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Third pillar:-Change in food habits - Best way to control diabetes

From the ever new eatables coming into the market day in and day out, it is evident that no single food item is completely wholesome and can be accepted easily in day to day life as a matter of routine.

Most of the diseases are cured due to the right diagnosis and correct selection of the medicines by the doctor. *But in case of diabetes control 80% depends on the patient and only 20% on the doctor. Diabetes treatment starts not in the doctor's clinic or in the hospital but in your own kitchen.*

Dr. Einstein Eginis of Oslo university of Norway examined 34 type-1 diabetes children. He found that diabetes of 16 children was under control while in 18 it was not. Those with good control observed dietary controls while the others did not.

The League of Nations health committee inferred in 1940 that people are less careful about healthy diet. If such a committee is established now, it will infer that people eat more of health destroying food.

If you talk to the patient about diet they feel that it is some kind of punishment. Use the words 'Necessary change in food' instead of 'diet'. There are 6 main aspects of food. How do you repair any defect in the wall built by bricks and cement? You repair it with cement only. Steel or iron even though stronger than cement, we can not use them for such repairs. Similarly, most diseases occur due to wrong food habits and dietary changes can be a very important help in curing them.

Ponder.....

In America 8 out of 10 cases of cancer are connected with food,
while one out of three deaths are also connected with food habits-

-American Diatonic Association

Even in the US surgeon-general's report, proper diet is credited with helping in control of diabetes, heart disease etc.

The consequences of the food that we consume not only effect our health but also that of our children. Our children also start taking the same food which we eat. Our children learn faster from our habits. The effect of our habits also falls on our genes. After the First World War efforts were started to produce such provisions for food that would bring in more income. Cattle were injected to the effect that more meat and fat could be produced. The fat of cows and buffalos was sought to be enhanced by means of injections so that more income could be generated. After removing butter from the milk the remaining milk is fed back to the cattle so that they could produce more meat. More and more maida started being produced from wheat. Naturally available vitamins and proteins are removed and synthetic ones are mixed. Fruits are converted into jams and jellies of excess calories. There are many such happenings, is it not playing with the health of people?

Dr. L. L. Frank has accepted in his paper in the American Journal of Gastroendrology in 1957 that in the Scriptures of Ayurveda of India description of diet is similar to what we prescribe it today. He has also accepted in the same paper that Ayurveda also advises diabetics and the obese to stop consumption of sugar, ghee, butter, meat and alcohol. Diabetes control does not mean reduction in food intake but to take right food in right quantity and on right time, which would keep diabetes under control while at the same time keep his weight right and also that he feels energetic and active. Regarding diet the "Manusmriti" gives a very inspiring thought saying that those who eat excessively become diseased and for them the gates of heaven also are closed.

Bible has advised that you exert first and then eat your bread. They say that ever since man is expelled from the heaven he works the least and his need for food is becoming less and less year by year. In 1940 a normal person needed 3200 calories, today it has further come down to 2000 calories.

1. Have more carbohydrates

Our diet should contain 60 to 65% carbohydrates. They are mainly available from wheat, bajra, jowar, rice etc. Most of these cereals have almost similar calorie content. 35 gm wheat or rice contains 80 calories. Since rice digests fast we feel that the tummy is not adequately filled after the food is finished.

a. 'Nature' – the protector of health.

The most important rule of diet which applies to six standards is that the more we eat the food in its natural form the more it retains its nutritious values to the hilt. The more we make it unnatural the more its nutritious values are destroyed. When we convert wheat into maida 25% to 95% of its nutrients get destroyed. Wheat flour discard after straining, called chaff is the best food preparation material since it retains minerals like magnesium etc. in minute quantities. When wheat is converted into fine flour all these beneficial substances are destroyed.

Dr. C. Rusaja of University Medical School, Hungary conducted research on patients, who were candidates to have diabetes, and were taking food without fibre. They gave these people 20 grams wheat residue ('chokar') with 75 grams glucose. Starting with 15, 30, 60, 90, 120, 150, 180 minutes later it was found that blood sugar had reduced from 220 mgdl to 150 mgdl. When the stuff was given duly cooked, the effect was a little less. The inference from this experiment is that –

Always use unstrained flour

Consuming wheat residue helps in controlling blood pressure along with blood sugar. This was proved in the experiments conducted by Dr. Maria Feigler and associates. They fed 40 normal people food with 20 gram wheat residue and some without wheat residue, for three days. When their urine was tested at the end of the experiment the results showed:

1. The consumption of sodium and potassium is much more than is generally known;

2. People in Hungary eat much less fibre-rich diet;
3. Consuming wheat residue helps in reducing blood pressure.

Do eat 100 gram beans (gavar, French beans etc.) or one or two apples every day.

Percentage of food values in wheat residue

<u>Cellulose</u>	<u>Hemi-cellulose</u>	<u>Pectin</u>	<u>Lignin</u>
39	48	6	7

When you prepare maida by grinding the flour superfine, most of nutritious substances are destroyed. In the normal flour proteins, vitamin B, vitamin E etc. are present which get destroyed in maida. Maida gets stuck in the teeth giving impetus to proliferation of bacteria. Very coarse ground wheat and similar food materials contain considerable amount of chromium which helps in diabetes control. *We keep on changing the diet provided to us by nature.* Maximum change occurs while preparing maida and sugar.

Reasons causing harm due to converting wheat into maida:

1. Increase in sugar and consumption of extra calories;
2. Destruction of vitamins and minerals;
3. Destruction of fibre;
4. Reduction in proteins.

Food preparations made out of sugar and maida, impede the ability of the tongue to differentiate between tastes. Such a diet does not give the feeling of fulfilment as it does not contain fibre. As a result we end up eating much more than necessary. Compared to roti we eat bread in greater quantity and much speedily too. Anybody who understands the damage caused by maida, will not touch it. Even a warmed up stale roti is better than a bread.

We remove residue from the flour by straining. You may be surprised to note that the same wheat residue is used in the USA as a medicine. Therefore remember that natural food is the best tonic.

Rice should also be consumed in its natural form, such as red rice which the best as it contains beneficial substances such as vitamin B complex etc. The more we polish rice the more the beneficial substances in it are destroyed. Coarse rice which is oiled and its outer rind is removed also retain some vitamins and fibre.

The attraction of white rice has grown so much that it is made whiter by unnatural means which is dangerous for health. Coarse rice, red rice contains a good measure of vitamins and minerals etc. Machine polished rice is nothing but starch. It is wrong to think that rice should not be eaten in diabetes. You can eat a medium measure of rice. It is even better if you make it a habit of red or coarse rice. Instead of looking at the colour of eatables one should look at its nutrients. We may very well wear clothes which are appreciated by others but eat food which is nutritious and healthy.

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b. BITTER TRUTHS ABOUT SWEET SUGAR

People like jaggery as white as cotton. So while preparing it chemicals like urea, sodium hydrosulphate, super phosphate, acolyte, ammonia bicarbonate are added to it which are indeed poisonous substances. The Council of Sugarcane research has allowed sodium sulphate may be used for making jaggery white to a maximum of 10 gram of it in 10 tonne sugarcane juice so that it does not cause health hazard.

