

Seventh Pillar: Freedom from vices

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FREEDOM FROM ADDICTION

Even 2000 years ago people used to consume tobacco on special occasions. But it has increased many fold during the past 100 years. Consumption of tobacco or alcohol etc. may not be directly connected with diabetes but indirectly it is. Tobacco has a deleterious effect on the blood vessels. Diabetes also has a similar effect on the blood vessels. The combined effect of these two malafide objects on the blood vessels can indeed be disastrous. Tobacco consuming diabetics have often need to get their leg amputated. In a survey it was found that diabetes is more prevalent among tobacco users than among non-users.

Just ponder----.....

Tobacco causes 45 lakh deaths in the world every year.

Out of these deaths 10 lakh are from India.

Alcohol also hinders blood sugar control. The most important limbs that have a bog role in blood sugar control, namely liver and the pancreas, are adversely affected by alcohol. However in a research it has been found out that by consuming alcohol in small quantities HDL increases, a fact that has been fully exploited, by publicising which the alcohol manufacturing companies have made a killing. But in a further research it was found that, that part of HDL which helps in preventing heart disease does not improve because of alcohol, which is not affected at all, but that part which is not involved in the protection of the heart.

Remember-----....

The lifestyle which is unhealthy can not benefit a person in any way whatsoever.

The disastrous effect of alcohol affects the brain, a case that happens in diabetes also. If you are taking tablets, the possibility of your skin becoming red through faster circulation of

blood increases because of alcohol consumption. Besides, with blood sugar control having become erratic the possibility of occurrence of hypo condition also increases.

If you are suffering from kidney disease, heart disease, inflammation of pancreas or the liver, excess of triglycerides in the blood or the problem of fat accumulation in the arteries then you must stop using alcohol by all means.

The eminent diabetologist Dr. Bhandarkar, while addressing the Diabetes Association of Baroda said, 'Alcohol hurts diabetics in many ways. Even a little alcohol gives more calories. It induces hunger resulting in eating much more than necessary, this in turn results in the increase of blood sugar. Alcohol also disturbs control over mind, and the individual does not adhere to diet control. It hurts the liver. In a person dependant on Insulin, possibility of blood sugar descending below the safe level, resulting in hypo condition can emerge due to alcohol. It is very difficult to stabilize blood sugar in an alcoholic if it gets disturbed. Alcohol is a cousin of sugar in that it contains abundant calories, besides how can one enjoy alcohol without eating anything with it? The result is that within a very short time 400-500 calories easily enter your stomach. Obese people should remember that alcohol has only calories, not any nutritious substances. Be away from alcohol at least in deference to your heart! In diabetes it is essential to get rid of all these bad habits.'

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1) Ideas to get rid of Addiction:-

If proper efforts are made it is not impossible to get rid of addiction. Let us decide this issue today itself. You get the power to implement a resolve the moment you impress it firmly on your mind. It is best to give up these addictions today itself, right away. Even so if any one is not in a position to make this firm resolve today, let him fix a date 15 days hence on which day he will positively give up his addictions completely. Do inform your friends and relatives about the resolve. This will bring awareness in you besides, since you have told others you will try to gain control over any diverting attractions you might have.

Reduce the quantity of the addiction to the minimum right from today. Not in small quantities. Not, 'since I smoke 10 cigarettes daily, today I will smoke only 8'. No, no, not like that. If smoking two cigarettes helps that should do, no more. Some ways have been found to be effective in giving up addiction. The moment you have an urge for the addiction ask, 'can I not wait for half an hour?' and determinedly wait for half an hour even if it means a little bit of suffering. Again ask after half an hour, 'can I not wait for some more time?' A president of the Lions' Club while expressing his experiencing said, "Earlier I used to drink alcohol every day. Once I had to go on pilgrimage to Vaishno Devi. During the days of the pilgrimage I did not drink. After returning, the next day when I had the urge, I asked myself, 'For so many days I did not drink, still there was no discomfiture. Can I not wait for one more day?' And I started talking to myself every day. And on that day and till today I have not touched alcohol." Even if you feel less enthusiastic, with no desire to work, no concentration, or any such thing, do not take recourse to the addiction. If it becomes impossible to the extent of becoming intolerable, only then walk yourself to the cigarette kiosk and buy one cigarette. I had advised Mr Desai who used to smoke 15 cigarettes a day that he should not keep even one cigarette in his pocket. Because if you have cigarettes in your pocket you will smoke even for a trifle reason. So, only when he

finds it impossible he should go and personally buy a cigarette. After a few days, Mr Desai himself told me, 'Because I don't keep any cigarette with me and when it becomes unbearable I go and purchase a cigarette myself, this process itself has brought down my cigarette consumption to 2 from 15 per day.'

