



## NATURAL WAY TO CONTROL DIABETES

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### What is Diabetes?

Diabetes is the name of the group of disease caused by the inability of the pancreas to manufacture the amount of insulin needed by the body, resulting in too much sugar in the blood. There is no common cause that fits every type of diabetes. Its causes vary depending on your genetic makeup, family history, ethnicity, health and environmental factors.



### TYPE 1

Diabetes caused by the immune system destroying cells in the pancreas that make insulin. This causes diabetes by leaving the body without enough insulin to function normally.

### TYPE 2

This type of Diabetes most commonly becomes apparent during adulthood. It was formerly called adult onset or non insulin dependent diabetes. But now days it is rising in children as well.

Over time, having too much glucose in your blood can cause serious problems. It can damage your eyes, kidneys, and nerves. Diabetes can also cause heart disease, stroke and even the need to remove a limb. Pregnant women can also get diabetes, called gestational diabetes.

It is important to do yearly checkups as a Blood test can show if you have diabetes or if you are a border-line Diabetic. One type of test, the A1C, can also check on how you are managing your diabetes.

**Exercise, weight control and sticking to your meal plan is essential to control your diabetes.** You should also monitor

your blood glucose level and take medicine if prescribed. It has been seen that Diabetes increases more in those individuals who live a stressful life. It is therefore important to bring about some changes in the life style that help an individual to relax and keep the mind calm. Regular Meditation and Right Breathing Techniques are helpful to control sugar levels together with improving health naturally.

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A regular **Exercise Plan** should include a daily walk or jog of 20 - 30 minutes. This can be followed by some yoga postures that are good for controlling sugar levels.

- Forward and Backward Bending: Stand straight with your arms by your side. Stretch your arms straight above your head. Inhale while bending backwards, and exhale while bending forwards, bringing your arms as low as possible. As you come up, inhale and bend backwards. Exhale and bend forward again. Do this as many times as you can, slowly increasing the count to 20.



- Matsyasana or Fish pose: Lie down on your back. Place your right leg on your

left thigh. Place your left leg over your right leg on your right thigh as in Padmasana or Lotus pose. Place your hands on either side of your head with your fingers facing towards your shoulders. Using your palms as support, lift your head and back off the ground. Slowly bring your head to the ground by arching your spine backwards. Remove your hands after you have balanced your weight on your head. Catch hold of your big toe locking your index fingers around them. Hold onto this position for about a minute.



(All yoga asanas should be practiced with the help of an authorized yoga teacher only)

A **Diabetes Diet** is a healthy-eating plan that's naturally rich in nutrients and low in fat and calories. Key elements are fruits, vegetables and whole grains. A diet for Diabetes patient is basically one that's healthy for everyone.

A diabetes diet is based on eating three meals a day at regular times. This helps your body better use the insulin it produces or gets through a medication.

### Foods to avoid

Diabetes increases your risk of heart disease and stroke by accelerating the development of clogged and hardened arteries. Foods containing the following can work against your goal of a heart-healthy diet.



- **Saturated fats.** High-fat dairy products and animal proteins such as beef, hot dogs, sausage and bacon contain saturated fats.
- **Trans fats.** These types of fats are found in processed snacks, baked goods, shortening and stick margarines. Avoid these items.
- **Cholesterol.** Sources of cholesterol include high-fat dairy products and high-fat animal proteins, egg yolks, liver, and other organ meats. Aim for no more than 200 milligrams (mg) of cholesterol a day.
- **Sodium.** Aim for less than 2,300 mg of sodium a day. However, if you also have hypertension, you should aim for less than 1,500 mg of sodium a day.
- **SUGAR & STARCHY FOOD** is to be avoided at all times.



**Grapefruit:** is a splendid fruit to consume if a person has Diabetes. It decrease starches, sweets and fats.

**Indian gooseberry:** is high in Vitamin C. 1 tablespoonful of its juice mixed with a cup of fresh bitter gourd juice taken daily for two months will stimulate the islets of Langerhans i.e. the isolated group of cells that secrete hormone insulin.

**Jamun:** is a fruit and is used as traditional medicine, specifically against diabetic because of its affects on the pancreas. The seed contain a glucose which is believed to have the power to reduce the quantity of sugar in urine. The seeds are dried and powdered and can be consumed in capsule form.

**Bitter gourd:** contains an insulin-like compound called Polypeptide-p or p-insulin which has been shown to control diabetes naturally. A report issued in the Journal of Chemistry & Biology gives evidence that consumption of bitter gourd tends to increase the uptake of glucose and improves glycemic control.

Eat a diet that has much organic whole-food ingredients as possible including plenty of fruits and vegetables. Consume food that are rich in omega 3, fatty acids such as avocados extra virgin olive oil, flaxseeds coconut oil and healthy nuts, seeds, roots and mushrooms.

**Fenugreek seeds:** Taking a teaspoon of fenugreek seeds, turmeric powder and amla powder in equal quantities with warm water thrice a day helps to control high blood sugar levels. You can even soak one to two teaspoons of fenugreek seeds in water at night and consume this only every morning. Those who are on insulin therapy should consult their doctor before doing so.

(Fenugreek seeds and Bitter gourd can be dehydrated together and taken in capsule form.)

**Wheatgrass:** has a definite role in improving glucose and lipids levels and can effectively be used in the management of diabetes, suggests a research team in a study published in December 2009 issue of "Journal of Herbal Medicine and Toxicology." This study was conducted on 30 volunteers and wheatgrass was added to one meal. The researchers found that adding 15 g of wheatgrass to the diet significantly lowered blood glucose levels.

A Diabetes Plan at Prisim Healing Institute includes Healthy Meals, Yoga, Meditation, and Right Breathing exercises. Jamun seed capsules, Fenugreek-Bitter gourd (Methi-Karela) capsules and Wheatgrass Juice and Capsules are also available.

**Prisim Healing Institute** is the one and only dealer in Mumbai of this unique Breath Healing Program. You can avail of a trial session at Prisim Healing Institute. Email us at prisimms@gmail.com for an appointment.

**Rashna Master** has been part of Prisim Healing Institute since the year 2006, her passion is teaching and preparing raw and vegan foods. She is an innovative chef, trying new recipes and creating many of her own recipes. She has been trained by Raw Foods Guru Yogini Unmani, The Living Foods Institute (Atlanta). She is also a Corn Treatment Therapist, an Angel Card Reader and Healer.