

# **NATURAL MEDICINE TO PREVENT DIABETES AND PROMOTE HEALTH CARE DEVELOPMENT REPORT**

## **Abstract**

Due to the continuous degradation of the human living environment, the prevalence of people is obviously increasing, and the iatrogenic diseases are also increasing. Therefore, natural medicine treatments have attracted people's attention and recognition, and they have emerged worldwide. Natural traditional medicine is a treasure of the world. It is the crystallization of medical treatment for thousands of years. It is the practice summary of natural medicine therapy. After continuous summary and development in theory and clinical aspects, a systematic scientific natural medicine system has been formed. Natural food and medicine are spread all over the world. They are inexhaustible regenerating natural circulation food and medicine for treatment, health care and health preservation. It is a gift from nature to mankind. There are also acupuncture and Tai-Ming hand acupuncture, which are good ways to prevent and treat diseases without side effects. Observation from medical practice shows that maintaining human health should not just stop at the treatment of diseases, but should be improved to prevent and prevent diseases, delay and reduce the occurrence of diseases, and combine natural scientific health care and health preservation to achieve a healthy life over a hundred years old.

## **Introduction**

At present, diabetes is a global epidemic. With population growth and aging development, global diabetes has increased to 347 million. This is only diagnosed

diabetes, not including undiagnosed diabetes. Among them, type 2 diabetes is an endocrine and metabolic disease with genetic susceptibility, accounting for more than 90% of diabetic patients. Under the influence of unhealthy lifestyles and diets, the incidence rate is increasing rapidly and tends to be younger. At present, because modern medicine has no good treatment methods for the prevention and treatment of diabetes, the incidence rate is not only increasing rapidly, but the disease is getting worse and worse. The lingering complications are also the cause of tumors, infertility, hemiplegia, gangrene, and blindness, which seriously endanger health and affect the quality of people's daily life.

For a long time, the mainstream method of diabetes treatment has been based on anti-diabetic drugs to control blood sugar. To this day of scientific development, Chinese and Western medicine professionals believe that diabetes caused by insulin-induced diseases only accounts for 5-10% of the incidence, while type II diabetes, which accounts for the majority, develops rapidly. From the analysis of historical records and the observations in China from the 1950s to the 1970s and today, we believe that the main cause of diabetes and diabetes is caused by the loss of healthy life style in people's living and eating habits. The degree of damage greatly exceeds the bearing capacity of the viscera and the viscera will become weak, diseased, and degenerate, which will gradually lead to diabetes and complications. The discovery of insulin rescued people with type I diabetes, and the continuous research and development of hypoglycemic drugs to control blood sugar are all advances in scientific development. Due to the different causes of diabetes, individual differences, and different course of disease, the treatment methods cannot all be using hypoglycemic therapy, but dialectical treatment with a personalized overall concept should be adopted. Long-term use of antagonistic hypoglycemic drugs can also cause certain adverse reactions to the body.

Therefore, the current focus is on blood sugar control, and there is no treatment of diabetes from the roots. Traditional medicine has distinctive features in the diagnosis and treatment of diabetes, and has its unique advantages in regulating blood sugar, reducing insulin resistance, and treating and improving diabetes complications. We combine disease prevention, treatment and health preservation to treat diabetes and complications, to achieve long-term curative effect and clinical cure, and reduce the suffering of patients. The prevention of diabetes is mainly based on changing the basics, reducing the incidence, and also reducing the high economic burden of the country and individuals. The treatment adopts multi-dimensional holographic comprehensive therapy, which combines natural food and medicine with acupuncture and Tai-Ming hand acupuncture to comprehensively treat diabetes. It should be very worthy of research development.

In terms of diabetes research and prevention, after more than 40 years, we have summarized a plan for the diagnosis and treatment of type II diabetes. We put forward the concept of treatment from the liver, spleen, and kidney, focusing on a comprehensive treatment method starting from the liver, combined with modern science Research, including the study of changes in liver carbohydrate metabolism enzymes, this theory is basically the same as the clinical understanding of traditional medicine, and its pathogenesis and treatment are related to the liver. Type II diabetes is a type of diabetes that originates from liver disease. It is divided into diabetes with liver glycogen syntheses deficiency and diabetes with liver glycogen syntheses overexpression. The dialectical types of TCM are deficiency of both qi and yin, spleen and kidney yang deficiency, and yin deficiency. Dry heat, yin deficiency and yang hyperactivity. Through a large number of clinical observations, patients with diabetes mellitus II can significantly improve symptoms, restore weight, lower blood sugar levels, and obtain effective treatment

for complications. The combination of Tai-Ming hand acupuncture and food and medicine is a safe, effective and low-cost treatment for diseases.