If you smoke a particular brand cigarette, buy a different brand next time and smoke only half and throw away the remaining half. You will still have enough of nicotine. Even while smoking the half, do not allow the smoke to reach the lungs, keep the smoke in the mouth and then spew out. It is more harmful when it reaches the lungs.

Whenever you feel like smoking, masticate gooseberry (*amla*), cardamom (*illaychi*), clove (*lounj*) etc. which will also give you some comfort and you will start avoiding smoking. In the meantime you can also try to put a drop of clove-oil on your tongue which can also be helpful in putting you off the addiction, may be completely in due course. *In any case the addiction must be given up on the predetermined day by all means.* There should not be any difficulty even if you have the experience in selling the idea. It will be worthwhile even if you have to take leave for a fortnight, because you will gain many times more than what you might have lost due to the addiction in future. Your sufferings do not last much longer, maximum 8 to 10 days. After that they start diminishing and one day are completely off. You might feel the desire to smoke even after that, but it is easily controllable.

Do not mix with friends with whom you were smoking and who can possibly make you smoke under pressure, for about 6 months. Meet with people who can encourage and enthuse you to give up smoking.

Better if you do not go by the side from where you are accustomed to buy cigarettes. If go there you must, then firm up your resolve and take a colleague with you. A manager told me his experience, "When I gave up cigarette, on the way I used to take for my morning walk the cigarette kiosk used to attract me. So I told my wife to accompany me so that at the moment of attraction she would be able to prevent me. Another businessman also said that a year after giving up cigarette when I had the occasion to go to the shop from where I used to buy cigarettes a desire to smoke welled up in me, but a with little firmness of mind I could control myself.

There were two professors in a college. Both decided to give up cigarette together. Whenever any one of them had the desire to smoke he would think 'how bad my friend would feel if he comes to know that I smoked!' And because of this thought they could give up cigarette for good. Practice of regular medicine also helps in getting rid of an addiction.

1. The calm that one achieves becomes a protective cover against conditions of stress and disappointment.
2. Mind power increases due to meditation which helps in saving us from the attraction of addictions.
3. If a person is able to get rid of addiction through meditation, his self confidence gets a boost and he starts giving more time for meditation.
4. A young man came to the Rajyoga centre to learn meditation. No body had told him to give up cigarette. He was practicing Rajyoga while at the same time and was also smoking. After two months when he was smoking he felt that a foul smell was emanating from the cigarette. At first he was angry on the shop keeper saying that he did not sell him the regular cigarette which he smokes but something else. When the shopkeeper assured him that it was

his regular cigarette that he had been sold, the man started thinking, 'Perhaps I have changed, the reason why it is smelling foul'. The inner core of this young man had become pure due to meditation, was creating hatred against smoking which was polluting the inner core along with the body.

Even in psychiatry, there is a procedure which is called, 'treatment through hatred'. In this system, the smoker is given mild electric shocks when there is smoke in his mouth. Whenever he is unable to suffer them he spews out the smoke with hatred. After doing this frequently he gets the feeling of dislike towards smoking by recollecting the shocks. On the other hand practice of meditation naturally creates dislike naturally. In a school children were informed about the hazards of smoking. When a girl who was one of those so informed, started crying seeing her father smoking. Whenever her father started smoking she used to start crying loudly. The good result of this was that her father gave up cigarette. Similarly, if the school children are adequately made aware of bad consequences of other addictions like drinking etc. also, it can influence the entire society and can create a healthy atmosphere.

