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HOME REMEDIES FOR DIABETES

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ABSTRACT:

We all know that maintaining a healthy diet is vital in terms of type 2 diabetes prevention and treatment. Generally, the advice given to diabetics is relevant to the general population as well: consume adequate vegetables, fruits, legumes, whole grains, low-fat dairy products, poultry and fish, and less industrial sweets and foods high in fat and salt.

It is known that patients who use professional advice and expert dieticians and nutritional supervision have a much better chance to maintain balanced levels of sugar, and avoid the complications of the disease. Diabetics should also keep meals at regular times throughout the day to avoid sharp rises in blood sugar levels.

Key words: Diabetes, Symptoms, risk factor.

INTRODUCTION:

1. Type 2 diabetes is a common, modern-age disease. It initially presents with few symptoms, which can be easily overlooked.

2. One out of three people who have it don't even know about it.

3. As diabetes is a serious condition that can cause dangerous complications- including cardiovascular and neurological damage – it is important to detect as soon as possible.

4. With the right diet, exercise regimen and, if necessary, medications, diabetes can be kept under control, and the person can continue to live a fulfilling life.

5. Find out about some early warning signs of diabetes, so you can act on it and protect your health.

WARNING SIGNS OF DIABETES:

In 2013, over 382 million people around the world had diabetes, and 90% of them had type 2 diabetes. This is a metabolic disease, characterized by high levels of sugar (glucose) in the blood. Production of insulin – a pancreatic hormone that usually deals with balancing blood sugar levels – is either reduced or the cells don't respond to it properly. The following symptoms develop as a result of this:

1. Frequent urination (polyuria): If you notice that you have to urinate more often, and you wake up during the night (sometimes several times) to empty your bladder, this could be a warning sign. The kidneys start working harder to get rid of the excess glucose from the blood.

2. Excessive thirst (polydipsia): This symptom links with the previous one. As you lose more fluids, the body will try to replenish them, hence the constant need to drink.

3. Increased hunger (polyphagia): Due to extreme highs and lows in blood sugar levels, the body develops a sudden urge to eat. The cells don't get enough glucose, so you crave it.

4. Dry mouth: You experience a lack of moisture in the mouth, which can be both unpleasant and dangerous. Dry mouth can become a breeding ground for bacteria and cause different oral and dental problems. Gum diseases are a known complication of diabetes.

5. Unexplained weight loss or weight gain: As insulin can't get glucose into the cells, the body reacts as if it would be starving and starts using proteins from the muscles. Rapid, unexplained weight loss (10 to 20 pounds over a couple of months) is not healthy and requires further investigation. On the other hand, increased consumption of sugary foods can lead to weight gain.

6. Fatigue: Excessive tiredness can develop when body constantly compensates for the lack of glucose in the cells. It also doesn't help if your sleep gets interrupted by the urgency to urinate. People start experiencing lower levels of energy and are chronically not feeling well. It is not uncommon to also feel irritable and in a bad mood.

7. Vision problems: High blood sugar also affects the eyes. It changes the shape of the lens and eyes. As a result, your vision becomes blurry. You can see occasional flashes of light and the vision gets distorted. Initially, the changes to the eyes are reversible. However, if sugar levels stay high for a long period of time, this can cause permanent damage and can even lead to eyesight loss.

8. Headaches – A headache can develop due to elevated blood sugar levels and is considered an early sign of hyperglycaemia (high blood glucose). The symptom gets worse as condition worsens.

9. Infections, cuts and bruises that do not heal: This classic sign of diabetes is a consequence of blood vessel damage. Excessive amounts of sugar harm the veins and arteries, so they become less able to transport blood to where it is needed to repair and heal the damage.

10. Yeast infections: Since bacteria and fungi thrive in a sugary environment, infections can become more common. The most frequent ones are yeast infections, such as candida, especially vaginal candida infections in women.

