. Tea: Five cups of black or green tea without sugar and optionally with lemon everyday significantly improves the insulin activity.
13. Coconut Oil: Use coconut oil in all possible food preparations as it enhances the insulin action in the body.

14. Cherries: They help to lower the blood sugar levels and also contain a lot of fiber.

15. Cinnamon: It acts as an antioxidant and half teaspoon of cinnamon powder for around forty days can significantly lower the blood sugar levels.

Controlling blood sugar levels is an art. If you want to be an expert in it, you should know the full details in Diabetic

<http://diabetesfreelife.blogspot.com/2008/09/food-for-diabetics.html> Foods to Eat AND Foods to Avoid.

Article Source: [http://EzineArticles.com/3303744Diabetes Foods to Avoid](http://EzineArticles.com/3303744Diabetes+Foods+to+Avoid).

Article Source: http://EzineArticles.com/?expert=Murali_V

2.Pre Diabetes-By Sylvester E

Type II Diabetes has become somewhat of an epidemic of late. More and more people are being diagnosed with this potentially life threatening condition. Type II Diabetes usually sets on later in life, although more younger people are being diagnosed every day with this disease.

According to the American Diabetes Association, approximately 54 million people in the United States have pre diabetes. Pre diabetes is a condition in which the blood glucose levels are higher than normal but not high enough to be considered Type II diabetes. Although pre diabetes is not a full fledged disease, it can also cause complications in the heart and blood circulation if left untreated.

The good news about pre diabetes is that with proper nutrition and the care of a physician, you can avoid being diagnosed with Type II diabetes. The condition can reverse itself, but it does take work on the part of the individual, as well as compliance with the orders directed by your physician.

Obesity is also an epidemic in the United States and many in the medical community believe that this is contributory to the corresponding diabetic epidemic. It is the general consensus of the medical community that obesity is a precursor to Type II diabetes. Therefore, those who have pre diabetes can stave off the disease by making some healthy life choices that will eliminate their need for medication or insulin in later years.

One way to reverse the effects of pre diabetes is to maintain a healthy weight. This can be easily accomplished through diet and exercise. For those who feel that it is too much trouble to manage their weight or complain that they do not have the time to exercise, they need to realize

that the time they spend exercising now can eliminate their time spent on dialysis. While not all people with diabetes experience kidney failure, many do. And when the kidneys fail, these patients must spend many hours each week, hooked up to a machine that functions as their kidneys.

Those who complain that they do not want to watch their diet can be reminded that it is easier to watch their diet than to inject themselves with insulin or monitor their blood glucose levels several times a day. Those who feel that foods that are rich in carbohydrates are less expensive than healthier alternatives can be reminded of the cost of medications and doctor visits for those who refuse to take control of their condition right away.

While some people are pre disposed to diabetes through genetic factors, others acquire this disease by eating too many bad carbohydrates, being inactive and not maintaining a healthy weight. If you have been told that you have pre diabetes, do not fret. You can reverse this condition. Begin an exercise regime, even if it only entails walking. Take a look at the Glycemic Index that explains which foods diabetics should avoid and follow these suggestions.

See your doctor about being put on a weight loss program and make certain that he or she continues to monitor your blood glucose levels. Pre diabetes does not have to turn into Type II diabetes. By developing a healthier lifestyle, you can reverse this condition and lead a longer, healthier life.

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3.You Can Control Diabetes-By Sylvester E

Perhaps you, like many other Americans, have recently been diagnosed with diabetes. Diabetes can be a life threatening condition and can cause many different complications in individuals with this illness. If you or a loved one has recently been diagnosed with diabetes, be aware that you can control diabetes. By maintaining your weight, following the instructions of your doctor and taking your medication, as well as watching your diet, you can eliminate the complications that often arise in someone with this condition.

There are many ways you can control diabetes. Many people who are first diagnosed have a period of time where they are in denial. Although Type II diabetes has become somewhat of a national epidemic, many people refuse to believe that they could possibly have this disease. Perhaps they are not overweight or do not eat a lot of sweets. These are only two precursors to diabetes. Many people who are not overweight or who do not eat a lot of sugar have also been diagnosed with Type II diabetes. It strikes everyone. And there are also some indications that it can be an inherited disorder. If you have a first degree relative who has diabetes, there is a very good chance that you may inherit this disorder. You should bring this matter to the attention of your physician so he or she can do some simple blood tests to determine if you are at risk for diabetes.

You can control diabetes. If you are diagnosed with Type II diabetes, one of the first things you need to do is to get a blood sugar monitor so that you can keep a record of your blood sugar. Your doctor will want you to do this several times a day, particularly after you eat. You will also, most likely, be prescribed certain medications. You should take them as directed. You will also be given diet suggestions.

Many people who have Type II diabetes are non compliant. This means that they do not take their medicine, monitor their blood sugar and eat all the wrong things. You can control diabetes if you simply comply with your doctor's instructions.

One of the best things you can do to control diabetes is by being aware of the Glycemic Index that is given to certain carbohydrates.

Those with Type II diabetes are warned to stay away from carbohydrates. Diabetics have a difficult time breaking down the sugars and starches and absorbing them into their system. Certain carbohydrates have higher blood glucose levels which takes them longer break down. By being aware of which carbohydrates rank high in the glycemic index is just one way to monitor the glycerin, which is the amount of glucose in the blood. It is imperative for a diabetic to monitor their glycemia.

