



*Homeopathic support
for Diabetes!*



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Introduction


Diabetes is a global epidemic. Type 2 diabetes is the most common form of diabetes. About 1 in 10 Americans suffer from it. It's one of the leading causes of death in the U.S.

It is more of a lifestyle disease than just a sugar imbalance. Today one is constantly struggling to balance pleasure with health (a sedentary lifestyle, fast food, etc....) and reduce stress, hence the onset of diabetes is not limited to a specific age group. Even children & young adults are becoming victims of it today.

Diabetes requires lifestyle management. You can prevent or delay Type 2 diabetes by practicing a disciplined life and using stress reduction techniques like mindfulness. One needs daily dedication to improving blood sugar levels.

This Ebook is a small attempt to understand diabetes, its prevention, its complications, and how homeopathy treatment can be used to work towards a natural resolution.





Homeopathy For

Diabetes

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Understanding Diabetes

diabetes

The original term **Diabetes mellitus** is derived from the Greek word diabetes meaning to pass through a siphon (a tube) - and the Latin word mellitus meaning honeyed or sweet. This is because in diabetes excess sugar is found in the blood as well as the urine.

Diabetes Mellitus is a chronic (long-lasting) metabolic disorder that affects how your body turns food (carbohydrate, fats and proteins) into energy. The food you eat is broken down into sugar (also called glucose) and is released into your bloodstream.

When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar enter your body's cells for use as energy. In diabetics, there isn't enough insulin or cells stop responding to insulin. This results in disruption in the process of food getting converted into energy.

DIABETES

(DIABETES MELLITUS)

A chronic disease that occurs when blood glucose, also called blood sugar, is higher than usual.



Many different symptoms can be seen in different individuals. Abnormal appetite, excess urination, excess thirst, and weight loss are the main symptoms, but these may not be present in all cases. There is also increased susceptibility to bacterial and fungal infections. Diabetes is also called a “silent killer”.

In the course of time, the progressive tissue damage can result in heart disease, vision loss, kidney disease, recurrent urine infections, leg, and foot ulcers, delayed wound healing, hearing loss, non-alcoholic fatty liver disease, sexual dysfunction, skin problems, blood vessels, nerve affections, and gangrene. In some rare cases, Type 2 diabetes leads to diabetic ketoacidosis (DKA). DKA is a life-threatening condition that causes your blood to become acidic. People with Type 1 diabetes are more likely to have DKA.

Although the diagnosis of every diabetes case remains the same in homeopathy, each case has to be studied in detail by understanding the prediabetic state, all the possible causes, effects and the progression in each individual in their unique way.

Type 1 Diabetes mellitus



Type 1 DM results from destruction of the insulin-producing β -cells in pancreatic islets that is mediated by autoimmune mechanisms. The classic view is that autoreactive T cells mistakenly destroy healthy ('innocent') β -cells. In Type 1, your pancreas doesn't make any insulin usually leading to absolute insulin deficiency. It can be Immune mediated or Idiopathic. Type 1 diabetes usually develops in children or young adults, but people of any age can get it.

Type 2 Diabetes mellitus

Type 2 diabetes is an impairment in the way the body regulates and uses sugar (glucose) as a fuel. This long-term (chronic) condition results in too much sugar circulating in the bloodstream. Your pancreas doesn't make enough insulin, and the insulin it is making doesn't always work as it should. Type 2 diabetes usually affects older adults, though it's becoming more common in children.



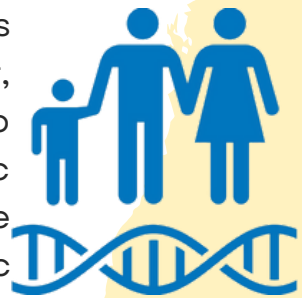


•Gestational diabetes Mellitus

This type of diabetes occurs during pregnancy and usually recovers after birth. In some cases it may continue even after delivery.

Diabetes due to other genetic factors

Diabetes due to other genetic factors
Race and ethnicity: are also a factor, African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are found to be at higher risk due genetic predominance. Although recent studies indicate wider causes including lifestyle, stress, food habits and other practices prevalent in the western world.



Prediabetic signs and symptoms



Prediabetes can exist for years without showing clear symptoms, so it often goes undetected until serious health problems such as type 2 diabetes show up.

There are several signs to look out for.

- **Race and ethnicity:** are also a factor, African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are found to be at higher risk due genetic predominance. Although recent studies have indicates to wider causes including life styles, stress, the food habits and practices prevalent in the western world.