11. Numbness and tingling in hands and feet: This symptom is a result of nerve damage – neuropathy – that is connected with diabetes. Tingling and numbness can be accompanied by burning pain and swelling. If sugar levels are not brought down, the nerve damage can become permanent and presents a serious complication of diabetes.

12. Skin changes: Velvety dark skin, known as achantosisnigricans, can appear on the neck, groin and armpit. You can also observe other unusual skin changes and itchiness, especially around the vaginal or groin area.

13. Sexual dysfunction: Diabetes also damages blood vessels and nerves in the sex organs, which can lead to different sexual problems. Women can experience vaginal dryness and men can have difficulty with erection. 35% to 75% of men with diabetes suffer from impotence.

If you are experiencing some of these symptoms, see your doctor so you can have a blood test and establish if you are indeed suffering from type 2 diabetes.

Several tests are used and they need to be repeated to give a reliable diagnosis. The fasting plasma glucose test checks your sugar levels after 8 hours of fasting. If your blood sugar is above 126 milligrams per deciliter (mg/dL) on two occasions, it means you have diabetes. Just as worrying are slightly lower values of 100 to 125 mg/dL. This is considered to be prediabetes.

RISK FACTORS:

Remember that type 2 diabetes is, to some degree, a preventable disease, and that the complications can be avoided with the right approach to life and health. Some of the risk factors you have influence over are:

Smoking, Being overweight – People with belly fat (visceral obesity) are especially at risk, Physical inactivity Eating an unhealthy diet rich in red meat, unhealthy fats, sugars and processed food – One can of sugary soda a day increases your risk of diabetes by 22% Generally speaking, you will do a lot if you try to eat healthy, exercise moderately, keep your stress levels under control and avoid bad habits. As we get older, the risk of diabetes increases, so it's even more important to promote a healthy lifestyle and stay active.

So what are the best foods to control diabetes and add to the menu? There are 13 foods that can help balance blood sugar in your body. These are olive oil, cinnamon, green tea, pulses, green vegetables and oats. These

common foods that are already in our kitchen help maintaining adequate blood sugar and prevent diabetes complications:

1. Olive oil

Oil lacks carbohydrates, and therefore does not raise blood sugar levels. In addition, it slows the absorption of foods eaten along with the oil. Olive oil is rich Omega 9 and Omega 3 which help maintain the flexibility of blood vessels, allowing good blood flow. Also oil does not increase insulin levels, thus reducing the non-insulin tolerance that exists in many people and causes an increase in blood sugar levels.

2. Cinnamon

Many studies show that consumption of one teaspoon cinnamon (2.5 g) to three teaspoons a day has a positive effect on reducing blood glucose levels. It was found that the cinnamon can make your cells more sensitive to insulin. Thus, the cells convert sugar into energy more efficiently and control the amount of sugar level in the blood. Diabetics who received cinnamon extract daily for 40 days experienced lower levels of blood sugar after eating, as well as substantial improvements to the heart health.

3. Green Tea

Green tea contains the antioxidant EGCG, which helps to maintain the flexibility of blood vessels and stabilizing blood glucose levels. A recent study conducted at the University of Pennsylvania found that this element reduces blood sugar levels and prevents its sharp rise after a meal consisting mainly carbohydrates.

4. Pulses

Legumes such as lentils, peas, beans and chickpeas are low in fat and calories and also rich in fibre and protein. Dietary fibre slows the rate of sugar absorption into the blood and reduces the glycaemic load. They are a great addition to soups, salads and a variety of other dishes.

5. Green Vegetables

According to a study published in the British Medical Journal fresh green leaves vegetables such as lettuce, cabbage, spinach, Swiss chard and parsley, and other green vegetables (fresh, steamed or frozen) such as celery, cucumber, cauliflower, green beans and kohlrabi contain carbohydrates that release hormones in the gut that reduce appetite. In addition, the researchers found that these vegetables improves insulin sensitivity and thus

better regulate blood glucose levels. Eating vegetables like asparagus, garlic and Jerusalem artichoke can help in cases of diabetes and obesity, and reduce the risk of type 2 diabetes because vegetables are rich in magnesium and are known as effective antioxidants.