But jaggery producers have found to add anywhere from 50 to 100 gram sodium sulphate in 10 tonne sugarcane juice. Such substances in excess of 5 to 10 times the accepted quantity can be serious health hazards. Traders say that people buy only white jaggery so we have no other means than to add these chemicals. What did you understand from this explanation? For diabetics jaggery is like poison, but even if you have no diabetes use coloured jaggery only – not the white variety.

To manufacture 100 kg jaggery 100 gram hydrosulphate, 30 gram oxalic acid to get proper taste, 30 gram phosphoric acid to get the right colour, 30 gram citric acid to remove bitterness, and 100 gram detergent powder etc. are added. Some of these substances are bad for children while some are even carcinogenous (cancer causing).

In the process of manufacturing sugar out of sugarcane itself destroys some minerals necessary for good health. In a research it has been found that if 10 chocolates are eaten at one time, the body's ability to prevent dental ailments stands destroyed for about a day and half.

Excess sugar induces a snowballing effect thereby causing high blood pressure. Sugar also reduces calcium from the bones. This is the reason sweetened milk reduces calcium instead of increasing it. Sugar crystals enhance bacteria in the teeth. These bacteria exude acids making caries in the teeth.

The digestive power of sugar is not as straight forward as it seems to be. This process requires thiamine (vitamin B-1). The digestion of sugar takes place with the help of vitamin B-1 stored in the spleen and muscle cells. But if this is done too often vitamin B-1 starts diminishing and the symptoms to that effect start emerging after a few years, inducing weakness in the process. We get energy by digesting carbohydrates, but this process also requires carbohydrates.

Because of ignorance crores of people take over avoidable problems. When you eat excess sugar then within minutes it increases your blood sugar. The beta cells in the pancreas are able to acknowledge sugar conversion of as little as 2 mgdl in the blood, more powerful than a supercomputer that they are and start producing Insulin to suit the situation, resulting in over-reduction of sugar in blood. Result – feeling of weakness.

Sugar excites the spleen, resulting in production of excess triglycerides. Too much of triglycerides can enhance the cause of heart disease. Sweet as well as deep fried food not only puts pressure on pancreas but also on the spleen.

Sugar does not remain in the liver for long but immediately goes into the intestines where the process of digestion starts. But generally we eat sweets with food. Because of this sugar has to remain in the liver for about three hours where it starts fermenting. *Therefore those who are not diabetic, if they wish to eat a little sweet, they should do it an hour before food or three hours after food.*

Eating sweets hinders proper flow of saliva in the mouth and also affects digestion. It also increases uric acid in the blood.

The more you consume sugar the more your blood will become acidic to that extent which invites many a disease. Maida consumption also increases stomach acid. While preparing maida the proteins in wheat are destroyed. Protein is a good medium to reduce acidity in the stomach. Why there is so much diabetes in Gujerat? Because except roti and water, everything is sumptuously mixed with sugar.

To know whether your constitution is acidic and therefore harmful for health mark the following:

1. Infection in teeth, nose, gullet or other places;
2. Consumption of tobacco;
3. Alcohol consumption;
4. Diet full of excessive proteins;
5. Diet made out of sugar and maida;
6. Difficulty in bowel clearing;
7. Worrisome behaviour;
8. Deficiency of exercise;
9. Deficiency of sleep;
10. Special liking for deep fried savouries;
11. Less consumption of fruits every day;
12. Less intake of salads every day;
13. Drinking less than 7 glasses of water a day.

The more the answers to these queries are in the affirmative the more your constitution is acidic.

At the beginning of 20th century a person used to consume just 5 kg of sugar. Do you know how much it has grown since? Nearly 50 kg ! Surprised! Well most people are not able to accept this fact but if you count the sugar intake not only at home but also in hotel, in parties, functions then you will find that this figure is 100% correct.

Know your power to digest sugar. If your answer to 7 or more queries given below is 'Yes' then know that the sugar level has started becoming irregular:

1. You start feeling hungry within 3 hours even though you had a hearty meal;
2. For half an hour after getting up in the morning you feel weak and drowsy;
3. If you wake up at 1 or 2 o'clock in the night you feel hungry, perspire, have palpitations and similar trouble;
4. Your diet is not heavy, yet your weight is increasing;
5. Until you drink a cup of tea or coffee, eat something sweet or smoke, you don't feel active;
6. You like sweet meal a lot;
7. You are overweight, and you have much difficulty reducing it;
8. Your mood changes without any perceptible reason;
9. If you do not eat food for 5 or 6 hours you become angry. You have to face troubles like palpitation, heavy head etc.;
10. You become neurotic without any apparent reason;
11. You have a habit of always keeping something sweet with you.

Just ponder -----

"Sugar is eight times as unnatural as wheat" – Dr. T.L. Clave

Difference between one spoon of sugar and an apple:

1. Sugar contains 'sucrose' while apple contains 'fructose';
2. It takes time to convert fructose into glucose while sucrose gets converted immediately;
3. We consume one spoonful of sugar tea or in a piece of sweetmeat immediately;
4. Same amount of fructose in an apple slowly eaten, we consume slowly;
5. Fructose is 1.7 times as sweet as sucrose. Therefore if we eat an apple slowly, sweetness prolongs;
6. There is fibre in an apple which allows sugar absorption in the blood staggeringly;
7. The rind of an apple has water solvent substances that reduce fat in blood;
8. Apple contains good vitamins and minerals which save us from cancer, heart disease, arthritis, etc. Perhaps it is because the proverb has emerged '*Apple a day keeps the doctor away*'.

2. Proteins ensure sugar increases slowly:-

Proteins are very essential for our body. But we need only 10 to 15 % of proteins. We get proteins from various types of millets. Different types of millets if taken in good measure allow sugar to increase in blood slowly. It is wrong to say that we should consume proteins in large quantities. Because, taking proteins in large quantities, increases pressure on the kidneys which is harmful to diabetics.

Protein intensive diet should not be taken in the nights. Protein diet creates ammonia which can generate gases. Many people believe that consuming more protein makes the muscles strong. It is but illusion. Muscles become strong by exercise. Ideally protein need is only 0.5 to 0.8 gram per kg of our ideal weight. If microalbumin starts appearing in urine or if kidneys start getting damaged, consumption of proteins should be drastically reduced.

a. Giving up non-vegetarian food – A wise decision

There are many other reasons for giving up non-vegetarian food. Meat, eggs etc. contain (vasaa) which is harmful for health. Again when an animal is killed toxic substance like adrenalin and nor-adrenalin in large quantities are released in their bodies because of fear which do not get destroyed when meat is cooked.

In a research it has been found that increase of 'homocysteines' in the blood increase the possibility of heart disease. This substance increases in the blood due to animal proteins. Diet of green vegetables and bicameral millets helps in reduction of this substance from the blood thereby also reducing the possibility of a heart attack. Meat eating also increases uric acid which increases blood pressure and joint pain. As per the research carried out by Dr. M. M. S. Ahuja of AIIMS, New Delhi, it has been observed that vegetarians have a lower level of pre-albumin (or is it 'albumin') as compared to non-vegetarians who have it 4 times as much. Lower level of pre-albumin prevents veins from becoming diseased among diabetics. It is an accepted fact that the possibility of bones' becoming weak, is less among vegetarians than in non-vegetarians.