Father
DR3, DR7



Mother
DR4, DR5



DR3, DR5
(lower risk)



DR7, DR4
(lower risk)



DR7, DR5
(lower risk)



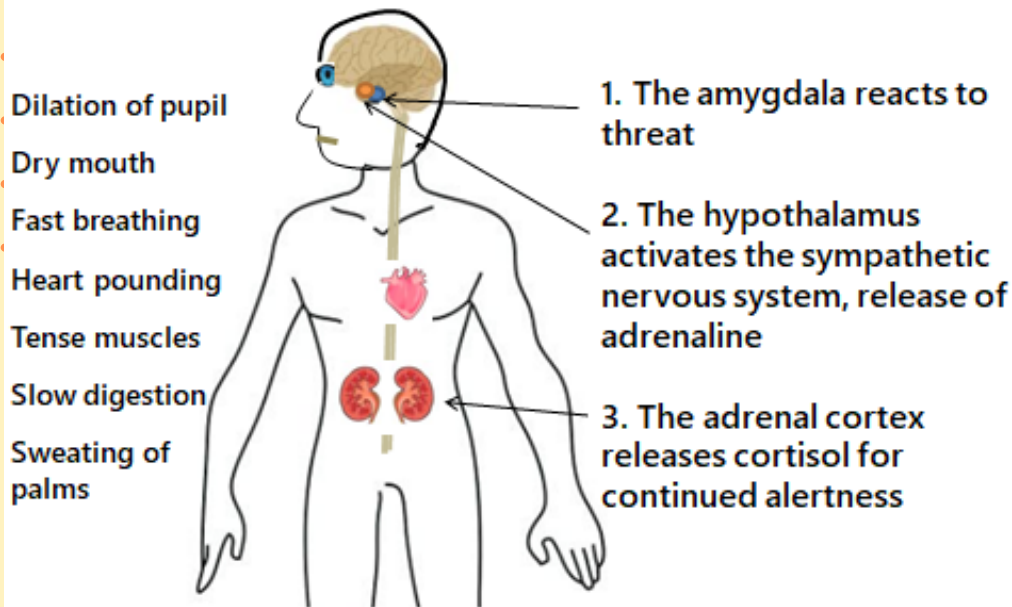
DR3, DR4
(higher risk)

- Type 1 – also called insulin-dependent diabetes or juvenile diabetes. It is usually diagnosed in children, teens and young adults but it can develop at any age.
- Type 2 – Used to be found in those < 45 but now-a-days can be a > 35 years and more. Children, teens and young adults are also developing it.
- **Family history:** either no family history or either parent or both parents can have diabetes.
- Ever having had **gestational diabetes**
- Being **physically inactive:** leads to weight gain and affects insulin function.

- Having **polycystic ovary syndrome**
- A **Sedentary** lifestyle
- **Junk food** habits: can demand more insulin and eventually your pancreas won't keep up and your blood sugar rises, setting the stage for prediabetes and diabetes down the road.
- **Smoking**: In smokers, there is a 30-40% greater chance of developing diabetes. Smokers with diabetes can have more complications like heart, kidney disease, poor blood flow to legs and feet, infections and ulcers that can lead to amputation, eye diseases, and damaged nerves.
- **Excess alcohol**: it prevents your liver from doing its job of regulating blood sugar.
- Using certain prescriptions, like **steroids**.



The fight or flight response



Stresses [Flight or fight]: Living in constant stress can increase sugar levels. In prehistoric times, when our ancestors living in African jungles saw a tiger, they would go into fight or flight. To run away from a tiger he needs glucose, the heart rate needs to go up and this requires more energy which comes from the stimulation generated from sympathetic nervous system. This adrenalin stimulates the liver.

Nature stores gunny bags of sugar in the liver, called glycogen. Adrenalin stimulates the liver and new sugar comes out (neoglucogenesis). So, when he sees the tiger, his sugar goes up, so he can run. His blood pressure goes up due to adrenalin, his heart rate goes up and he runs for his life. If he survives everything comes back to normal.

Fight-or-Flight Response

IMMUNE SYSTEM

- Is repressed

HEART

- Beats faster
- Pumps more blood
- Blood pressure rises
- Blood increases to muscles
- Blood decreases to organs

ENDOCRINE SYSTEM

- Pumps out adrenaline, noradrenaline & cortisol
- Noradrenaline constricts blood vessels
- Releases less growth hormone
- Produces fewer sex hormones