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2) Not Face Value but Foot Value:-

Many people in India do not get treated even if the foot is rotting. They think that at the time of death all the limbs should be in tact. Some people also think that by amputating the foot, self respect will be lost. All this is just illusion. If given treatment immediately, the foot does not have to be amputated. Only if treatment is not taken for a very long time, the toxin spreads all over the body and death is the only alternative that remains.

In diabetes the maximum care of the feet is the most essential part of the treatment. Due to lack of blood circulation in the foot, any prick caused due to a thorn or a nail getting stuck can be extremely problematic in diabetes. Our foot, which has 42 muscles, 26 bones and 29 joints is an invaluable gift of nature. Normally people talk about 'face value' but in diabetes it is 'foot value' that is most important.

In diabetes you experience the same amount of well being as do your feet. We honour elders by touching their feet. Whenever good diabetes doctors examine you they test your feet and also touch them. If the diabetes patients wish to be saved from leg amputation they will have to learn to love their feet. In diabetes the portion of foot muscles that bears the pressure, having lost their elasticity, and the joints having lost their ability of movement, become distorted besides greatly increasing the possibility of developing an ulcer.

People without having diabetes generally do not have to suffer wounds in the feet because whenever there is the extra pressure on a foot he feels it and immediately transfers it to the other foot. But in diabetes one does not feel anything for a long time which when it occurs often possibility of its resulting in ulcer increases. The blood flow in the capillaries of the veins in that portion is impeded. By suffering distortion of the small joints, one experiences the feeling as if he is walking on a heap of metal.

It will not matter much if you do not wash your face, but if you do not wash your feet 3 – 4 times in a day there could be a major problem on hand. We see our face many times in a day in the mirror. But we might not have seen the portion of feet facing the ground in ages. The incidence of foot ulcers in diabetes is 5 times that of a normal person. Apart from accidents,

among those whose legs have to be amputated, 50% are diabetics. A visible ulcer may look small from outside but may have spread inside all over the foot in many parts. A slide was shown to the participants during a 'Camp for positive Living with diabetes' wherein a small ulcer was seen on the foot. When the surgeon cut it, puss was found all over the foot. Seeing this a shriek escaped from the entire congregation and one lady even swooned. Why this extra emphasis on the feet among diabetics? Because possibility of ulceration of feet among diabetics is 30 times more than others. This incident is not described here to scare you but to impress upon you the imperative need to take utmost care of your feet. *There is one more reason to take care of the feet among diabetics. If one leg starts rotting the other leg also starts ulceration within 3 years for 40% of the cases.*

Please ponder ----....

A little carelessness can lead to amputation of leg in diabetes.

Harish Bhatt was diabetic since 15 years. One day while walking barefoot his foot struck a boulder. There was no pain in the beginning but within a week the toes started blackening. Ultimately two toes had to be amputated. What a horrible result of not wearing shoes due to plain sloth. The only way by which one can prevent the hurt part is to make use of a wheel chair or a pony. There should be no shame and hesitancy in doing so. If the toes have started to become white or black, it means that they are becoming abnormal.

Do Remember ----....

It is possible to prevent feet from rotting if proper care is taken and any problem is dealt with promptly.

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3) Eighteen ways in foot care:-

1. Feet should be washed with lukewarm water and soap 2 – 3 times in a day.
2. After washing the feet should be properly cleaned, specially the portion between two toes.
3. Apply Vaseline to the foot, but NOT between the toes.
4. Do wear socks both at home and while going out. Do not go on pilgrimage and in the temple barefoot. Among the diabetics who do not observe this feet of 70% are burnt. When this is pointed out to the concerned ones they say, 'Can we not do at least this much sacrifice for Bhagavan?' Well you can sacrifice some thing for God that can also bring your diabetes under control.
5. While going to the temples also wear socks. Because most temples have marble flooring, which if it is hot you may not feel it and the possibility of your feet getting burnt will also increase.
6. Do wash the socks every day. Many times I have observed that after removing the socks, it stinks. Wearing socks without washing for 2-3 days is even more harmful.
7. Mukund Shirodkar was 58 years old and had diabetes from 17 years. He was riding on the pillion on the bike of his friend one afternoon. His footwear was of a slightly smaller size. When he got down after about half an hour he found that his heel was bleeding. It took him two months to heal. Why did this happen? He had kept his foot on the silencer. Which burnt the portion protruding from his footwear. If he had worn shoes this problem would not have arisen. Socks are necessary for shoes, but it is

better still if 'Welfro' sandals are worn. Because if ordinary chappal is worn, the feet do not get the right hold while shoes prevent air circulation. Welfro type of sandals that are closed in the front should be worn. These obviate both these problems. Buy sandals of the correct size. Adjust the Welfro as needed. Ensure that the soles of the sandals are soft.

