

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How The Food You Eat Help You Cure Diabetes?

By Ashish Jain

Every food is a medicine. What you eat is very important from the point of view of your health.

There are no cut and dry methods and medicines by which you can cure diabetes. In fact, perfect cure for diabetes is yet to be found, in any system of medicine. But, Ayurvedic medicines are far near to the point of curing diabetes. This disease can certainly be controlled by Ayurvedic medicines.

The prime concern in controlling diabetes is to see that the sugar level does not cross the recommended level. This means you need to avoid certain types of food and take regularly those food which are good for controlling diabetes.

In short, processed foods and junk food, must be totally given up. Avoid sweets, glucose, fruit sugar, cakes, ice cream, chocolates, soft drinks, cream and fried foods. White sugar and white flour also cause further damage to the health of diabetes patients. Anything that contains harmful preservatives and too much salt should be avoided. Smoking and alcohol are taboo as well. So, in conclusion, your food is your medicine.

Instead of the commercial tea, take green tea, parsley tea and blueberry leaf. Cook the kidney bean pods and drink that water—it is very good in the treatment of diabetes. Replace white sugar with palm sugar, dates and honey. Unpolished rice, sprouted grain should be taken in moderate quantity. Fats like olive. oil and peanut oil are good in diabetes. Drink abundant water, at least 8 to 10 glasses per day. If you can make the habit of it, raw vegetables need to be taken in large quantity. Cooked food raise the level of blood sugar fast. This apart, cooking destroys vitamins, enzymes and minerals in the vegetables and fruits.

The real treatment of diabetes is through the fruits that you take. Take grapes, Indian blackberry, fig, kiwi fruits and citrus fruits and pomegranate juice. Let these things be your morning breakfast. As for vegetables, onion, garlic, radish, cucumber, carrot, tomato, cabbage and cucumber are excellent in the treatment of diabetes. Moong sprouted and unripe banana cooked, are also recommended.

The next important part of the diet is to take those fruits and vegetables in which fiber content is very high. Such type of food lowers the need for insulin, the reason being it releases energy into the body

How The Food You Eat Help You Cure Diabetes?

cells slowly. High fiber diet means more chromium which is very helpful in the treatment of diabetes. Some herbs and vegetables are specifically prescribed for diabetes, like Bitter Gourd and bitter melon juice.

Soak 50 gms of fenugreek seeds in a glass of water at night and drink the water early in the morning, after grinding the seeds in it. Draw a schedule, depending upon the level of your diabetes.

<http://www.diabitieslife.com/diabetes/>

& Diabities Diet provides detailed information on diabities,

diabities diet, diabities symptoms and more.

Have Diabetes, But Enjoy Quality Food? Try Diabetic Recipes!

By Mike Yeager

Having diabetes certainly limits some of the food you can eat, but with the right diabetic recipes you can still enjoy fine food. Sometimes, it is hard to know what foods are safe for you to eat. For your safety, you and your dietitian should work together to design a meal plan that's right for you and includes foods that you enjoy. A diabetes diet meal plan is a guide that tells you how much and what kinds of food you can choose to eat at meals and snack times. A good meal plan should fit in with your schedule and eating habits. Keep in mind that while many diabetic recipes are fairly simple and fast to make, some diabetic recipes may be more complex and take longer. The right meal plan will also help keep your weight where it should be. It is important to gather the right diabetic supplies when planning your diabetic recipes. Whether you need to lose weight, gain weight, or stay where you are, your diabetic recipes will be sure to help.

Some tips on finding tasty Diabetic Recipes.

Fortunately, there is almost certainly to be a diabetic recipe of your favorite food. For example, because of the high sugar content of most desserts, many diabetics felt that they would have to give them up. However, there are many diabetic recipes for desserts that will be safe for people with diabetes to eat. There are also many diabetic safe breads, salads, sandwiches, appetizers, and any other food category you can think of. If you have diabetes and don't want to give up your favorite foods, try a safe diabetic recipes instead such as a diabetic cake recipe, free diabetic recipe or diabetic cookie recipe.

Mike Yeager
Publisher

<http://www.a1-recipes-4u.com/>

Have Diabetes, But Enjoy Quality Food? Try Diabetic Recipes!

How The Food You Eat Help You Cure Diabetes?

Treating Diabetes With A Healthy Diabetes Diet

What is Diabetes?

How a Simple (?) spice may save your live.

Fighting Diabetes Mellitus...

The Truth About Diabetes

How to become a Chef!

Beat that Fat

Smoothies for Athletes

Refund Plague Mini–Course



This Free E–Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!