LUNGS

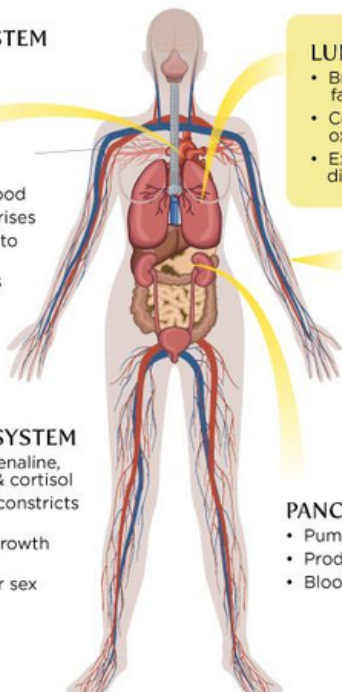
- Breathing becomes faster & shallower
- Consume more oxygen
- Expel more carbon dioxide

SKIN

- Sweating begins

PANCREAS

- Pumps out glucagon
- Produces less insulin
- Blood sugar level rises



Now, we humans have changed a lot since the last so many thousand years, but our physiology is the same. We have tigers in the form of a human beings, it maybe your boss who is a tiger, your wife or a husband who is a tiger or a troublesome brother or sister who is a tiger, a junior colleague or someone from whom you feel a threat, insecurity, aggression, frustration etc... can be a tiger.

So, when you see the same kind of tiger but can't run away and you have to stand there and continue to watch; then your sugar goes up which is called diabetes. Blood pressure goes up and up and up... called high blood pressure. The same reaction occurs inside the body but you can't run away. This is how people suffer now-a-days.

Prediabetic warning signs

WARNING SIGNS OF DIABETES

EARLY WARNING SIGNS OF TYPE 2 DIABETES INCLUDE:

Frequent
Urination



Extreme
Fatigue.



Constant
Hunger



Slow healing
cuts/wounds



Increased
Thirst



Itchiness
or yeast
infections.



High Blood
Sugar



Tingling, numbness, a
burning sensation or pain
in the hands or feet.



There are no fixed signs or symptoms. However, you can check for subtle signs. On the precautionary basis, A blood test can tell you if you have prediabetes. There are several different types of tests and they are the same tests that diagnose Type 2 diabetes. You may want to bring it up with your primary care provider.

- Unexplained weight loss
- Unusual fatigue
- Delayed wound healing
- Dry mouth
- Excessive thirst
- Frequent urination



FREQUENT URINATION



ALWAYS THIRSTY



ALWAYS HUNGRY



WOUNDS
WON'T HEAL



SUDDEN WEIGHT
DROP/GAIN



TINGLING
HANDS OR FEET



BLURRED VISION



DIZZINESS



IRRITABILITY

- Increase in urinary tract infections
- Recurring infections
- Thick, dark, velvety patches on your skin (especially near armpits, neck and elbows)
- Increased anxiety, irritability, or nervousness.
- Itchy skin
- Blurry vision
- Vitamin D deficiency
- Odd sensations, such as tingling, numbness, pain or burning in your extremities

Reversing prediabetes

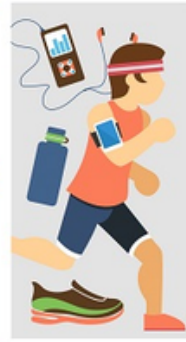


Prediabetes is a signal to take action to protect your health! Most people diagnosed with prediabetes develop Type 2 diabetes within 10 years. This means you should utilize this time to prevent diabetes.

It generally takes few years to reverse prediabetes. You must also change your lifestyle. To reverse a diagnosis of prediabetes, take the following steps:

- Stop smoking.
- Eat a clean and healthy diet.
- Drink water and not diet coke or other sweet drinks.
- Manage your stress.
- Shed your body weight.
- Walk or exercise for 30 minutes a day five days a week.

How can I prevent Type 2 diabetes?



HEALTHY LIFESTYLE & TYPE 2 DIABETES



- Follow your individualized diabetic meal plan (The food you eat should be in balance with and according to the insulin working in your body)
- Exercising and losing weight
- Regular monitoring of your glucose levels
- Emotional stress management: for example, financial loss or working environment challenges. Illness or stress can trigger hyperglycemia. This is because hormones produced to combat disease or stress can likewise cause your glucose to rise. Indeed, even people who don't have diabetes may foster transient hyperglycemia during extreme sickness.

Homeopathic approach

Homeopathic Treatment For

Diabetes!



This e-book is designed to give you information on how homeopathy can offer natural support in diabetic conditions. There are many advertisements where the majority of the populous is made to believe that diabetes is a lifetime disease but in reality, it's a lifestyle disease.

Homeopathy can be very helpful in reversing diabetes in recently diagnosed cases so that people don't have to be dependent on continuous diabetic medications.