You can control diabetes if you take your prescribed medication, monitor your blood sugars, become aware of carbohydrates that are high in the glycemic index and keep an eye on your glycemia, which is the concentration of glucose in the blood. By complying with medication, testing and diet, you can keep your diabetes under control.

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4.Type I and Type II Diabetes-By Sylvester E

There are two different types of diabetes. Type I and Type II. Type I Diabetes is usually diagnosed in children and very young adults. Type I Diabetes differs from Type II in that a person with Type I Diabetes does not produce insulin at all. Insulin is needed to take sugar from the blood into the cells. Type I diabetes used to be called Juvenile Diabetes as it was diagnosed in children at early ages. The symptoms of Type I and Type II Diabetes are very similar. Frequent urination, frequent thirst, excessive hunger are three of the most common symptoms.

A person with Type I Diabetes must be on insulin for the rest of his or her life. This does not mean that they cannot lead a long, productive life. In fact, people who are diagnosed young in life become accustomed to the treatment and are generally more compliant than those who are diagnosed with Type II diabetes later in life and who tend to ignore many treatment options.

Years ago, a child who was diagnosed with Type I diabetes had to inject himself every day with insulin to remain alive. Today, however, insulin pumps are available that make daily injections a thing of the past. A person with Type I diabetes, as is the case with those with Type II diabetes, has to watch their diet and avoid certain foods high in sugar and starch.

In 1981, the Glycemic Index was developed at the University of Toronto that rated those foods diabetics should avoid on a scale system. Some foods were very high on the scale and took a longer time to process in the system, causing more strain on the kidneys and adverse affects on insulin. Other foods were low on the scale and digested at a slower pace. For years, it was commonly assumed that sweets were the cause of diabetes at that these were the only foods to avoid. With the advent of the Glycemic Index as well as other medical studies, it became apparent that sweets were not the only foods to avoid. As a matter of fact, a baked potato, often seen as a nutritional substance, is actually more harmful than a candy bar.

Carbohydrates are the bane to diabetics. And this is the food group rated on the Glycemic Index. People with Type I and Type II diabetes must limit their intake of carbohydrates. Certain carbohydrates, those rated low on the Glycemic Index, can be taken in smaller quantities. Those on the high scale should be avoided at all cost.

People with Type II diabetes are generally diagnosed later in life. This condition often affects older people and those who are obese. The incidents of Type II diabetes has mirrored incidents of obesity in the United States and most in the medical community agree that there is a clear link to obesity and the development of this disease. People with Type II diabetes do not process enough insulin to break down the glucose in their system and cause their kidneys to work overtime in getting rid of the waste. While some people with Type II diabetes are prescribed insulin, most are started on a regiment of medication.

Physicians generally hope that by taking medication as prescribed, exercising, eating the right foods and monitoring their blood glucose levels, they can avoid the use of insulin. In many cases, patients are very successful at maintaining good blood sugar levels by modifying their diet, exercising and losing weight. Others who are not successful usually end up taking insulin.

As with both Type I and Type II diabetes, there are complications. These complications such as heart disease, nerve damage, kidney disease and skin disorders can be avoided if patients comply with the instructions of their physician, learn about their disease and do all they can to manage it. Diabetes is far from a death sentence. With proper maintenance, those with Type I and Type II diabetes can live long and happy lives.

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5.How To Use The Glycemic Index-By sylvester

The glycemic index is a rating of carbohydrates that was developed in 1981 by Dr. David J. Jenkins of the University of Toronto. This concept was developed to help people who wanted to rank carbohydrates based upon how they affected the blood glucose levels. Different carbohydrates are absorbed into the system in different manners and all take different times to break down and digest. Carbohydrates that break down and cause rapid digestion tend to leave the most glucose in the blood stream and cause the most damage to a person who is a diabetic. These carbohydrates are given a high rating on the Glycemic Index.

The carbohydrates that are given a high rating on the Glycemic Index include those made with white sugar, white flour, baked potato, French fried potatoes, white bread, pastas made with white flour. Even corn flakes are considered bad carbohydrates on the Glycemic Index. This can be valuable information for anyone who has just been diagnosed as a diabetic and wants to discover which foods are more beneficial. While most diabetics will be told to avoid carbs, avoiding carbohydrates all together is not often feasible. For someone who thinks a candy bar is way worse than white bread, the Glycemic Index can be a real eye opener and can be a great way how to use the Glycemic Index for someone who is trying to discover which carbohydrates are safer than others.

Another way on how to use the Glycemic Index is to learn which carbohydrates are better for those who are trying to either watch their carbohydrate intake or who are on a diabetic diet. Some foods, such as fruits and certain vegetables, are low on the glycemic index and take a longer time to absorb into the bloodstream, giving the body the benefit of the nutrients while allowing the body to expel the glucose in a more natural way. One caveat when it comes to fruits and vegetables is that baked potatoes are not considered in the low group in the Glycemic Index.

As a matter of fact, potatoes are one of the highest ranking foods in the Glycemic Index. People consume French fries throughout the

world like they are going out of style. Not only are they high in fat and offer little protein, they are also very high in carbohydrates.

Intermediate carbohydrates in the Glycemic Index include foods with a rating from 56 to 69. These include candy bars, some brown rice and croissants. This can be invaluable news to someone who is learning to develop a diabetic diet but who is unaware of what foods rank high and rank low.

Most people may assume that a piece of white bread is way worse for a person with diabetes than a candy bar, but this is not true. By learning the different ratings and classifications on the Glycemic Index, a person who is watching their carbohydrates as well as their diabetic diet can learn some invaluable lessons and learn how to use the Glycemic Index to their advantage.

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