8. Do not cut the nails fully rounded. Cut them straight so that the possibility of cutting the skin will not be there.
9. Either cut the nails after bath or wash them in lukewarm water before cutting, making them soft.
10. Never wear shoes without socks.
11. Do not wear socks with tight elastic edge.
12. Do observe the feet every day by all means.
13. Do observe the part of the foot that you can not see properly, through the mirror because if there is a small hurt or there is change in colour, it must be attended to. It can escalate considerably if not properly treated. Do consult a doctor if need be.
14. Smt. Jaya Patil, a diabetes patient, had a corn in her foot. She told her neighbour that she wants her corn to be cut by a good doctor. Neighbour said, 'Do you have more money than necessary or what? Why go to the doctor? Come I will cut it just now with a blade.' And on the very next day it was full of puss. It took three months to heal the wound. You should not commit such a mistake. Patients try to cut the corns themselves because it does not pain in diabetes. The apparatus used in the process like the blade, razor etc. can cause infection and fixing a corn-cap or applying salicylic acid can cause burns.
15. Deepak Pandey, age 50 years, had diabetes since past 11 years. In the month of December 2001, his heels started splitting. Since the right side had a burning, he tried to remove the skin by pulling it. This resulted in a big blood flow. He also had to get treated by a diabetic foot specialist for three months before he was alright. This example is given here to emphasize on the fact that in diabetes it is better to get treated by a doctor rather than go in for self-treatment like pulling the skin or cutting by blade etc. Possibility of ulcer is high in diabetes. Ulcers in heels hardly ever heal. If a diabetic has to be bed ridden, it is necessary to change position every now and then. In diabetes, callus often occur in the feet because of which the pressure on the feet also increases. Pressure immediately reduces by 30% if callus is removed. Therefore if callus happens, then it is advisable to get it removed immediately through a doctor.
16. Get your Welfro sandals also inspected regularly to ensure that no nail has protruded or it has not twisted somewhere. It is better to get the sandal changed if it is torn or damaged. Or else any hurt caused thereby can assume disastrous consequences.
17. Do not sit cross legged for more than 5 minutes. It is better to wear slippers at home too. Wearing socks, using mosquito net while sleeping, keeping the heels away from the wall etc. so as to keep away from rats, are some of the precautions that can be taken by a diabetic. In some cases sleeping with shoes on has been the ultimate way of saving from rats.
18. Rats, if found in the house must be chased away or caught, otherwise they can easily chew away the toes of a diabetic. This happens especially to those who sleep on the floor. To a normal person if a rat nibbles at his toe he will immediately pull the leg

and be awakened. But for a diabetic his numbness allows him to know of the hurt only in the morning when he sees blood oozing from his wound.

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4) Exercise specifically for the feet:-

To ensure proper blood circulation exercises of the feet indicated below should be gone through.

1. Push the feet and toes back and forth with force;
2. Revolve the feet in clockwise and then in anti clockwise order about 5 times;
3. Revolve the right leg in the standing position in such a way that it forms a circle on the ground. Follow this up with the left leg;
4. Climb up and down from on the stairs a few times;
5. Putting the paws on the wall push hard, with the legs as far away from the wall as possible. Be in this posture till you count ten, then loosen the pressure;
6. In the standing position, pull the leg up as far as possible, then straighten it. Repeat this with both legs one after the other.
7. Sit on the edge of the cot and lift a leg straight up, count ten and then put it down slowly. Repeat the process with the other leg. Again repeat the process with both the legs together.