Role of Homeopathy In

Diabetes



Diabetes is a state maintained by the body as a reaction of the individual to the external environment. Today people are under never-ending stress. One may get diabetes due to physical (abuse of food, sedentary life, no exercise, etc), emotional or mental factors (like stress - work, family, job, managing finances, etc. conditions) or as a result of a combination of the above. If the cause of diabetes is in the way the individual leads life, then without addressing that, diabetes cannot be cured. Hence each person needs to be studied individually and remedies prescribed accordingly.

Diabetes is a constitutional disorder as it can be an offshoot of constitutional defects (genetic factors, altered immunity) along with a sedentary lifestyle, junk food, high carb, sugary food habits, and response to stress having an impact on the entire constitution of an individual. Hence it calls for an in-depth constitutional approach for its management.



Homeopathy is based on the principle that disease is a total affliction of the body. Moreover, homeopathy recognizes the importance of the underlying causes such as genetic and inherited factors as the root of any imbalance in the body. Homeopathic remedies prescribed on such criteria play a crucial role in the management of many deep-rooted, chronic or long-lasting complicated diseases; one amongst them being diabetes.


Homeopathic treatment along with intake of hypoglycemic drugs and/or insulin can prevent the progress and the complications associated with this condition. Moreover, timely administered homeopathic medicines help in maintaining the levels of injected insulin and hypoglycemic drugs at the minimum possible dosage and in preventing the further progress of the disease. However, it may be noted that there is no substitute for insulin in homeopathy. Hence homeopathy can be recommended in early diagnosed cases of diabetes. The role of a healthy diet and exercise cannot be underestimated along with all the above treatment measures.

Remedies



The effective approach for diabetes is strictly individualizing every single case with a constitutional remedy. Here are some remedies which can be useful in diabetes.

- **Lycopodium** - is indicated in urinary and digestive disturbances in diabetics. Liver function is seriously disturbed.
- **Sulphur**- has great desire for sweets, excessively thirsty, burning of feet, eyes, frequent urination.
- **Gymnema Sylvestre** - is a plant that may lower sugar levels in the blood and urine in people with type 2 diabetes.



Homeopathy is safe,
gentle and it works

- **Phosphorus** – helps in eye complications in diabetics by reducing blood sugar levels.
- **Syguzyium Jumbolanum**– used to reduce blood sugar levels. The patient passes urine in large quantities; great thirst.
- **Abroma augusta** – used in profuse urination day and night. Fishy odor to the urine.
- **Avina sativa** – helps with excessive weakness in diabetics.
- **Kali carb** - pressure in the bladder long before the patient passes urine; frequent urination day night.
- **Picric Acid** - copious urination, copious discharge of urine; feet cold, chilly, cannot get warm; great thirst for cold water; eyes feel dry as if full of dry sand; lack of willpower to do anything. Great sexual desire with emissions; urine contains sugar and albumin.



- **Conium** - is also a plant-based remedy. It might help with numbness in the feet or hands from nerve damage due to diabetes or diabetic neuropathy. Plumbum may also ease these symptoms.
- **Uranium nitricum and phosphoric acid** - are common homeopathic remedies for people who have problems with having to urinate too often due to diabetes.
- **Apis mellifica** - help improve urine flow and help your body release extra fluid from the tissues.
- **Vipera Berus** - helps in inflammation of veins with great swelling, bursting sensation. paralysis of lower extremities.
- **Terebinthina - Albuminuria**; frequent urination; foul breath; hunger and thirst with debility; tongue dry and red; dullness of mind. Burning of stomach and hypochondria; lips cracked and bleeding; sunken features.

The energy center of metabolism

MANIPURA CHAKRA



SOLAR PLEXUS CHAKRA – THIRD CHAKRA

Sanskrit Name

Manipura Chakra

Color

Yellow

Location

Above the navel

Element

Fire

Gland

Pancreas

The energy center of the body is the Solar Plexus Chakra. This chakra is where your power, metabolism, and self-confidence manifests. Activating the fire within moderates body temperature and helps in food digestion. It represents balance of energy.

Balance of Solar Plexus

When the Solar Plexus Chakra is in balance, a person experiences confidence, is self-motivated and has a sense of purpose. When surrounded by negative energy, he or she can suffer from low self-esteem, feel troubled, have difficulty in making decisions, and have control issues.



Misaligned solar plexus chakra and emotions:

The fire energy of the Solar Plexus Chakra is very important for digestion. When it is out of alignment, it causes digestive issues. This can cause improper processing of nutrients, constipation, irritable bowel syndrome, fatigue, eating disorders, obesity, ulcers, hypoglycemia, diabetes, and issues with the pancreas, liver, and colon.

The solar plexus chakra attracts prana and manages the life energy to balance the body and mind. Excessive fire, and excessive energy in the Solar Plexus Chakra can create impulsive reactions such as anger and aggression. This is a sign of a blocked chakra.