Although we have done a lot of work in the prevention and treatment of diabetes, the current research and promotion of natural medicine's combined acupuncture and medicine treatment is still relatively slow. In order to speed up the promotion of effective prevention and treatment methods that have been proven in practice to the world as soon as possible, we propose further development plan.

## **I. Development Projects**

1. Promote "multi-dimensional holographic comprehensive therapy" and conduct large-scale clinical summary experiments "multi-dimensional holographic comprehensive therapy" to prevent and treat diabetes and diabetic complications, related complications of tumors, infertility, etc. The main body of prevention and treatment is based on the theory of traditional Chinese medicine, Tai-Ming hand acupuncture combined with natural food and medicine to achieve curative effect. Since the establishment of the Shanxi Guangji Institute of Chinese Medicine Diabetes Prevention and Treatment in 1992 and the establishment of the American International Diabetes Research and Treatment Center, theories and technologies of independent innovation have been gradually summarized. Theoretically established multi-dimensional holographic comprehensive therapy, original medical theories, including the "New Concept of Diabetes", "Tai-Ming Hand Acupuncture" and Sun Tzu Art of War to treat difficult diseases. In terms of medicine and technology, he invented a new medicine "Shendi Yiyin Capsule" for the treatment of diabetes, related treatment methods and drug formulas, and a fast and effective treatment method of "Tai-Ming Hand Acupuncture". After many years of clinical application, we believe that in order to achieve long-term curative effects in the treatment of diabetes, we should appropriately reduce the control

drugs, mainly cure the root cause. In other words, we should treat the root of the disease, eliminate the body's pathogens, support the righteousness of human body, and at the same time change the body's diseased and damaged tissues, and restore Physique and natural food and medicine "physical renewal" method to treat diabetes and complications, and more importantly, prevention.

2. Promote the fast, effective and inexpensive "Ta-Ming Hand Acupuncture" to treat diabetes and complications, difficult diseases, and professional and technical personnel training, as well as in-depth research. The scientific research and innovation achievements of "Tai-Ming Hand Acupuncture" propose 18 new acupuncture points for the hand, a total of 36 acupoints for the left and right hands, and cooperate with other acupoints to treat diabetes, complications, and difficult diseases. Because of its obvious and intuitive curative effect, it is very popular among patients and doctors.

#### Prospective Research Project

1. Carry out the research on the electromagnetic force of the interstitial, interstitial boundary, and interstitial mass of the human meridian; discuss the standardized data application of acupuncture and moxibustion Tai-Ming hand needles.

2. Cooperate or establish a biological research center, genetic testing for diabetes, and immunoassay to treat diabetic complications, and biotechnology intervention methods to improve human glucose tolerance.

3. Research on the replacement of biological organs. Diabetes causes organ failure in the human body. Organ transplantation is necessary to prolong life. However, due to immune rejection, it is necessary to take anti-immune drugs for life. The best way is to replace biological organs to avoid self-resistance.

## **II. Organizations and centers to be established**

1. World Life Nature Health Organization. Through the promotion and teaching of natural medicine therapies, more people can get medical and health care technology and serve society.

2. International Diabetes Comprehensive Research and Treatment Center for standardized treatment of diabetes and complications.

3. International diabetes health care center, where people with diabetes will receive scientific education and standardized health care in order to cope with the increasing pressure of aging, chronic diseases and diabetes. It is hoped that the multi-dimensional holographic comprehensive therapy, "Tai-Ming hand needle" natural food and medicine combined with the treatment of diabetes, complications, and difficult diseases will be promoted to the world and serve human health.

Under the leadership of the United Nations, we must carefully provide high-quality and noble medical services to relieve people's suffering, and promote the development of life and health with social welfare as the main body. We must go through to the end to conquer diabetes and usher in the spring of the world!

**American International Diabetes Research and Treatment Center**

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