

## How to Help Diabetic People with Type 2 Diabetes

**Seyedaghanoor Sadeghi\***

*Homeopathic Physician, Tehran, Iran*

**\*Corresponding Author:** Seyedaghanoor Sadeghi, Homeopathic Physician, Tehran, Iran.

**Received:** January 01, 2020; **Published:** January 27, 2020

### Abstract

Ninety percent of type 2 diabetic people are obese or overweight. Thus, the first suggestions to them are to follow proper instructions to choose the best food items with the lowest glycemic index, like whole wheat bread, and to include a regular daily physical activity and exercise in their daily living. If they add homeopathic remedies under treatment of a professional homeopathic physician, they can even experience complete cure, as reported in the literature. I have called this type of cure, Triangle of Cure. Thus, proper nutritional management or food plan is essential for better glucose control. This in turn helps to reduce the risk of diabetic complications. Daily consistency regarding the types of food including in the meal, their nutritional information, and the time at which they are consumed will help to normalize the blood glucose levels. Around 80% of people that chose homeopathy reported the author higher carbohydrates tolerance by taking homeopathic remedies after more than 3 months. Thus, Choosing proper food plan in one's food plate helps diabetic patients type 2 to experience better numbers and hgbA1c, lose their extra weight more easily, especially when proper daily activity and homeopathic remedies are added to diabetics type 2 management plan.

**Keywords:** *Type 2 Diabetes; hgbA1c*

"My Plate" replaced "My Pyramid" as the U.S. government's primary food, to build a healthy plate, consistent with the 2010 Dietary Guidelines for Americans. My Pyramid replaced the 1992 Food Guide Pyramid and associated materials. Diabetics have some limitations and differences, though. If a diabetic chooses proper food items he/she will benefit from them effectively and will be able to have a better control over his/her condition.

Thus, it is suggested to:

- Avoid saturated fats and oils; instead of using unsaturated oils found in olive oil, nuts, and canola oil.
- Moderate salt and salty food consumption, especially when high blood pressure is present.
- Watch the amount of protein-rich food.
- Incorporate high-fiber food such as grains, raw vegetables and fruits (fruit is better than the fruit juice).
- Spread one's daily carbohydrate intake through the day.
- Not to eat too much carbohydrate at any time.
- Choose a small plate not to take more than what you need.

- Take salad and vegetable before meals. Veggies are magic food items in one's diet.
- Take an apple and cabbage in the afternoon.
- Include lentils and other legume family in your diet
- Dr. Hensrud the chief editor of Mayo-clinic was interviewed by the Healthradio.net located in the U.S.A. in February of 2012, on the book titled "Diabetes Diet". He talked about overweight and obesity as the main factor of diabetes T2 and the necessity of taking healthy fats and carbohydrates [1-3].

### Conclusion

Choosing proper food plan in one's food plate helps diabetic patients type 2 to experience better numbers and hgbA1c, lose their extra weight more easily, especially when proper daily activity and homeopathic remedies are added to diabetics type 2 management plan. c

### Bibliography

1. Reversing Diabetes with Homeopathy by Seyedaghanoor Sadeghi MD.
2. Organon of Medicine edition 6 BY Dr. C.F.S. Hahnemann
3. Mayo-clinic.

**Volume 15 Issue 2 February 2020**

**©All rights reserved by Seyedaghanoor Sadeghi.**