An emotional imbalance can start with doubt and mistrust towards the people in your life, lots of worries about what others may think about you. Some people may experience low levels of self-esteem, searching for continuous confirmation and approval from others. This imbalance may lead to unhealthy attachment to people in your life.

Importance of Exercise



Manipura
Solar Plexus chakra
Personality, Self esteem & Will power
-ram-



- The Solar plexus chakra is the center of fire. A balanced energy center contributes to the physical, mental, and emotional wellness.

These yoga poses activate the Solar plexus chakra.

Classical Forward Bend

Bow Pose

Half Spinal Twist

- Regular 30-60 mins sessions 4 -5 days a week generates the best outcome.
- Exercise helps the muscles to use glucose at 20 times more than the normal rate. This reduces blood sugar and thus can reduce the need for artificial insulin.



- Regular exercise can help your body respond to insulin by improving its sensitivity.
- It can help in burning calories and maintaining healthy weight.
- Exercise helps improve circulation and reduce cholesterol and high blood pressure. High cholesterol and high blood pressure can lead to heart attack or stroke.
- Exercise helps reduce stress, which can raise your glucose level.

Importance of Food



Every individual will have to follow their own unique meal plan based on their sugar levels. Diet in diabetes is not a supplementary thing, it plays an important role. Your diet makes a big difference!!

TYPE 1 DIABETIC DIETS SHOULD INCLUDE:



LEAN PROTEIN
(90% OR LEANER GROUND BEEF, FISH & SHELLFISH, BEANS & LENTILS, ETC.)



UNSATURATED FATS
(VEGETABLE OILS, AVOCADOS, MOST SEEDS AND NUTS, SOME FISH)



FIBER
(BEANS, BAKED POTATO WITH SKIN, BRAN CEREAL, NUTS, ETC.)



FRUITS & VEGETABLES



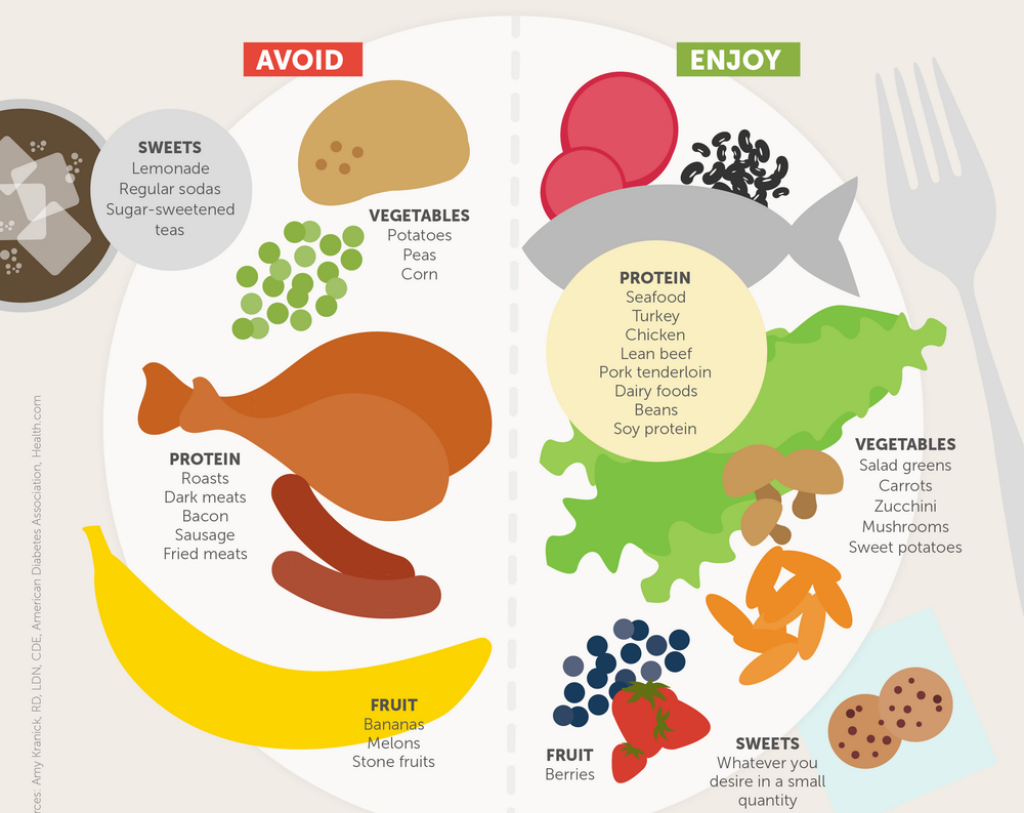
WHOLE GRAINS

TYPE 1

With type 1 diabetics, the timing will be according to the activity and diet. It is important to note that when, what and how much you eat. Most physicians prescribe small meals (3-4) to maintain the balance between insulin and blood sugar in your body. This helps keep your glucose within normal levels.