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5) How to help yourself during a journey:-

Everybody gets bored having to remain at the same place. Patients of diabetes who may undertake journey for picnic or for any other purpose should observe the following:

1. Better to be ready as early as possible;
2. Carry medicines and Insulin more than thought to be necessary. Many people face difficulties after their medicines get over.
3. Take the doctor's prescription also together. Often it becomes difficult to procure medicine without doctor's prescription.
4. Keep the medicines, Insulin, gluco-meter etc. in your hand bag so that they can be made available as required.
5. Do keep fruits and healthy food articles with you.
6. Do not keep Insulin at a place where there is likelihood of direct sunrays or getting heated due to other reasons.
7. If Insulin needs to be taken in an aeroplane then inject only half the required air in the Insulin bottle. Cabin pressure on a plane is different at a height. Hence the precaution.
8. If you are going from one country to another where there is a likelihood of time difference, do take food according to the timings of your country for a few days. It is better to consult the doctor in this connection.
9. If during the journey one feels exhaustion or stress then it is necessary to check blood sugar. If the sugar is more then take a little more rest, then slowly start exercise and take food oftener.

10. Never buy shoes on the day of journey. Use the shoes for a few days before the journey so that the shoe bite problem may not arise.
11. As far as possible do not travel alone. If you must travel alone, then do keep the card with information about your diabetic condition and medication etc. in your front pocket.
12. Keep the tour operator also informed that you have diabetes.

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6) Importance of skin in diabetes:-

It is essential to take good care of the skin in diabetes to ensure that the problems of numbness, itch, eczema etc. are to be avoided.

Do not bathe with very hot water;

Use soap with glycerine which may be less perfumed;

During cold season, save skin from drying by using Vaseline, cold cream etc.

Immediately take treatment if you find any problem in the skin;

Do not venture out in blazing hot sun. If necessary do make use of an umbrella or a cap.

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7) Healthy teeth means – enjoyment of food:-

Even if there is no problem, do consult the dentist once or twice a year. If the teeth have been accumulating plaque it is necessary to clean it, so as to keep the teeth healthy. Do clean the teeth with a soft tooth brush first thing early in the morning and last thing before going to bed. If there is a hurt or pain consult the doctor immediately. The dentist may advise taking an x-ray of the mouth if there is a need. Do keep the dentist informed that you have diabetes.

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8) If the eyes are bright then exists the universe:-

Get the specs number checked once a year. To know the state of the retina the eye specialist may advise you to get an angiogram done. Do wear goggles when venturing out in hot sun. Do not rub eyes with your fingers as far as possible. Do not sit at a dim place. This can result in pressure building up on your eyes.

Care of teeth and skin along with feet is of paramount importance in diabetes. Splitting or drying of the skin can result in a major problem. Similar is the case with tooth or gum decay.

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9) Make sure that blood sugar does not go too low

- The hypo condition:-

No doubt excess blood sugar is harmful, but even more harmful is blood sugar going too much below the normal level. Most patients think that they never suffer any such condition

therefore it is not necessary to take note of it. But it has been found out that being careless about it for 20-25 years also it may not become hypo, but suddenly one may swoon or may get epileptic fits. Whenever the hypo condition arrives every third patient does not even know that the condition is exacerbating. And thus it keeps going down and one fine morning an insurmountable problem has to be faced. Therefore do keep a watch over the hypo condition which may be any one or two of the following:

1. Feeling ravenously hungry,
2. Laziness,
3. Giddiness,
4. Perspiration (perspiration after exercise is warm, but perspiring after hypo condition, is cold),
5. Fearfulness. If the hypo condition occurs in sleep some patients make shivering like actions of hands, feet or the entire body although they are not aware of it. Either anyone sleeping with him may feel or he may find out next morning when he wakes up, on finding his entire bed being disturbed.
6. Palpitation,
7. Getting angry (whether blood sugar becomes too high or too low, one becomes angry),
8. Swooning,
9. Getting Epileptic fits.

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10) Neuroglycopenic symptoms of the hypo condition:-

1. Inability to think coherently,
2. Disillusionment,
3. Behaviour like a mad person or like a drunkard,
4. Swooning etc. If no treatment is available for 5-6 hours the patient may die.