6. Oatmeal

Oats contain a high percentage of fibre, B vitamins (especially B1), vitamin E and antioxidants. The large amount of fibre causes a slower absorption of glucose, and combining antioxidants makes the oatmeal recommended food to stabilize blood sugar levels.

7. Red Apples

A recent study conducted in Finland found that men who ate the greatest number of apples (and other foods rich in quercetin) had 20% less deaths related to diabetes or heart complications. Other good sources of quercetin are red grapes, tomatoes, onions, green vegetables and berries.

8. Vitamin C Rich Foods

Studies show that people with diabetes have lower levels of vitamin C in their body, so rich foods in vitamin C such as berries, citrus fruits, peppers, dark green leafy vegetables, kiwifruit, tomatoes, etc. are loaded with antioxidants and are an excellent choice.

9. Cold-Water Fish

Those who suffer from diabetes are twice more likely to suffer also from heart disease. A diet rich in omega-3 fatty acids found in cold water fish, can help to lower "bad "cholesterol and raise your "good" cholesterol. Seafood is a great source for omega 3, such as: halibut, herring, mackerel, oysters, salmon, sardines, trout, tuna and cod. Vegetables, especially green leafy ones, such as: kale, parsley, mint, Brussle sprouts, spinach and watercress, are rich in ALA, one form of omega-3 fatty acids (although ALA isn't as powerful as the other omega 3 fatty acids, DHA and EPA). Ground flaxseed is also a good source of omega 3.

10. Dark Chocolate

Researchers from Tufts University in Massachusetts found that dark chocolate improves cell sensitivity to insulin and significantly improves the chances of avoiding diabetes. In addition, dark chocolate lowers blood pressure and the amount of "bad" cholesterol in the body, and strengthens the blood vessels. Dark chocolate is a true super

food that is also featured in my e-book about super foods which is part of the Natural Health Revolution Program. This program will help you to achieve your health, nutrition or weight loss goals.

11. Apple Cider Vinegar (ACV)

According to webMD website, the effect of ACV on blood sugar levels is one of the best researched and the most promising. Several studies have found that vinegar may help lower glucose levels. For example, a small 2007 study with type 2 diabetes found that taking two tablespoons of apple cider vinegar before bed lowered glucose levels in the morning by 4%-6%. Dilute the ACV in a glass of water and drink (you can add a little bit of honey to improve the taste). Read also my previous article why you should use ACV to lose weight, reduce cholesterol and control blood sugar levels.

12. Okra

Particularly interesting is the research into the potential of okra (also known as lady's fingers, bamia, bhindi or gumbo) in the treatment of diabetes. The studies have only been done on animal models so far and it's too early to draw any conclusions, but the preliminary findings are promising. A study from 2011 showed that okra helped reduce the absorption of glucose and lowered blood sugar levels in rats. Another study on rats was conducted in 2011 and provided similar results.

13. Bitter Melon

Bitter melon, also known as wild cucumber or bitter apple, grows in Asia, East Africa, South America and the Caribbean. It is consumed as food and also has many medicinal effects. It has a strange appearance, almost like a bumpy green banana, and contains three different properties that are proven to help diabetics. Clinical studies continue to evaluate the charantin, polypeptide-p, and vicine, each of which has shown an ability to lower blood sugar.

CONCLUSION:

These best foods to control diabetes should be added to your daily menu. You can start the day with oatmeal porridge flavoured with cinnamon, eat for lunch grass fed beef with poached green vegetables, drink afternoon green tea alongside a red apple, and in the evening eat lentil soup. At bedtime drink another cup of green tea in order to lower blood sugar levels and calm the digestive system before going to sleep.