Human constitution is best suited for vegetarianism :

If we look at our body constitution we will find that man is a vegetarian animal. Note that

- 1 The intestines of the carnivores are just about 6 feet long while those of the herbivores are about 22 feet long.
- 2 Among carnivores the saliva of the carnivores and also the bile produced by their livers contains excessive acid which is required to digest fat while the saliva of the herbivores contains alkali and the acidic fluid in the liver is much less which are helpful in digesting carbohydrates.
- 3 The nails and teeth of the carnivores are thick and big to enable them to tear off the flesh while those of the herbivores are small.
- 4 Carnivores drink water with their tongue while the herbivores drink by their mouth.

If we compare all these aspects we can find out that the human body is herbivorous. It is a wrong notion that herbivores are not powerful. The elephant is fully herbivorous yet no other animal has the kind of power it has. The horse is also herbivore and yet how fast it can run. There is no doubt that nature has created man to be a herbivore to enable him to live a long and healthy life. Non-vegetarian food creates energy fast but it also dissipates fast unlike the vegetarian food which is retained for a long time. The carbohydrates are also found to be helpful in keeping the head calm.

Remember -----

The constitution of the body is NOT wrong, it is its use that is being misused.

Some people advise that the diabetics be given fish oil. In this connection in The International Textbook of Diabetes Mellitus (1997) in a research conducted by the well known diabetologists Dr. A. Ramachandran & M. Viswanathan it has been found that fish oil disturbs diabetic control, hence although it reduces triglycerides and VLDL (bad fat) it cannot be prescribed.

Just think -----

It's alright if you can not give a life back, but you have no right to take another life. Every animal has full right to live in this universe.

Man is endowed with intellect yet he does not observe the laws of nature but animals observe laws of nature by all means. They would rather die but will not give up their innate nature. A horse will die but will not eat meat. Similarly a tiger will die but will not eat grass.

It is a wrong assumption that vegetarian food is not tasty, as is evident that preparation of varied vegetarian dishes leads to gourmet's delight.

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3) Reduce fat consumption to the minimum:-

Among diabetics even if there is excess Insulin, it does not work because in most cases it is excess weight and too much fat in the blood. Among the Adventist Vegetarians of California, people having and dying due to diabetes and related diseases is very less. It is presumed that the reason for this is minimal consumption of saturated fats. Fat is of two kinds: 1. consummated (*santrupt*) and 2. not-consummated (*asantrupt*) fat. For carrying out movement activities (*suchaaruru*) fat is necessary, but diabetics do not have the necessity to take this specially because in almost all substances that are consumed have a little fat in them. For instance one gram wheat contains 4 calories, one gram ghee 9 calories and so on. Consuming excessive fat can prove harmful. One thumb rule should be kept in mind that diet with excessive fats have less fibre and vice versa.

The best way to bring cholesterol down is to exercise and change in the diet. Europeans suffer from heart disease in great numbers because they spend 600 million dollars on ice cream which results in fat remaining mixed with lipoprotein in blood rather than going with water in ice cream. This results in the cause for heart disease by clogging the arteries.

Excessive consumption of fats also increases obesity which is one of the reasons for diabetes. The proportion of Omega 6 fatty acids to Omega 3 fatty acids should be 6, but in Indian diet it happens to be 40. The more this ratio the more will be the problems.

Cholesterol levels:

<u>Substance</u>	<u>Quantity</u>	<u>Extent</u>
Pure milk	100 ml	11.0 mg
Milk with fat removed	100 ml	2.4 mg
Cream	100 ml	100.0 mg
Butter	100 ml	240.0 mg
Ice cream	100 ml	375.0 mg
Meat	100 gm	90.0 mg

If in oils the hydrogen atoms are on one side it is fine, but on deep frying they come face to face which is bad for health. It is therefore advised that deep fried snacks should best be avoided.

a. Which is the best oil?

Almonds or one *akhrod* contain approximately one spoonful of fat. But this is good fat (HDL) which helps the heart. When snacks like *samosa*, *batata vada*, etc. are deep fried the molecular changes that occur in the oil are dangerous. These increase the possibility of causing cancer. If you are in the habit of eating almonds or *akhrod* in the morning be aware that you are consuming good oil and that there is no need for you to eat deep fried snacks.

Mustard Oil can cause unregulated heart beat, therefore it is not good for diabetes. Olive oil is good for health but is very costly. Rice bran oil is also good and is available in big cities. End Stage Renal Disease (ESRD):

It has been noticed that among those in the last stages of ESRD 33% are diabetics. Indian Journal of Clinical Practice has in their November 2003 write up based on the experiments conducted by Dr. K. Aggarwal, Chairman of Heart Care Foundation, have clarified that alpha-leipoic acid and Omega-3 fatty acids can be used in diabetic patients to save them from renal failure and even if the process has started these substances can help as follows:

1. Halts the damage caused by one Oxygen electron being dropped;
2. Prevents Albumin from coming into urine in diabetes;
3. Helps in lessening blood pressure caused in Glomulus (small portion of kidney) and other damage;
4. Ameliorates the damage caused in the kidney due to Oxalates;
5. Enhances the capability of the kidney.

Alpha-leipoic acid and Omega-3 fatty acids can be administered in the form of medicine. If soybean oil, rice bran oil or olive oil is used right from the beginning of onset of diabetes, renal failure can be avoided.

Use of oil that gets solidified during cold weather should be avoided and if your LDL is high then it should be compulsorily stopped, besides using pure ghee also to a maximum of half a teaspoon. Pure ghee as well solidifying oils tend to increase LDL, but considering that pure ghee helps general health also, half a spoonful a day of it may be used.

Up to 1970 it was thought that diabetics should be given food with lesser carbohydrates because people used to consume more of fat which is harmful.

Deep fried preparations like, samosa, batata-vada, pakoda etc., should not be eaten by diabetics. Vegetables with just about a little oil for taste should be prepared. It is bad to deep fry things for food. Because until the oil in diet is not digested, the other good substances also remain undigested. Even though it is said that fats up to 20% can be consumed, it takes quite some time for oil to get digested. It is better even not to apply ghee on top of *rotis*. Each potato of 50 gm weight has 50 gm calories. If they are deep fried, their calorie content goes up fourfold.

Excessive use of oil at a time increases cholesterol, even as the same quantity of oil if consumed three times in staggered quantities increases less of cholesterol.