Autonomic process condition of the brain in hypo condition

Due to Adrenalin flow spurt

1. Increased palpitations,
2. Heavy Perspiration,
3. Shivering of hands and feet,

Due to Acetyl flow spurt

1. Intense hunger,
2. Nausea.

The problems of hypo vary from patient to patient. Therefore the advice of Dr. A. C. McQuence is that for patients in the age group of 16 to 55 years the hypo condition should be generated in the presence of the doctor and is treated immediately. This will enable the patient to recognize the symptoms of hypo immediately they occur. If you do not understand the hypo symptoms then the use of a glucometer is a must. Many times such patients, thinking that they are in the hypo state, end up eating glucose. Some patients come to know that it was indeed the hypo condition only when it reaches a serious stage.

Possibility of death in a hypo state is very less. In a survey of 4530 patients it was found that only one patient had died due to the hypo condition in a year. The possibility of death due to high blood sugar is thrice as much. The most important cause of death due to hypo could be alcohol and carelessness towards the ailment.

In a research the reasons for the death of a one year child who had died due to hypo were studied. Such examples are one or two in lakhs. Three children did not get any treatment till the end and another three had received treatment only at the end. It was found that those who had

received treatment, albeit at the end, had their brain cells better maintained compared to those who did not.

If the hypo condition remains for a long time then eyes, ears, nose and other limbs directly connected with the brain are badly affected.

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11) Reasons for sudden lowering of blood sugar:-

1. Not having timely meals; 2. Taking Insulin or medicine in greater quantity; 3. Excess physical or mental strain; 4. Insomnia, whole night no sleep; 5. Consumption of alcohol (those who have to face the hypo problem frequently, should be treated with short term medicines like Tolbutamide, Gliclazide etc. while for those whose kidneys are starting to fail the treatment with Gliclazide is right because this medicine comes out through the bile emerging out of the gall-bladder. Among 20% of the cases with hypo initiated swooning, alcohol is the main culprit. It is surprising that even a little alcohol can cause such a tremendous problem. In most of such cases it has been found that the level of alcohol in blood is less than 10 mgdl.); 6. Excessive exercise.

Among the aged people the hypo symptoms are of a slightly different type. Symptoms like depression, or spasms in the body are observed. The hypo complaint is more among those whose kidneys are failing because the kidneys of such people take longer to eject Insulin out of the body.

Those who are under treatment for blood pressure or heart pain with beta-blocker medicines, may not have any other symptoms other than perspiration. That is why for patients with Insulin treatment, these medicines should be made with lot of care.

A child may urinate if hypo occurs in sleep. If a child is not a bed-wetter normally but after having diabetes starts bed-wetting, then it is necessary to ensure that it was not hypo condition. In type-1 diabetes when sugar level goes down after a few years, the production of Glucagons stops which may lead to a major problem. Good news is that if adequate proteins are taken in food, then the production of Glucagons is not stopped obviating the entailed problem.

If the kidneys have started to fail the medicines have effect for a longer period and the possibility of Hypoglycemia is more. Here are two typical cases:

"Doctor, I have to face the hypo condition, quite often." Mr. Agrawal told Dr. Mittal with a worried face. "How do you know you have a frequent about of hypo condition?" Asked Dr. Mittal. "About a year ago, when I faced this condition, I was admitted in the hospital. At that time, my heart beat had increased in the beginning. This is what is happening frequently now." Mrs. Agrawal interjected, "But doctor, his blood sugar is just around 110!" Dr. Mittal through his long experience knew what had gone wrong. He asked, "Do you have any tension?" As Mr Agrawal started to think, Mrs. Agrawal interjected, "Yes, doctor he is very much afraid of his boss". The doctor clarified it was this fear that was causing palpitations. "The moment you get rid of this fear the palpitations will stop. It so happens that fear induces a chemical called 'epinecrin' gets into the blood, which causes palpitation. If you get rid of the fear the palpitations will also stop".

