

Subject: Diabetes Be Gone.

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Subject: Diabetes Be Gone.
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Here is something that might help a person with diabetes.

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Natural diabetes c-res are being touted all the time. I hear about them from friends and even from taxi drivers. And of course, I hear about natural diabetes cu-es from health store owners and members of multi-level marketing networks, not all claim that their special supplements and herbal formulas are guaranteed to cur-diabetess. Yet the number of people who actually recovered from diabetes seem a lot fewer than the number of diabetes remedies being circulated. So are these natural diabetes -ures for real?

Chinese herbal medicine for diabetes

Once, I was in a taxi in Malaysia and the driver was particular talkative. We talked about many things and, for some reason, he mentioned that he knew a Chinese physician who could c-re diabetes. He said all it that was required was to brew and drink two or three packs of Chinese herbal medicine for diabetes from this Chinese physician. Each packet costs only --, or about US\$ --. For that little money, he said, it is not worth his while to lie or to cheat anybody. Made sense to me. In any case, the taxi driver was not the one selling the herbs, Well, I don't have diabetes so I could not personally check out this herbal diabetes remedy. I asked a friend who has diabetes if he was willing to give this natural diabetes cure a try. He wasn't. He kept asking the usual skeptical questions like, "Is it scientific?" Later, I lost the taxi drivers' telephone number. Other anecdotes abound about Chinese herbal medicine being effective as natural diabetes cu-es. So if you have diabetes and you know of a competent Chinese physician, you may want to explore this natural diabetes treatment. From health stores and MLM companies, we hear about all kinds of health supplements and herbal remedies for diabetes. One of the most widely prescribed health supplements for diabetes is chromium. Most diabetes formulas would contain fair amounts of chromium GTF (glucose tolerance factor). Natural health advocate Dr Andrew W-il recommends supplementing with 1,000 mcg a day of Chromium GTF Special supplements for diabetes might also contain magnesium and other substances. Scientific studies have found that people with diabetes typically have low levels of chromium, so it is logical to assume that chromium supplements will be beneficial. However, attempts to scientifically verify the efficacy of chromium supplements have produced mix results. Some studies have shown it to be highly beneficial, while others produced minimal benefits.

Bitter gourd / bitter melon for diabetes
"bitter gourd"

<http://www.natural-cancer-cures.com/image-files/bitter-gourd-2.jpg>

Also popular among natural diabetes cur-s is the bitter gourd or bitter melon (Latin Momordica charantia). It is known the Hairy mordica, in India as Kerela and in the Philippines as Ampalaya. There are two main types of bitter gourds. One is small, with dark green skin that is very "knobby" or "pebbly". It typically grows to two to four inches, although I have seen versions of it from Japan that are much bigger.

This first type is generally regarded as being better for natural diabetes cur-s.

<http://www.natural-cancer-cures.com/image-files/bitter-gourd.jpg>

The second type is paler in color and has more even skin. It typically grows to between six to 12 inches or even longer.

Low fat diabetes

A major cause of adult-onset or Type II diabetes is actually too much fat in the diet. Apparently, this decreases pancreas function, such that it no longer produces enough insulin to bring down blood sugar levels. Two dietary systems that are known to be effective natural diabetes cures are macrobiotics and a raw foods diet. Although the two approaches are radically different, as macrobiotics emphasises cooked rather than raw foods, both diet plans are very low in fat. This probably explains why they both work as natural diabetes cures.

Complex carbohydrates

http://pagead2.googlesyndication.com/pagead/show_ads.js

As part of macrobiotic recommendations, diabetics are advised to eat predominantly whole grains, such as brown rice, whole wheat, whole barley, etc.

Millet, especially, is said to be nourishing for the pancreas and diabetics would do well to take millet on a regular basis, several times a week.

Millet can be cooked together with brown rice and other whole grains.

On its own, it also makes a nice, creamy porridge.

This goes against some medical advice that tells diabetics to avoid carbohydrates as much as possible. Such advice is out-dated and

now known to be inappropriate. Unfortunately, a few doctors continue to recommend this.

Rather than avoid carbohydrates, diabetics should focus on complex carbohydrates, such as whole grains and naturally sweet vegetables such as carrot, pumpkin, etc. These are mainly the round vegetables that grow just above or below the ground, like onion, cabbage, etc. When you eat plenty of these vegetables as natural diabetes cures, you will naturally reduce your sweet cravings.

Complex sugar or maltose

As for sugar, the only type of sugar suitable for diabetics is malt syrup or maltose. Again, this is a complex sugar. It is suitable for diabetics because it does not enter the blood stream quickly.

All other forms of sugar, including honey, fructose, raw sugar, brown sugar, etc, are simple sugars and should be avoided.

Aspartame and other artificial sweeteners should be avoided as well.

They cause more serious problems in the long term.

Aspartame has been linked with brain seizures, blindness, migraine, depression, and the worsening of complications due to diabetes.

Retrain the tastebuds

Rather than take artificial sweeteners, as part of a natural diabetes cures program, diabetics should retrain their tastebuds to get accustomed to a less sweet taste.

This takes only about two weeks. Go completely without sugar. At first, everything will taste "bland but after about two weeks, the tastebuds become more sensitive.

Long ago, I read somewhere that "rice is sweet and I could not understand what the writer meant. To me, rice was tasteless.

But after I stopped taking sugar and my tastebuds became more sensitive, rice tasted sweet to me.

And, a lot of other foods became much more delicious because I could not taste all the subtle variations in flavors.

So even if you are not looking for natural diabetes cures, it is worthwhile for you to retrain your tastebuds.

You will discover a whole new world of tastes that you never experienced before!

Sweet vegetable drink

Finally, here is a special natural diabetes cures drink that you can take daily. It helps balance the body's sugar levels as well as reduce your sweet cravings. It is called

<http://www.natural-cancer-cures.com/sweet-vegetable-drink.html>

Sweet Vegetable Drink.

1/4 cup carrots

1/4 cup onion

1/4 cup cabbage

1/4 cup pumpkin

Grate or finely cut these vegetables.

Add three cups water.

Bring to the boil, turn down the fire and simmer about 20 minutes.

Do not add salt or any other seasoning.

Drink it hot, or keep in a vacuum flask or in the refrigerator to prevent the drink from spoiling.

Initially, you can take this drink daily for about one month. Then reduce to once in two days for another month or so. When your condition has improved, you can reduce your intake to twice or once a week.

These are just some of the many, many natural diabetes cures. Any of the above, on its own, may not be effective enough. But if you combine a few natural diabetes cures, particularly if you combine it with a healthy eating plan such as macrobiotics, your chances of success will be high.

DiabetesHeal.com

for more information about Modern Medicine, Traditional Chinese Medicine and other natural diabetes cures.

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