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4) Vitamins:-

Requirements of a good quantity of Vitamins is necessary for the body, because their dearth ensues that energy is not created in the body in spite of food being available in the body. Dr. Gokani of The Bombay Hospital gives an explanation in this connection. Vitamins according to him work as the matchstick. One goes to the market and brings any number of provisions, even so how can he cook food if there is no matchstick in the house? In the same way the vitamins are a catalyst for carbohydrates, proteins, fats etc. that we eat to generate energy. So if there are less of vitamins in the body, so much less will be the energy generation resulting in feeling of weakness. When the foetus is in the womb of the mother, it accumulates the various vitamins and antibodies from the mother which are sufficient for 20-25 years. This is the reason

why we do not feel weak in childhood, but most diets are short of vitamins and therefore feeling of weakness starts after 25 years of age.

We get vitamins from fruits, vegetables, sprouts etc. in particular. Therefore it is necessary to consume these things in adequate quantities. Vitamin C is frequently needed for proper functioning of blood vessels because Vitamin C does not remain accumulated in the body and gets destroyed at 60 degrees temperature. Vitamin C which is available in lime (nimbu), chillies in good measure should be taken two to three times a day.

In 1990, S. Harkeh, R. Jariwala and H. Pavling proved through experiences that effectiveness of Vitamin C is considerably reduced by the Government sponsored medicine called A.Z.T. to the patients of the horrible disease AIDS, while it actually causes damage.

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5) Minerals:-

Diet needs inclusion of minerals like iron, zinc, magnesium, cadmium, sodium, potassium, chromium etc. Iron helps in increasing haemoglobin in blood. Sodium and potassium help in the working of the cells. Even though zinc, magnesium and chromium are also necessary in very minute quantities, yet their shortage becomes a hindrance in control of diabetes.

In the production of Insulin the mineral is very important which is available in sprouts, black pepper, etc.

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6) Part played by the anti-oxidant police

When an atom gets freed from a molecule it is called 'free radical'. The activity of creation of free radicals keeps on happening in the body. These free radicals act like mad persons causing avoidable damage. Just as mad persons have to be controlled we have to neutralise free radicals through anti-oxidants which become available generally through sprouts.

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7) Do eat fruits by all means:-

Fruits contain fructose which do not need Insulin. Only extremely sweet fruits like mango, plantain, sapota (chikku), custard apple, litchi etc. should not be eaten. Except these all other fruits can be eaten in good measure. Fruits like orange, sweet lime, guava, apples, papaya, musk melon, berries, pine apple, pomegranate, purple fruits (jamun), water melon may be eaten. Fruits are naturally made sweets. The famous diabetologist of Mumbai Dr. Ajgaonkar in his speeches says, 'Do eat sweets, not the man made sweets but those manufactured by the nature.' Normally we eat fruits after food. But that is a mistake. The food that we eat takes on an average three hours to digest, during which the lower door of our stomach is closed. Which normally opens after 2½ hours. But fruits require only about 20 minutes to digest. Which means they

remain in the liver for 2½ hours which is bad for health besides the nutritious substances in the fruits also are prevented from mixing with the blood in their entirety. Another reason why fruits should not be eaten after food is that food requires acid for digestion but fruits contain alkalis which can cause hindrance in digestion by reducing the effect of acids.

That is why it is best to eat fruits an hour before or 2 ½ hours after having food. This is also called fruit time. Which could be around 11 am and 5:30 pm.

It is also asked in the 'Positive living with Diabetes' Camps that since health damaging germicides and insecticides are copiously sprayed on fruit trees and vegetables, should we avoid eating them? It is true that these sprays are harmful but the benefits that we derive out of consumption of fruits and vegetables far outweigh the bad effects that are likely to be caused. Vegetables and fruits can be washed before being eaten thereby reducing the ill-effects. We should not even keep the vegetables in cut form which reduces their nutritious values. Some say that they cannot afford two fruits in a day being poor. To them the reply is 'you need not eat costly fruits, eat only those easily available during the season like berries, guava, musk melon etc.'. When strawberries are available about 5-6 a day should be eaten. They help in preventing the production of toxic ketone bodies. Ketone bodies start appearing in blood when blood sugar exceeds 300 mgdl. If this toxic substance increases the patient can swoon. Even in Mumbai seasonal fruits cost around 15-20 Rs. per kg. Besides if you reduce sugar, ghee, oil etc. that will reduce expenditure by about 8-9 rupees which can compensate for fruit consumption. Thirdly by regular consumption of fruits not only control of diabetes will be facilitated, it will also help in control of other ailments like blood pressure, arthritis, cancer, heartache etc. This in turn will reduce the heavy expenditure on medicines. Mahatma Gandhi exhorted on extreme thrift but even he has said that spending on fruits is as good as saving the money. During his time medical science had not progressed as it has today but still he has insisted that fruits should be eaten on empty stomach. The eatables or fruits, vegetables grown in your own town are the best diet for you.

Amla (gooseberry) have been found to contain 20 times the Vitamin C as grapes. Apples apart from containing various health producing substances are also found to contain fibres called 'pectin' which can reduce cholesterol. Substances in apples also help in reducing frequent urination. Apples enhance flow of saliva which helps in cleaning of the teeth. Dates and honey are natural indeed but they contain lot of sugar, and hence are not recommended for diabetics.

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8) Eat salad and be healthy:-

By eating more of salad we can also prevent cancer. Dr. Vetenburg of Minnesota has conducted some good research in this connection. He segregated a substance called 'embols' from carrots, cabbage etc. And fed it to animals. After this they were fed with some substances which can cause cancer. Yet the possibility of cancer was reduced to bare minimum. Beta karyotin in carrots helps considerably in preventing lung cancer. As far as possible we should eat raw diet like vegetables, fruits etc. in which all good substances are in tact. Fibrous diet cleans teeth and strengthens gums. Fibre in food helps in preventing diseases like renal cancer, gallbladder stone, diabetes, blood pressure, arterial diseases etc. Among the races who take fibrous diet there are very few cases of bowel troubles. Actually the problem of haemorrhoids

occurs more particularly among pregnant women. But in these races even pregnant women do not suffer this ailment. Even their blood sugar remains under control with minimum of Insulin. Those appreciative of raw food say that if diet is taken with fibre it soaks water which helps in clearing of bowels with facile stools. If stools are hard, it can result in haemorrhoids (piles) which is eliminated if food with fibre is taken. Excess Insulin can be harmful, but diet with fibre helps us to keep Insulin in check. We should eat salad in good measure at the time of breakfast and lunch. We can take any vegetable as part of salad except potato and beetroot. There are many benefits of eating salad, in other words, 'diet with fibre':

1. It expands ten times in the stomach (*what is this Dr. Patel?*)
2. Stomach is full even with little food;
3. Keeps the intestines and bowels clean,
4. Insulin requirement is reduced;
5. Helps in weight reduction;
6. It creates 'Beautiric acid' which prevents intestinal cancer;
7. Reduces cholesterol.

Pectin, gums and misiles (?) are among water soluble fibres Waterinsoluble fibres include cellulose, hemi-cellulose and lognin (?).

Salads induce fullness of stomach resulting in need for lesser food. Salad ensures slow absorption of sugar in blood. Some percentage of fat etc. gets excreted through salad which is beneficial among diabetics. As per the research conducted by Dr. James Anderson, the need for Insulin is reduced almost 25% among patients who take diet with fibre. There are many good substances, vitamins, anti oxidants in salads which save us from many ailments. As far as possible we should eat vegetables raw but if some of them must be boiled a bit, there is no objection. Cabbages contain a substance called 'Indoles' which helps in preventing cancer, as also patients with ulcers. Cabbages contain abundant vitamins.