Taking care of diet and injectable Insulin while exercising:

- Always have a snack before exercising.
- Always carry a snack with you while exercising to avoid sudden low blood sugar.
- If you are on insulin, exercise after eating, not before.
- Don't exercise when your blood sugar is more than 300.
- Always consult doctors before starting a new exercise regime.



TYPE 2

- **Never skip breakfast:** breakfast helps to provide good energy and keeps steady blood sugar levels.
- **Lean proteins:** Proteins low in saturated fats include chicken, eggs, and seafood. Plant-based proteins include tofu, nuts, and beans.
- **Minimally processed carbohydrates:** Choose carbs that cause a more gradual blood sugar increase such as whole grains like different variety of millets, quinoa, steel cut or rolled oats, brown rice and whole-grain pasta.
- **Refined carbs** or “empty carbs” like candy, soda, white bread, pasta and potatoes can cause your blood sugar to increase quickly.

List of fruits for diabetics patients



Papaya
150 grams



Watermelon
150 grams



Muskmelon
150 grams



Pear
75 grams



Guava
100 grams



Pineapple
100 grams



Sweet lime
100 grams



Orange
100 grams



Apple
75 grams



Amla
75 grams



Jamun
75 grams



Pomegranate
75 grams

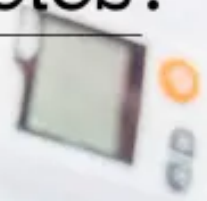
- **Use healthy fats:** Like ghee, extra virgin olive oil, coconut oil, avocado. Avoid using readymade salad dressing. Focus on omega 3 fatty acids which fight inflammation and support brain and heart health. Good sources include flax seeds, salmon and tuna.
- **No added salt:** Too much sodium, or salt, can increase your blood pressure. Lower your sodium by avoiding processed foods like those that come in cans or packages. Choose salt-free spices.
- **No added sugars:** Avoid sugary foods and drinks, such as pies, cakes and soda. Choose water or unsweetened tea to drink. Choose natural fruits
- **Non-starchy vegetables:** These vegetables are lower in carbohydrates, so they don't cause blood sugar spikes. Examples include broccoli, carrots and cauliflower.

How homeopathy helps



How Homeopathy can Help
Manage

Diabetes?



- Homeopathy helps in balancing the changes in insulin hormone. Homeopathy effectively controls blood sugar levels.
- Homeopathy can help achieve relief in subjective symptoms and gently maintain blood sugar levels gently.
- In advanced cases of diabetes, homeopathy helps in improving blood sugar levels followed by relieving symptoms very effectively.



- Healing the cause: better stabilization at the level of emotional disturbances, that normally lead to erratic sugar fluctuations.
- Homeopathic remedies are palatable right from diabetic children, teens to adults without any side effects if taken under the care of a professional homeopath.
- Cases of severe insulin deficiency cannot be corrected by homeopathic remedies alone. However, in such cases, homeopathy is the best complementary option within the modern health care system. It helps in improving immunity, reduces frequency of infections and postponing complications.

What to expect working with homeopath



Diabetes appointments involve more details than a typical detailed consultation. Every diabetic person manifests unique and individualized symptoms.

Diabetes consultations take anywhere between 3 to 4 hours. The homeopath may take 2 sessions to understand your case in detail. Most homeopaths will ask clients to fill out and submit a detailed homeopathic history form a few days before the first appointment.



Your sessions will involve understanding...

- Chief and associated complaints with the help of medical records and lab reports. Make sure you have your recent medical and lab reports with you when you visit the homeopath.
- Chronology and intensity of your complaints
- Frequency of symptoms; what makes them worse or better
- Blood sugar level changes since the onset and fluctuations till present
- Current conditions
- Stresses and lifestyle
- Records of prior and current medicine and insulin course



Online Consultation



Step to get well Soon.

1. Sign up for the Treatment & Make Payment
2. Book an Appointment
3. Consult the Doctor

Understanding the person as a whole.

Your homeopath may also ask you a lot of questions about you, your present and past. This is only to understand you as a person without any biases.

- **Questions about your**

- Childhood
- Past
- Relationships
- Work
- Education
- Financial stresses
- and many more...

Understand that these are only asked to get to the root causes of your complaint. Please try to answer in as much detail as possible.

Please click on '[why do homeopaths ask so many questions](#)' to read more.



