

Now I want to share with you about

What to do about diabetes ?

Firstly food. The body continuously requires energy. The fastest way to provide this is through the intake of simple sugars, such as those found in fruits and dry fruits. Fruits have fructose sugar present in them, they are absorbed without going through the insulin-receptor pathway.

It is the best to consume one to one and half kg of fruit a day in about 3 fruit breaks. Secondly, whenever you experience a drop in energy, use a few dates or other dry fruits as a quick fix.

Exercise comes next. Blood needs to be circulated continuously and for this the body needs regular exercise. To exercise regularly you need will power and motivation, but these two qualities can flag because of lack of nutrition. So put in energy through proper food and exercise and the motivation will come.

Some specific yoga asanas can be recommended to bring the hormonal system into balance. Learn these from a qualified teacher and practice sincerely.

Sunning. The entire hormonal system gets activated only through sunning. Diabetes has been considered to be a deficiency of the endocrine system. The pituitary and pineal glands (the master glands of the endocrine system) can function only through sunlight. Early morning or late evening sunning is the best. Look in the direction of the sun, not at it, in brief snatches of about ½ minute. If you experience aches and pains, expose the body to sun, but protect your eyes. Sunning the back of neck, spine and wrists is good. Spend quiet time with yourself everyday. Learn to carry out your activities mindfully, without fear or anger. Let go of past resentments and future fears. Deep breathing, relaxing with music all are helpful.

Nurture positive thinking. Remember, to be of service to others, you need to be fit and healthy yourself.