Dr. C. Gopalan in his write up has forcefully emphasized on the fact that we should rely more on natural food rather than on medicines for phytochemicals.

Healthy phytochemicals and bioclevonoids:

Carotenoids Isoflavonis, Genestein, Drandoles, Indoles, Isothiocyanades,
Retinols Isoflavonis, Lycopene, Lignans, Anthocyanins, Diterpenes,
Phyto oestrogens.

Consuming excessive Vitamins can also cause damage. Hence it is advisable to take vitamins in natural foods, if there is no other problem. Lyutin which is a kind of carotene, saves women from breast cancer. Fibrous diet induces thermogenesis, which makes use of the excess calories.

Many people get so much accustomed to calculating calories that they keep on counting calories even in their sleep. We should count overall calories and if you take the diet prescribed in this camp then you can have hearty meals without having to count calories. It is better to eat tomatoes slightly boiled. This makes a substance called Lycopene contained in tomatoes, available in greater quantities. Lycopene fights cancer. Carrots should also be eaten slightly boiled which increases beta carotene residing in it, three times. Besides boiled carrots can be easily digested.

It is better to eat sumptuous salad just before breakfast and meals. If this is not possible salad can be eaten in intervals. Salad can also be made tasty by adding pieces of chillies, capsicum, pieces of black pepper lime juice etc. to it. Some people have gasses if they eat salad in the night, but if the digestion is strong one may eat a little salad in the night also. If you have a diet full of fibres even those with hunger as strong as Bhima can't eat more food either. Magnesium plays a very important part in diabetes control which is available in green vegetables, fruits and *saboodana*. Celenium which available from lettuce (*mulia*), cucumber, mushrooms, etc. can be very beneficial in the prevention of cancer and heart disease. Celenium is available 12 times as much in red rice as compared to white rice. Similarly celenium is found to exist three times as much in wheat flour as compared to maida. Aluminium foil should not be used either. Because when it comes in contact with acid many toxins are created which can also induce mental diseases.

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9) Life giving energy through sprouts:-

Even in a Chinese treatise written two thousand years ago sprouts have been treated as possessing life sustaining energy. Whenever we sprout wheat, fenugreek (methi), moong, etc. quantity of vitamin C and B complex is enhanced in them. Sprouted diet also has life sustaining power as it is in the process of evolving when being consumed. Sprouted fenugreek should be taken in greater quantity in diabetes. Together with it sprouted moong, grams, etc. may be taken in smaller quantities. To sprout these things keep them in water during the night and then tie them in a wet cloth for 24 hours. Sprouted millets should be boiled for about two minutes so as to remove some toxic substances in them. They say Alfalfa (a corn like moong) is the king of such diets. Alfalfa contains a veritable treasure of rare minerals, and is considered to be the greatest gift of nature. Alfalfa in Latin means 'that which bestows full freshness, life giving'. Vitamin B-1 deficiency makes a person aged very fast.

About 60% of diabetes patients also suffer from blood pressure, therefore if salt is minimally used it is beneficial. Any other ingredients may be used in the preparations but salt should be used with utmost care. If we eat the healthy food prepared as described above, *as against food prepared with preservative mixed canned condiments*, the level of chromium in our blood increases almost by 100%. Chromium helps in manufacture of Insulin. And thus the healthy diet itself helps in diabetes control. A chemical (which?) in sprouts prevents iron being assimilated with blood while another (which?) reduces the effect of a digestive juice called 'triticin' (?). These harmful substances get destroyed if slightly boiled and we can derive full advantage of the preparation. The best thing would be to eat sprouted things after a little boiling. One may eat about 100 gm of this stuff in a full day.

Apart from how much you eat, what matters most is what you eat. Eating sprouted moong & grams, roti made of unstrained wheat flour, etc. keeps energy sustained flow into the body for a long time. This also reduces hunger and the body is easily able to convert food into energy. The necessity to convert food into fat is obviated.

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10) The question of water:-

(How much should we drink in a day?)

We should drink 10 to 12 glasses of water in a day. If you are not able to drink so much water in a day, then start with 5 glasses and then increase slowly as the days pass. If water is drunk in great quantities suddenly, frequency of urine also increases but if it is increased slowly every week, the problem does not arise. Drink 2 / 3 glasses of water early in the morning. Intestine functions start the moment water is drunk which helps in their easy clearance. *Water may be drunk half an hour before or three hours after food.* However a glass of water immediately after food is also not unhealthy. Drinking 15 / 20 glasses of water in a day may help slightly in diabetes control but not much. Only if all the 'pillars' are adopted, the blood sugar can remain under control. Of course, it is good for general health to drink water abundantly. However if you drink water during food intake, the saliva flow is affected, thereby affecting digestion in its turn.

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11) Water is better than cold-drinks:-

Thumbs up, Coca cola, Limca, Pepsi and all such cold drinks are not good for health. They tend to increase acidity. These drinks do not contain any nutritious substances. They contain only excessive acid (PH about 3.4) which is capable of dissolving gums and bones, and too many calories. You will be surprised to know that they contain toilet cleaning acid called 'cyclamate' which can cause cancer of the gall bladder. If you do not believe keep a detached tooth in a soft drink. It will start melting in two days time. If we take acidic food after the age of 30 the bones start melting slowly. The melted calcium starts accumulating in the veins and other parts of the body. This increases the possibility of kidney stone. If your clothes are fudged due to grease, pour a little soft drink on it before washing, it will become clean. If your car battery terminal is rusted pour some cold drink on it. It will be clean again. A competition was held in the Delhi University a short while ago. The competition was to find out who can drink the maximum cold drinks in a sitting. One boy drank 8 bottles, and lo! He died on the spot. Because his blood had accumulated much more carbon-dioxide than was tolerable. Therefore if you are thirsty drink water from the matka or from the mineral water bottle or eat a fruit but never drink a soft drink under any circumstances.

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12) Try to give up tea / coffee if you can:-

Normally doctors do not ask you to give up tea and coffee. It is better to know the effect of tea and coffee. When you drink a cup of tea you feel energetic. But after a while whatever energy was there earlier also seems to have gone. So what do you do? You drink another cup of tea. This goes on and on and at the end of the day we have very little energy left in us. Tea and coffee

disturb the digestive juices and slightly open the upper vave of the liver which results in the juices coming up in the food pipe, thereby causing heartburns. It is better to drink soy-coffee which is prepared by roasting nicely till it becomes red. Mind you it should not become over roasted black. This then can be put in the mixer and powder made. This powder will of coffee colour. Soy coffee may not give the zing of the original coffee but the taste is the same, besides it is healthy. It can definitely replace tea and coffee.

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13) Who should drink milk?