After the appointment

Your homeopath may take many hours to study your case and arrive at an appropriate remedy and suggest a course of action. A homeopath may also recommend some dietary restrictions, alternatives, and exercises.

Typically, the course will require a follow up after 4-5 weeks to find out about your progress. Depending on this, the homeopath may ask you to continue or make appropriate changes to the remedies or the course.

If you get any new acute symptoms in between the two appointment you may connect with your homeopath.

The total length of the course will depend on how your body is responding to the remedies, diet and exercise regime.

Case Study



A 54-year-old lady had complaints from diabetes mellitus type 2, arthritis, frozen shoulder, insomnia, constipation, anxiety, high cholesterol, and high blood pressure for 13 years. She came to me in so much agony, as her frozen shoulder, pricking pain, stiffness was acting up so much that she could not even pick up a glass of water. She could not bend forward. Upper and lower back pain, stiffness. Calf pains. General weakness. Urine incontinence & frequent urination would disturb her sleep, uncontrolled hunger, giddiness, mouth dryness, didn't feel like working, could not walk more than 10-15 mins. Tingling & numbness in hands and legs. Insomnia, silent grief, anxiety, weeping on and off due to big financial loss in business.

By nature, she was quiet, religious, sincere, anxious about the future, constant brooding on the past financial loss, dreams of natural calamities, God, dead father. sensitive to rudeness, cries easily, fear of the dark, being alone, ghosts, snakes. She would miss her parents constantly, she would be sensitive to loud noise, blames, fights.

Sleep was very light and alert. She had a pattern of teeth grinding during sleep as a child but seldom now.

She loves oily, salty, savory food. Sour food never suits her. Constipation since childhood and now since, 13 years, diabetic medicines make her more constipated. She would be more sensitive to cold than other members of the family.

Medicines list since, 13 years

1. Tab Atorvastatin 2 times
2. Tab Tylenol every day 2 times
3. Tab Glimepiride 2 times
4. Tab Metformin 2 tablets twice daily
5. Tab Olmesartan once morning

Homeopathic approach

In this case, the homeopath needs to understand what happened around or a few months before she got diagnosed with diabetes and other complaints. How is her emotional nature, how is she perceiving and responding to the stresses in her life? Patterns of dreams, Her food likings, food sensitivities.





Considering a holistic approach I gave her *Calcarea carbonica*. She responded well to her constitutional remedy and also followed her diet. The next month she was feeling so much improvement with all her arthritis, that she painted her kitchen, she was able to pick not only her glass of water now, but her 3-year-old grandson too! She was able to have a sound and refreshing sleep. No brooding over past thoughts, anxiety was settled. Appetite controlled, urination control, constipation, tingling and numbness improved, and she was able to walk for one hour every day without any aches or weakness.

She said she was feeling fresh after so many years, she continues to progress every month symptomatically with her blood sugar levels.

Her allopathic support medicines tapered down by her physician in the last 6 months:

1. Tab Atorvastatin once daily
2. Tab Tylenol stopped completely
3. Tab Olmesartan once daily
4. Tab Glimepiride once daily
5. Tab Metformin one tab twice a day

Testimonials

Diabetes type 2, frozen shoulder, constipation, OA, high cholesterol

New Jersey, USA

Suffering from Frozen shoulder, Diabetes, constipation, Osteoarthritis, Weakness, High BP, High cholesterol & Triglycerides, Anxiety, very light sleep for 13 years was not easy for me. Life became so restricted with all the complaints. Even after taking a lot of allopathic medicines, Painkillers almost every day & became dependent on allopathic medicines without any relief.

I heard about Priyanka from a relative and they gave us good feedback during pandemic 2020. After I started her homeopathic remedies, I felt much better with frozen shoulder. I was unable to hold a glass of water earlier, the next month I could color my kitchen & I could carry my Grandson. I was unable to walk for even 15 mins, now can walk morning & evening for 1 hour without any weakness or pains. Anxiety has settled down, sleep, Constipation improved. Feeling fresh.

All the lab reports are improving gradually since we started with Homeopathic remedies. I would recommend taking Homeopathic remedies. Thank you, Priyanka!

Testimonials

**Diabetic foot, anxiety, urine incontinence, dry mouth,
high cholesterol
Kansas, USA**

I was frustrated with a lot of medicines for 17 years, in spite of following the diet my body was not responding to modern medicines. BSL range was 340-370, HbA1c-10.8. I had a long history of burning feet. I was losing sensation in my feet. I could not sense I am wearing slippers. Gradually I developed a diabetic foot, the wound was not healing and was getting worse.

Priyanka helped me a lot in this critical journey. I was not sure what homeopathy can offer in such an advanced problem but I must say it left me astonished with its effective results!