"Since past two months I am not able to recognize the hypo condition. Earlier it was not happening like this." Sudhir was telling Dr. Banerjee. He continued as Dr. Banerjee kept listening, "Ever since you administered human Insulin to me this is happening." Dr. Banerjee said smilingly, "Sudhir, you are very understanding. You have found out the right cause. But it is not happening due to human Insulin. This pure Insulin is bringing blood sugar quickly under control. Reduce the Insulin dose and everything will be fine." It is to be emphasized here that Hypoglycemia (lowering of blood sugar) should be prevented at all costs whatsoever and that one should ensure that the above two causes are avoided by all means. Patients who have to face hypo condition often become accustomed and slowly refuse to set the alarm. Under this circumstances it should be ensured for 5-6 months, that the hypo condition is prevented at all costs as far as possible, which will induce the brain to become slowly more and more hypo sensitive. Even after this if the hypo condition is detected then eating a little of healthy food staggeringly can resolve the crisis. Please ensure that you keep some fruits with you where ever you go. Eat them if three hours have passed after meals or if any of hypo conditions become evident. There is no need to feel ashamed. Eat the fruits sitting anywhere, that is very beneficial for your health.

If hypo symptoms are becoming evident, stop any work you are doing. If the problem arises suddenly, eat a chocolate or sweet after nicely masticating it. Sugar chocolate is better than glucose because it remains in tact for a longer time while latter can spoil your pocket or valet. Glucose tablets are also available which is best for keeping. The moment you have the hypo feeling keep the tablet in the mouth. This will also ensure that you will consume the right amount of glucose. Candy or sweets can end up excessively eaten. All the incumbents must understand that these things have to be used only in an emergency and not as a matter of routine just because it is lying with you, keeping the condition of your health in view. It has been found that even little children do not eat them if they are properly made to understand. Alcoholics are prone to the hypo condition. Therefore total tee totalling is necessary. It has been an accepted fact that for centuries that the capacity to remain hungry is more among children than adults, that is why it becomes necessary that children are prevented from fasting till the age of 13. In many studies it has been found out that if the children fast for 20 to 40 hours, they have to face many problems in future. Adults do not have to endure such problems if they fast. Among children the brain is much bigger in relation to the rest of the body. Which entails need for more glucose for their body. This is also the reason why the glucose accumulated by their body also gets exhausted faster. Therefore the liver of a child produces 2 to 4 times the glucose a normal adult's does.

"Doctor uncle, doctor uncle" little Satish called, crying. "What is it, little one?" asked Dr. Patel with concern. His worried mother said, "Yesterday night his heart beat increased and he woke up. Since we had heard from you we knew that it was hypo condition. So we gave him a glucose drink. And he was alright. He was to ask you a few things." "Ask anything Satish. Do not be afraid of doctor uncle." Satish asked, "Uncle, If this happens again in sleep and if I do not wake up, uncle, I will die isn't it?" Dr. Patel told Satish and his mother in detail that it does not happen like that. He advised her to give Satish a fruit to eat while going to bed. Some diabetic children have fear due to which they are unable to sleep. If properly counselled their fear can be removed.

Mr. Yashwant Patil who had small business in Ahmedabad, wanted to go to Shirdi for *Darshan*. As he could not get reservation he had to travel whole night awake. So the moment he reached the temple he felt giddy and fainted. No one knew that he had diabetes. Even so when as

his good luck would have it, when he was taken to the hospital the doctor checked his blood sugar on the glucometer which was found to be 40 mgdl. To avoid such situations it should be seen that at least 5 hours sleep is ensured. If for any reason it becomes impossible, ensure that some rest is taken in the morning or something is eaten at 4 o'clock in the morning followed by breakfast at 8 AM.

Do keep a card with you showing full name, address, phone numbers for contact, next of kin etc. and that you are a diabetic. It is even better if your blood group is also mentioned therein. These and other little advices given herein are very important.

If any person faints normally nobody will check his pockets except a policeman. Because it can become a legal problem. Therefore it is advised to get a special type of bracelet which can be worn in the neck, that will have what is called a 'medic-alert' containing the above referred information. A California based Medic-Alert Foundation also distributes such Medic-alerts. It is advisable that safety gear like wearing helmets for scooters, tying seat belts for car drivers etc. should be observed, not out of fear of law but in our own interests even though we may not be liking the idea very much. We can get the real impact only if ask the family members of those involved in accidents about the huge problem caused due to a little negligence. "He would have been saved if he had worn the helmet" or "Only if he had fastened the seat belt he would be hale and hearty today." And so on. Thousands of such accidents happen every day and we should protect ourselves becoming aware that we can also be involved in one of them some day.