Up to about 250 ml of milk can be taken in diabetes. But cow milk or milk with *malai* removed is the best. Dr. Arun Gokani, diabetologist of Bombay Hospital narrating his experiences said that when he found that his son was not growing properly, he stopped feeding him milk. Within a few months he started growing normally. Dr. Srikhande and other doctors also agree that milk is not necessary after the child grows up. Some diabetologists while narrating their experience opined that when in some of their patients, blood sugar was refusing to come down, they advised stoppage of milk after which the sugar started to stabilize. There is not much research in this field but it will be well advised for those, whose blood sugar is stubbornly holding on to a high level, to stop consuming milk for about a month to see the result. There is absolutely no problem in stopping milk if it helps in reducing blood sugar. Instead a cup of curds is preferable.

Physicians' Committee for Responsible Medicine had complained to the Federal Trade Commission in the year 2000, stating that the advertisements issued in respect to milk were patently misleading and harmful. Some doctors query as to from where will vitamin B-12 be made available if milk is stopped. For that one we need hardly 2 microgram of vitamin B-12 in a day i.e. a gram divided by 5 lacs. Secondly, a cup of curds or buttermilk which is advised, can easily procure the required vitamin B-12. Thirdly, the question of vitamin B-12 may be arising in the West where vegetables, fruits etc. are cleaned 100%, by various different methods. The cleaning level in India is such that we can easily get the requisite vitamin B-12 from these sources without any difficulty.

Food & Drug Administration conducted a research on American-Africans. In this research they found that the possibility of Osteoporosis (bones becoming weak) was not reduced by consumption of milk.

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14) The benefits of bitter gourd (karela), fenugreek (methi), neem leaves etc:-

When a person gets diabetes various persons start giving him varied advises. They normally tell the patient to eat the above cited substances. Do these cause decrease in blood sugar? Research has shown that those who observe strict diet control, and take regular exercises, are benefited by about 10% by these things. If you don't exercise, don't keep control over diet, no

matter how much you consume bitter gourd juice or anything else suggested here, blood sugar will not come down.

Some people suffer allergy, diarrhoea, nausea, etc. due to these substances. These may be tried as under: In the beginning take a little of *karela* juice or juice of *neem* leaves or sprouted fenugreek or powder of *jamun* seed. If any of them suit you, that is if they seem to be beneficial, then you may try any two of them, one in the morning, one in the evening. Starting from one spoon the quantity may be increased to three spoons at a time.

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15) Benefits of limited almond consumption:-

Keep four almonds and one *akharod* in water for the night or at least for two hours. In the morning after washing the mouth, eat them with due mastication. Keeping these nuts in water brings conversion in their fatty acids which is beneficial for digestion and general health. *Akharod* will not bring down blood sugar but will increase good fat HDL and reduce bad fat LDL. This is also necessary because diabetes control does not mean only blood sugar control, it also involves control of HDL and LDL. Almonds contain polyunsaturated fatty acids which help in increasing HDL while reducing LDL. The Oleic acid in almonds saves us from heart disease. Pistachios contain Vitamin E while peanuts have vitamin D. In the afternoon if you feel hungry, you may eat 3 / 4 pistachios or a few peanuts but not much, because these nuts have unseen fat in abundance. These nuts contain Mono unsaturated Fatty Acids, vitamin A, insoluble fibres and anti oxidants Quercetin and Kaempferol, which help in saving us from cancer.

When the 'Camp for positive Living with diabetes' was arranged in Cuttack, one of the patients told me that he had read somewhere that eating almonds is a good habits. So he started eating 20 almonds every morning which resulted in increase of weight. So remember, any good thing if eaten in big quantities can cause harm. Just 3 / 4 of almonds in a day are sufficient.

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16) Experiment with Isabgol:-

The Isabgol powder available at the chemists shop should be tried before meals. In the beginning a spoonful of Isabgol may be mixed with water and swallowed followed by a glass of water. Isabgol will get bloated in the liver. It has the capacity to soak 25 times the water of its volume. If you take your meal after that Isabgol will act as an engine being slippery, will push food faster in the intestines, besides lessening cholesterol too. After a few days even two spoons of Isabgol can be taken. Even if you have problem of bloated stomach, stools etc. due to Isabgol, you may still persist with smaller quantity. It is advisable to have before lunch.

Diabetes patients feel it difficult to give up sugar. In a survey it was found that out of 500 patients only 84 could give up sugar. However it may be understood that if the intellect is made aware of it oftener then there is no habit which can not be given up. A related occasion in the life of Gandhiji is very inspiring. Because of illness his son was advised by the doctor to give up salt but he was finding it difficult to do so. When he told Kasturba about it, she retorted to him that he gets out of the picture by just stating his opinion. And that he should try it himself and find

out how difficult it was. Gandhiji being the practical one that he gave up salt for quite some time to find out for himself.

The four questions that should be considered regarding diet are what, how much, when and how (method).

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17) Eat less, Live long:-

Experiments conducted on various animals including monkeys, it has emerged that if food is eaten in a staggered manner little by little many times in a day, they become healthy and active.

It is our experience that if we take a hearty meal one day we feel heavy on the first day but from the next day we will start feeling hungry for the same quantity. Again if we lessen our intake, on the first day we feel hungry, but as time progresses we start feeling no hunger with the lessened quantity being found to be adequate. The reason for this is that the size of the liver adjusts according to the intake.

The Healthy Diet summarised:

After getting out of bed, brushing teeth and washing the mouth, eat 4 almonds and one *akharod*. A little while after that drink a couple of glasses of water. After that finishing bath and other ablutions meditate for a full 20 minutes. After sunrise, go for a walk of at least 20 minutes, until the time is extended to 45 minutes in due course. At the end do the exercises covering all the limbs from toes to head, at least three times. Half an hour after exercise have the breakfast consisting of, salad, salted peanuts, sprouts (half a *katori*) etc. besides, *idli*, *dhokla*, green vegetables or a *khakhra* etc. While eating be attentive to ensure that 25% of the hunger is still intact. A thinker has rightly said that a person who attains victory over his tongue can be victorious in the entire universe.

Do remember-----

Be fully aware that your stomach is the source of all your ailments.

2 ½ hours after breakfast, i.e. at about 11 O'clock or so, if hungry eat an orange or a medium size apple or berries, musk melon or other cheap seasonal fruits, in as much quantity.

Just before swallow some Isabgol and drink a glass of water. During lunch have salad in sumptuous (about 200 to 250 gm) quantity. A small cucumber or the like (which may be less than 100 gm) may not be sufficient, because at this time there is abundant acid in the liver, therefore a good quantity of salad is advisable. Four or five spoons of sprouts should also be included. One or two roti, a measure of subzi, a measure of rice, daal etc. may be taken as the hunger demands. If necessary one may take soy-coffee at 3 or 4 o'clock. A fruit may be eaten a little after that. It is better not to eat anything else after this till dinner time.

Have dinner as early as possible followed by Isabgol as discussed above. Dinner should be light consisting of tomato soup, some subzi, some khichri, curry etc. Those with a little more hunger may also eat salad. But it is essential that about 25% hunger should be retained. If your blood sugar is in full control a cup of milk, about 250 ml in the entire day, before going to bed may be in order. Within this 250 ml is included curds and buttermilk also. Half an hour before dinner a little *neem* juice or sprouted *methi* (fenugreek) may be had. Try to observe the rules as far as possible. But if once in a while if there is deviation there need not be harboured a sense of sin.

