



Diabetes

Natural Solutions for High Blood Sugar and Insulin Dependency

By Vaidya Smita Naram

Renowned Ayurveda Practitioner & founder of Ayushakti Ayurveda Clinics

Diabetes

Some time ago now, a German doctor who I met at an Ayushakti clinic in Munich was very surprised at the precision of my diagnosis when I took his pulse reading. I told him he had a very high blood sugar count of around 250 mg/dL that he was weak from neuropathic changes in his legs, his liver was fatty, and he was 25 kilos overweight. As an eminent doctor he was highly aware of the negative side effects to his body of his daily insulin injections, as well as oral tablets, to handle his diabetes. He wanted to reduce or remove these negative effects on his body.

Treatment at an Ayushakti clinic had been recommended to him by another doctor, so he was open and ready to follow the advice we gave him, which was as follows. The first step was to remove the toxins which were blocking his channels for natural insulin uptake. This would result in his own body systems being restored, with his own insulin working once more. He was recommended a specific diet, along with herbs and lifestyle advice.

In just two months he lost 6 kilos, and his daily intake of insulin units were reduced from 20 to 15. He was very pleased with this, of course, so he continued with the recommended treatment; to do a deep ayurvedic detox - Panchkarma - at our clinic in India.

This process of toxin removal from deep within the body brought excellent results for the doctor. He lost 12 kilos in just five weeks, and by the end of that time his blood sugar was being controlled naturally. He no longer needed his daily insulin injections, and his need for allopathic tablets was greatly reduced.

After this process of toxin removal - Panchkarma - the next step was a rejuvenation programme using Rasayana herbs along with lifestyle modifications, to improve his pancreatic functions, and reduce both his fatty liver and symptoms of neuropathic changes. To this day he manages his blood sugar levels by the use of Ayushakti herbs, along with a focus on diet and lifestyle.



Ayushakti's "Diabetox" program

For managing high blood sugar levels and reducing insulin dependency.

"Diabetox" is a complete treatment plan consisting of a diet, herbs, detox therapies and a change in lifestyle. It helps in metabolic balancing and removing toxins from the body thus improving insulin uptake.

Diabetox Diet:

Eat more: Proteins like chickpeas, mung beans, yellow and red lentils, beans, mung dal, soya beans products, vegetables such as spinach, leafy greens, dudhi (bottle gourd), turai, bhola (white pumpkin), padwal (snake gourd), karela (bitter gourd), broccoli, cabbage, brussel sprout, zucchini, all leafy green and all kinds of cooked vegetables are very good. Cereals like green millet (jwari), white millet (bajra), quinoa.

Avoid: rice, potatoes, wheat, sugar and fruits completely. Make chapattis/tortillas with 75% chickpea and 25% millet flour in place of wheat. Replace rice with Quinoa. Avoid bread and pasta. Replace them with mung or chickpea pancakes or tofu, lentils or millet pasta. Your diet should be 70% vegetable. If you are used to eating non vegetarian food, you can eat fish, eggs and chicken.

Detox diet to follow every month for an improved metabolism

- For five days every month eat only mung bean soup and vegetables.
 - For the rest of the time follow the general diet mentioned above.
- This specific diet will help to remove toxins and blockages in the channels.

- Avoid overexposure to sun and wind, smoking and late nights.
- Only eat when hungry, don't eat when you're not hungry.
- Don't wear synthetic clothes or use chemical cosmetics.

Exercise

Exercise improves circulation, helps remove toxins from the body, stimulates growth hormone levels and decreases destructive stress-hormone levels. Walk for at least 40 minutes daily. Yoga or pilates are recommended.



Powerful home remedies

Mix ½ tsp turmeric powder (haldi) + 1 tsp of bitter gourd powder (Karela) + ½ tsp fenugreek (methi) seed powder in half a glass of water and take daily, in the morning, on an empty stomach.

Ayushakti herbal remedies: a combination of the effective herbal remedies below help to remove blockages from the bodily channels and improves insulin uptake.

Diabhar tablets - 3 tablets twice daily improves the efficiency of your own insulin uptake and reduces sugar levels. Promotes pancreas functions.

Suhruday tablets - 2 tablets twice daily. For stimulating the metabolism, reducing stress and improving physical energy and circulation.

Lifestyle:

- Walk 45 minutes a day or swim, run, play tennis or squash.or do aerobics for 20 minutes daily.
- Do not smoke. Smoking leads to heart disease and poor circulation
- Restrict alcohol consumption
- Get a good sleep every night
- Check your blood sugar levels regularly
- Check your weight regularly and maintain your ideal body weight
- If you notice dryness in your mouth, along with thirst, numbness, fatigue, pain in muscles, or frequent urination, consult your physician.