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12) Procedures of preparing dishes of diet:-

1. Tomato soup: Take 250 gm red tomatoes. Wash and boil them in 350-400 gm water. Then grind nicely in a mixer. Strain the stuff to separate liquid. Put a pinch of black pepper powder and salt to taste and drink before meals.
2. Mixed vegetable soup: Take 250 gm vegetables like carrots, lettuce (*palak*), cabbage etc., clean and cut them. Boil nicely, grind in a mixer, strain to remove the waste. Mix black pepper powder and salt to taste. Also can eat the waste adding some condiments.
3. Salty sliced wheat: Get wheat slices properly roasted, without oil. Then put half a spoonful of refined oil in the cooker. Let it warm up. Put some cumin seeds (*jeera*) followed by ginger and green cut chillies and two tomatoes. After the tomatoes are cooked, put in any vegetables you have like, carrots, peas, cauliflower, cabbage, beans, toor, capsicum etc. duly cut. Let the mixture cook for 5 – 7 minutes then put one *katori* roasted sliced wheat in the stuff being cooked. Put about 4 *katori* water add salt to taste and let the mixture cook on simmering fire for about 20 minutes. Then add green cut coriander and black pepper as required. No turmeric please.
4. Dhokla of sooji: Take a glass of sooji and mix it nicely with equivalent measure of curds. If found dry still, add water. The mixture should be like the one meant for preparing *pakodas*. Keep it for half an hour. Then mix half a spoon of edible soda and salt to taste. In a *kadhahi* with a glass full of water. Put a stand in it. Pour the duff in a *thali* with raised edges, close it with a plate and put it on the stand. Put the *kadhahi* on the gas after close it

with a plate for ten minutes. *Dhokla* is ready. Add *rai* and sesame seeds to heated half a spoonful of refined oil spread over the *dhokla* in *thali*. Cut and eat.

5. Upma: Take a measure of sooji roasted on simmering fire. Put one or two pieces of cut vegetables like carrots, cabbage etc. besides 2-3 cut tomatoes. Put a spoonful of oil in the *kadhai*. Add cumin seeds (*jeera*), cut green chillies, some ginger and the cut vegetables. Let the mixture roast for half a minute then add adequate quantity of water as required as per the thickness of the *sooji*. Add salt, black pepper powder, coriander powder to taste. When the water starts boiling, add the roasted *sooji*. Let it cook for 8-10 minutes even as you move it with a spatula. Upma is ready.
6. Chatni of green methi: Wash the methi leaves properly after separating them. Put them together with ginger, salt, green chillies, coriander leaves, tomato or *amchur* and black pepper in the mixer and grind the mixture. Give a catalyst (*tadka*) of two drops of *rai* oil and asephotaeda (*hing*).
7. Chatni of imli: Wash imli and wet it in warm water. After a while mix up in a mixer after removing the seeds there from adding black pepper, rock salt, hing, and a little red chillies. And boil fo a while.
8. Roti of lettuce (palak): Clean lettuce properly followed by a little steaming for about 2-3 minutes. Grind in a mixer with a little water. Put the dough in wheat flour which includes green chillies, salt, *ajwan* and knead thoroughly. Prepare *rotis* and eat with vegetables or curds.
9. Salty Semia: Kneaded wheat flour press through the semia machine to get wet semiya. Dry the stuff in the sun to form lasting semiya. Get a handful or as needed, roasted in a little oil. Put a spoonful of oil in the *kadhai* and when it warms up put cumin seeds (*jeera*), when it becomes red add cut green chillies and two cut tomatoes. Then add green peas, babbage beans etc. or any vegetable of your liking duly cut into small pieces roast on simmering fire. When ready add a glass and a half water. Add the selected quantity of semiya when water boils. Cook for ten minutes.
10. Beaten rice *chivda*:. Clean beaten-rice, and if coarse sprinkle a little water to soften it. No need for water sprinkling if it is of the thinner variety. Prepare *tadka of tomatoes* as indicated above. You may also add any vegetables as desired. The dish is ready. Add a little sour lime before eating.

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THE END