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18) Eat less, but eat in peace:-

After the age of 50, diet should be reduced by 5% every year because we need lesser energy thereafter. People feel that having a lifestyle change is as difficult as acquiring a Ph.D. in physiology. But with a little understanding of the facts this can be achieved without quite easily. Please be well aware of the fact that stomach and tongue act in reverse directions. What is good for the tongue may be harmful for the stomach. Those who are not diabetic should also keep control over their diet keeping the overall health in view. Samosa for instance, is very tasty, but it contains 150 / 200 calories and yet does not make one feel contented. Instead if you make a tasty preparation out of thick wheat soji (dalia) it will also give you 200 calories besides health giving substances and also contentment. You will also be saved from many diseases. (Process of preparing tasty dalia preparation is given at the end).

The two eyes, two ears, one nose all these limbs are in their right place. The five fingers of the palm are so arranged that their individual lengths and position, both bring fulfilment to the hand. Just imagine, what would happen if the thumb was not present? Or if the thumb was in the place of another finger? That is why understand that God has given every limb to be used. Where are the teeth? In the mouth or in the stomach? Now a days many people eat as if the teeth are in the stomach. Nicely masticate after taking a morsel in the mouth. Some people take another morsel in the spoon or in the fingers even before the one in the mouth is finished. This is wrong. While masticating full attention must be given to the morsel. Enjoy eating. Only after this take the next morsel in the hand. If small morsels are taken there will be more fulfilment with lesser food.

The disease preventing power will enhance, besides preventing seasonal viral diseases like cold, cough, fever etc. if the diets enshrined in this book are adopted.

According to Dr. John Potter of Fred Hutchison Cancer Centre, the Traditional Diet Of India is very good. It is sad that Indians are also adopting habits that give rise to many diseases. As far as possible fresh hot meal should be eaten. If food is retained for more than 90 minutes it starts generating bacteria. It is also harmful to eat heartily on one day and then have very little on other days. This increases the flow of Insulin in the beginning but starts its power dwindling thereafter.

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19) The diets of famous people:-

A write up was published in the Times of India of 18th March, 2004 about the awareness of food habits of famous persons in politics. I wish to bring a few points to your notice in this connection.

Sunil Dutt prefers a light diet. Sharad Pawar keeps himself away from deep fried items but prefers sandwiches. Gopinath Munde has a sumptuous breakfast and likes to eat biscuits from time to time. Kirit Somaiya prefers eating little food staggeringly. Jayawantiben Mehta does not eat any cold eatable and prefers drinking water from the mud-pot.

My suggestions:

1. It is healthy to have sumptuous breakfast. One should try to get good breakfast every day.
2. It is good to eat staggeringly 5 to six times a day. It saves us from obesity.
3. It is good not to eat cold eatables. Even cold water reduces the digestive juices.
4. It is a good habit to drink water frequently. But drinking too much water at a time is not advisable as it can render the stomach muscles to slide down.
5. Roti is better than bread. If unavoidable, then brown bread is preferable.
6. Instead of biscuits it is better to substitute them with peanuts, roasted grams, 4 / 5 almonds, cashew, pistachio etc.

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20) Diet control through mind :-

The very first step to change the habit of over eating is to be aware of it. Ask yourself as to why, where and how do you tend to overeat. You will invariably find that in a particular state of mind, even though you are not hungry, and there is need to control the eating you will end up eating more. A certain Mr .Robert told his doctor that he wanted to reduce his weight by 10 kg. "I do maintain strict control over my diet with full mind involvement for two days, but on third day onward I again start eating heartily." He said. The good doctor taught a procedure of calming the mind and then asked him to calm his mind before meals and watch its status before he starts eating. On the first day he said that he eats more because he feels hungry. But one day when he was studying psychology it suddenly dawned on him that "Whenever I eat more I feel lonely. The moment this feeling comes I become hopeless and feel like eating more." The doctor inspired him to make friends. When Robert tried this his eating habit changed in a month and within a few months his weight came down by 10 kg within 5 months. Now Robert has been able to maintain his weight since past 2 years. You can also try to find out status of your mind before eating to help you change your food habits. You may find that hopelessness, anger, loneliness, or something like that must be the cause and take appropriate corrective steps. We should not allow sluggishness in observing the right diet. Not even on your birthday. If you are that firm success is assured.

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21) Some peculiar suppositions:-

In a camp conducted at Mumbai, one person asked 'is it OK since I eat *khadishakkar*, not sugar?'; Some also say that they take honey or jaggery. Well, all these substances contain sugar and therefore a taboo. Departmental Head of Medicine of J.J.Hospital, Mumbai Dr. Alka Deshpande narrated a very exciting episode in the camp. One day she had a few guests. When they were asked if they would like to have tea, they said that they would like to have sugarless tea. But when my mother brought sweet *laddoos* and *farsan*, along with tea, they ate them without any hesitation without even giving a passing thought to the sumptuous sugar contained in the *laddoos*. Farsan may not be having sugar but has abundant oil which can easily disturb diabetes control.

Patients can not take uniform diet for a length of time either. They do need some change in the diet, which is but natural. There are very many things that you can eat in diabetes, though the quantity must be knowledgeably controlled. *If anybody puts sweets in your dish, please do not hesitate to leave it as it is.*

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22) It is a good thing to save Insulin:-

Argumentative people have often asked this question in diabetes camps: "If eating maida and sugar results in Insulin increase, let it. Insulin is good for decreasing diabetes." Well, this just half truth and half truth can often be horrible. It is necessary to understand the following six things in this connection:

1. When we eat sweets and preparations made of maida, the beta cells in the saliva glands are in a state similar to the one when our house is on fire. They start working feverishly to reduce the sugar. Just remember how much of sweets like peda, burfi, laddoo, gulab-jamun etc. you had savoured, a week before you were diagnosed for diabetes? When this question was put to the people in the camp they invariably said that such high calorie things they eat only once in a while. But when asked to think hard, they are surprised that they had forced the beta cells in the saliva glands, 7 to 14 times in the week before to really go speedily in a war mode. Just think 15 times in a month, that is 180 times in a year and 5400 times within the age of 30 years we have forced the glands to work in a panicky emergency mode.
2. Insulin increase also gives rise to obesity, which is one of the prime reasons of diabetes.
3. Increase in Insulin reduces good fat HDL and increases bad fat LDL and also triglycerides. These in their turn increase possibility of heart disease.
4. Frequent increase in Insulin makes the cells insulin resistant.
5. I have advised the those who can afford, to get Insulin level checked along with blood sugar before starting on prescribed change of diet, exercise and meditation. Then again following the same tests after a month of implementing the procedure it has been found not only blood sugar is reduced, even Insulin is reduced almost by half. The inference that can be drawn from this is that this prescribed change in lifestyle brings down Insulin level in the body by 50%.
6. A survey conducted on the policeman of Helsinki, capital city of Finland is shockingly informative. 1059 policemen in the age group of 45 to 59 were tested for Insulin

levels. From the history of research conducted for 5 years it was found that there was excessive Insulin among those who had a heart attack compared to those who did not. This proves that even if you have no diabetes, excessive Insulin can result enhancing the possibility of heart attack.