Detox: The Diabetox detox program consists of different types of therapy performed under an Ayushakti doctor's supervision. The Diabetox detox program removes mucous toxins, activates the metabolism, improves arterial functions and improves insulin uptake. It also effectively balances cholesterol and blood pressure levels. The rejuvenation process in Diabetox treatment helps improve overall health and maintain sugar levels over an extended period of time.



Easy to cook recipes

Mung soup

Green mung beans	1 cup
Onion, finely chopped	1
Fresh ginger grated or finely chopped	1 knob
safflower oil	1 tblsp
Ground turmeric cumin, coriander, fennel, pinch asafoetida, sea salt, black pepper	½ tsp each
Bay leaf	1
Water	6-8 cups

Wash the mung beans then soak for 30 minutes. Discard the water and re-rinse. Heat ghee, add spices, onion and ginger. Sauté lightly, add the mung beans and stir to coat with oil for greater absorption of the spices. Add water and salt. Bring to boil and cook until the mung beans are completely soft. Add black pepper to taste. You can garnish with freshly chopped coriander.

High protein Tortillas/Chappattis (Replacements for Pasta, bread and rice)

Chickpea flour (Bengal gram) ¾ cup, ¼ cup white millet flour (jwari), ½ cup water. Boil the water, mix the flour in it while stirring. On cooling, make a soft dough. Roll flat the tortillas or chapattis and cook them on a griddle. Eat them as a substitute for bread, rice and pasta).

You can also prepare pasta from the same dough by rolling it flat and cutting it into strips.

Boil in water like pasta for 5-7 minutes.

This diet will reduce your blood sugar level substantially.

Pudia (pancake)

Mung dal flour/Chickpea flour (basen)	1 cup
Safflower Oil	
Salt	
Ginger	
Garlic paste	1 tsp
Haldi (turmeric)	¼ tsp
Red chilli powder (optional)	¼ tsp
Chopped fresh coriander	¼ cup

In a bowl, mix the mung dal or chickpea flour. Add enough water to whisk it to a batter consistency. Add the ginger, garlic paste, turmeric, chilli powder and coriander. Mix well. Heat a pan and add oil, spoon in the batter evenly and cook each pancake for approximately 2 minutes on each side, until golden. Serve with green chutney or non sugar sauce.

Note: You can also use soaked and ground green mung in place of mung dal flour. Also add garam masala, green chilli etc. according to taste.

Following these guidelines, thousands of people around the world have been able to control their blood sugar naturally. All treatments should be done under expert Ayushakti doctors (vaidyas).

About Vaidya Smita Naram (the founder of Ayushakti clinics)



Vaidya (Dr) Smita Naram is an accomplished Ayurvedic physician, pharmaceutical herbalist and nutritionist. She is a highly skilled pulse reader and specialist in the detoxification treatment Panchkarma - the Ayurveda deep purification therapy.

Vaidya Smita Naram is a female Ayurveda practitioner and entrepreneur with vast international clinical experience, who is one of Ayurveda's most insightful practitioners, lecturers and teachers. She has personally helped hundreds of thousands of people across the world for the past 28 years suffering from numerous chronic health disorders like Arthritis, Joint pain, Sciatica, Osteoporosis, Anxiety, Diabetes, High Blood Pressure and many more chronic health concerns. With her rich personal experience, understanding of eastern and western life influences on health, along with the study of her teachers' ancient writings, she has developed a precise method of intuitive and clinical effectiveness.

She has been honoured worldwide with many prestigious awards for her contributions in the domain of health. With her expert team of Vaidyas, she conducts Practitioner training courses in pulse reading across the world. Her effective health tips for vibrant health have been broadcast through national & international television shows, helping hundreds of thousands of people worldwide to transform their lives.

About Ayushakti Clinics

- Through its worldwide chain of clinics Ayushakti has helped more than a million people over the past 27 years to gain relief from chronic ailments such as joint pain, breathlessness, high blood sugar, skin & hair problems, gas-acidity, IBS, weight gain, infertility, chronic coughs, cold & allergies in children and a host of other ailments.
- It has published research papers internationally on the efficacy of Ayushakti herbs in treating dermatitis, breathlessness & allergies, anxiety, depression, infertility, and pain management.
- All Ayushakti herbs are safe, natural and herbal, tested and manufactured in NSF-USA certified manufacturing facility
- There are more than 108 clinic consultation points worldwide and clinics presents in USA, Europe, Australia, New Zealand, UK, Thailand, and India.
- More than 150 western medical doctors and Heilpraktikers (health practitioners) have been taught the art of Pulse reading and Ayurveda and they now practice the Ayushakti way of treatment in their clinics.



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To have a personal pulse reading health consultation with an Ayushakti Vaidya, book an appointment through the following:

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