Frequently Asked Questions

Can Homeopathy

Help Treat Diabetes?




Are homeopathy globules safe for Diabetes?

Homeopathic remedies are dispensed in pills that have sucrose (Cane sugar) as a base and they are medicated with drops of dilutions. Sometimes given in water. These dosages are extremely small and are safe for a diabetic person.

Is Homeopathy effective in diabetes?

Diabetes is a chronic lifestyle disease, and many individuals are initially put on insulin replacement therapy. Homeopathy can be effectively used for diabetes treatment because it targets the functioning of the pancreas, which in turn helps in efficient insulin production.

Diabetes?



The conventional insulin replacement therapy is gradually tapered over a period of few months with help of regular checks. If your sugar levels are under control, insulin replacement therapy can be stopped by your physician. Homeopaths will not tell you to stop any medications given by your primary physician but will support you if you find they are no longer needed.

Can homeopathy be helpful in uncontrolled sugar levels with complications?

Yes. With uncontrolled sugar for many years with diabetes complications like recurrent fungal infections, eye problems, kidney-related issues, diabetic foot, slow healing wounds, neuropathies, dry or wet gangrene. In such cases, effective blood sugar control followed by symptomatic relief can be obtained with individualized homeopathic remedies. However, along with homeopathic remedies, the rule of thumb for diabetes treatment remains diet and exercise.



Can I stop insulin or metformin while taking homeopathic remedies?

Diabetic people are not supposed to stop their insulin intake immediately after starting with homeopathic remedies. On the basis of your improvement in symptoms and regular check-ups, your physician will decide the required changes in your medicines. Homeopaths don't have the right to stop any medications given by your primary physician.

Can we reverse diabetes?

The answer is yes and no. In recently diagnosed cases there is more possibility to reverse diabetes with diet, exercise, and homeopathic remedies for those who are willing to make healthy lifestyle changes. It's not possible, for those who believe it's a lifetime disease and get stuck into the trap of medicines.



Precautions To Be
Taken While On A

Homeopathic Treatment

Can homeopathy be effective if I don't follow a diet or exercise plan?

As mentioned, diabetes is more a lifestyle disease than a lifetime disease. Homeopathy is effective but if you want to cure your diabetes, lifestyle changes will be the smartest choice. Some people prefer no change in their lifestyle, for them it can become lifetime disease.

Do I have to get done my lab tests regularly?

Yes, they are a window of the internal functions. They help with further effective management of dose and repetition.

Can homeopathy help in Type1 diabetes?

Yes, homeopathy can help in improving immunity which helps in reducing frequency of infections and postponing further complications without any side effects.

Can I self medicate?

No. Its always safe to consult your homeopath for such complex disease. Self prescription can modify the original picture of the disease. Its not only finding the right remedy but also the correct dose and repetition.

About me



I am a M.D. Homeopath from the beautiful and diverse country of India. I have been practicing and consulting homeopathy for over a decade.

In eight & half years of graduation and post-graduation, I studied subjects like Anatomy, Physiology, Pathology, Surgery, Gynecology, Medicine, the study of Organon, Materia Medica, History of Medicine, Repertory.

I have been helping all age groups with many other health conditions like anxiety disorders, insomnia, depression, allergies, respiratory & skin conditions, recurrent chalazion, styes, migraine, gastric, metabolic, thyroid, menstrual disorders.

I consider the diagnosis, lab Investigations & advice on conventional medicine while giving homeopathic consultations to my clients.

My Specialization

Diabetes is one of the global epidemics worldwide. It is more of a lifestyle disease than just related to sugar imbalance.

In a decade of my practice, I have seen many diagnosed with diabetes, leading a restricted life, frustrations, various complications, and a never-ending cycle of drugs and injectable insulins.

Homeopathic pills have been a boon for such individuals to help control sugar levels naturally. There are different underlying causes, various presentations of symptoms for the same diagnosis. Understanding all these different facets calls for an Individualistic approach. Practicing mindfulness, suitable diet, exercises help in improving quality of life, reducing pain, complications, and frustrations. This makes a study of diabetes much more interesting & complete.

‘Take care of your diabetes & it will take care of you’.



How to get in touch with me



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SWATTVA

I maintain my website at www.swattva.com. You can get in touch with me for a free 15 min to explore your options or how you can get help with homeopathy.

Book a free session

<https://www.swattva.com/appointments>

Book a session for diabetes

<https://www.swattva.com/diabetes-consultation>

You can find more information on different topics on my blogs below.

<https://www.swattva.com/blog>

**‘Take care of your diabetes & it will
take care of you’.**