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23) Inspiration to change the lifestyle :-

Increase of Insulin in the blood causes the stomach to bloat and contract. This results in a feeling of hunger resulting in our eating more than necessary.

The weight of Mr. Michael increased by 15 pounds in a year. He told his doctor that even though his diet not excessive his weight has increased. The good doctor then explained that his blood has an excessive level of Insulin and that in spite of being in abundance it is not being able to act. This was the reason he had to face weakness all day long even as his weight was increasing. To start with Michael could not believe it. But when the doctor made him understand with reason, his eyes opened. Doctor told him that his blood glucose is unable to get into the cells which in turn results in the liver converting it into fat. "That's why your weight is increasing. You may or may not be having diabetes now, but the alarm bell is ringing."

Patients should be firmly advised that the entire family should adopt proper diet, exercise, reduction in obesity and life without stress, so that even children may be able to prevent diabetes.

Weight of Mrs. Kusum Patel was 90 kg and was not able to control her diet. When inquired by Dr. Shah she said that due to the over activity of the children she was not able to bring discipline in her diet. Well, this is just an excuse indeed! In many instances it has been found that the family members themselves weaken their resolve. If you start controlling your diet properly, your friends will say, "Is this what you call a meal? I can't live with this food even for a day." Let anybody may say anything, you remain firm on your resolve and reply emphatically that you want to keep your health good shape....

As far as possible be friend to those people who exercise regularly, control their diet. Association is a great influence. Your hand may not burn even when coming near fire but it will definitely cause a blister if you handle a hot iron rod. So be cautious when making friends.

On getting up in the morning rejoice accepting the new day as a benediction from God. Every day make it a habit to get up a little early so that some time can be allocated for meditation together with inculcating good thoughts in your inner realms. As these good positive thoughts are nurtured they will become firm in your being eventually, naturally affecting your talk and actions for the good.

If people adopt healthy lifestyle knowledgeably, with pleasure instead of through awe, it is possible to maintain it for ever. For instance you can make the healthy diet tasty and enjoy it. Exercise through added energy can improve stamina and enthusiasm.

When we try to do more than one thing at a time we cannot do it with awareness and may cause problems. A person was ironing his clothes. The cell phone was lying beside him. He was also talking with his son by the way. After a while when the cell phone rang he lifted the iron

and put it to his ear. In haste his ear was burnt. It took him two months of treatment to repair the ear. What is the moral of this example: Do every task with awareness. Always Be Careful (ABC) while doing any work.

Some people want to forget sorrow by eating sweets. This will not only resolve the problem but will enhance it. Just be aware how often you eat even though you may not be feeling hungry. If feel like eating even though you are not hungry, read a good book, talk to a friend, go out and have a nice walk or put your mind in something else. But do not eat.

In modern times food is associated with happiness. For any happy occasion people throw a party. That is why we think that reducing eating means reducing happiness. But it is wrong. Answer fast! Do you live to eat or eat to live? What? Did you say you live to eat? Caught red handed, are you? If asked in a hurry some people say they live to eat. But on thinking deeply there is no joy in mere eating. Joy is in acquiring good health. There are many ways to acquire happiness you can choose from.

When Bharat Deshmukh adopted healthy lifestyle, people used to laugh at him. But now, within a period of just one year, his weight has reduced by 15 kg. He is 50 years old but has started looking like sprightly 40 year old. Now his friends also praise him for his persistence. They ask him, 'How are you able to control your diet to this extent?' Not only that they recommend his case to others when health matters come up.

It depends upon the extent to which you, your firm resolve, wish to pursue the healthy lifestyle. Depends upon how much importance you attach to it. Ladies easily get used to a changed lifestyle as compared to men. We have heard our doctors quote their lady patients that because of their love for their husband or children they are ready to do anything. 'Whatever diet, whatever exercise you prescribe we will take it without fail'. They were quoted as saying. Think of some such inspiring anecdote oftener, and lifestyle change will automatically occur. Generally it is the housewife who is aware of the family health but do not care for their own health which results in her diabetes being out of control.

Running of school, college canteens should also be streamlined. It is a general belief that these canteens are for earning profits. Therefore junk foods that have a higher margin, rather than healthy foods, fruits etc. are sold here. It is our responsibility to rectify this state of affairs. School committees should also see to it that in the eating outlets around the school also sell only health giving food.

If newspapers, radio, TV also contribute their mite in this by publishing inspiring write ups, making good suitable serials etc. this change can be easily achieved. If serials promoting healthy lifestyles are made tax free their producers will have incentive to produce such serials. Because TV serials can deeply influence the viewers. After lecture a doctor who lectured was asked, in Singapore why his tummy was protruding. His answer was that it was due to genes. True that genes may cause sluggishness in metabolism, but proper exercise and reduced diet can restore the balance. Every doctor should maintain his weight normal.

24) How to revolutionize the entire society?

The awareness as depicted here is adopted in every house, diabetes will certainly come under control and also many people will save themselves from going to the doctor. Not only diabetes but also heart disease, blood sugar, tooth decay, kidney and gall bladder stone, arthritis, paralysis can also be reduced considerably.

Lifestyles of doctors, nurses, education officers and similar authorities do influence the common man. Many times what they do varies considerably from what they preach. A pharmaceutical company held a conference of doctors. When the chief of Medical Association was asked what the menu for the delegates should be, he ordered mostly fried and sweet dishes. But it should be our endeavour to ensure that our lifestyle should be healthy. Only then shall we be able to tell others with confidence to do this and that, such that they will follow it.

People will start exercising in large numbers only when free or facilities at cheap affordable are made available to the members of public at convenient junctures. Actually sports themselves are a good apparatus of enjoyable exercise.

If the eatables and drinks that are unhealthy are taxed, even such a measure can result in lesser intake of such substances. However there are some bad experiences too. In some countries, such a step resulted in extra tax collections, prompting the respective governments to publicise such substances rather than suppress them. *Government of any country should ponder over the fact whether it should consider the short term, short sighted policy of garnering additional resources for a short time is good or its long term deleterious impact over the public health in general?*

Now a days even children are stuck in front of the TV instead of indulging in games and sports. This not only increases the possibility of contacting diseases like diabetes, heart disease etc. but also results in stunted mental growth. This fact has emerged after a widely held survey for two years. Central Institute of Behavioural Sciences, situated in Nagpur observed that the radiation coming out of the cathode ray tube have a deleterious effect on the ears and brain of children below 13 years of age. These rays are found to be specially controlling the "...ne...(?) " chemicals in the children's brains. This results in the over activity of the right side of the brain while making the left side docile. In its turn these conditions disturb the personality stabilization. These children become depressed or angry and their emotional intelligence starts becoming weak. Therefore it is necessary to induce children more towards games and sports rather than watching TV.

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