

DIABETES

www.thoughtsrevolution.co

GUIDELINE BY SANJAY G.M.

- **CAUSES**
 - Auto-immune
 - cross food with milk
 - low food quality
 - no food intake on time
 - stress
 - obesity
 - Less sleep
 - Heavy Antibiotic medicine's (temporary sugar reduce)
 - Some vitamin supplements medicine
 - Vitamin deficiency of „D“, B12 or Iron.
- **SYMPTOMS**
 - Increased thirst, urination & hunger
 - Blurred vision
 - Wounds take more time to heal.
 - Low Testosterone
- **SOLUTIONS**
 - Stop milk, instead of that take desi cow ghee
 - Do exercise, Be active, Walk 40mins daily, Control weight
 - Control stress by doing Yoga Anulom Vilom
 - Sleep 9 hours
 - Eat sprouts lentils which can reduce sugar
 - Reduce carbohydrate food like milk item, rice, cookies, potato, desserts, snacks, WHITE bread.
 - Iron & B12 deficiency can increase level of sugar so control B12 & iron by food
 - To raise vitamin D take 20 mins golden sunlight 7am or 5pm.
 - Under the observation of regular sugar level test every 2 days, hold Kutki 4 times in a day each 2 hours
 - Eat raw celery sticks to control sugar.

- Check your regular medicine side effects to increase sugar & then do needful to change or skip that medicine.
- In breakfast eat soaked chickpeas (Chana)
- Chew & eat 4 custard apple (sitaphal) leaves and monitor blood sugar level , check blood frequently and accordingly increase or decrease number of leaves till the sugar level is in control & then continue eating the same. Later, check blood every month.
- Check blood sugar in house yourself by purchasing equipment (Blood Glucose test monitor)

OR

If sugar not controlled from all above points in certain period then take AMIL “BGR-34” (based on DRDO research) and monitor blood sugar level, check blood frequently and accordingly increase or decrease the dosage of “BGR-34” medicine till you get sugar level in control & then continue that same dose. Later, check blood every month. (Check blood sugar in house yourself by purchasing equipment) (Blood Glucose test monitor)

NOTE :- All guideline is on my personal research or study from many author which convince me. Follow guideline under doctor's observation.

