

Chapter 1 : The Diabetes Breakthrough Your Doctor Won't Tell You About

Continued Don't Blame Yourself. If you make changes to your diet and exercise routine, and your diabetes doesn't improve, it's not your fault, Albright says. "The earlier in the course of the.

Remove These Foods to Reverse Diabetes Naturally Certain foods negatively affect your blood sugar levels, cause inflammation and trigger immune responses. To reverse diabetes naturally, the first step is to remove these foods from your diet: Refined sugar rapidly spikes blood glucose, and soda, fruit juice and other sugary beverages are the worst culprits. These forms of sugar enter the bloodstream rapidly and can cause extreme elevations in blood glucose. Gluten can cause intestinal inflammation, which affects hormones like cortisol and leptin, and can lead to spikes in blood sugar. I recommend removing all grains from your diet for 90 days as your body adjusts to this healing program. Then you can try bringing sprouted ancient grains back into your diet in small amounts. But stay away from all other forms of dairy because the A1 casein produced by conventional cows will harm the body and trigger an immune response similar to gluten. When buying dairy, only purchase raw and organic products from pasture-raised animals. Alcohol can dangerously increase blood sugar and lead to liver toxicity. Research published in *Annals of Internal Medicine* found that there was a 43 percent increased incidence of diabetes associated with heavy consumption of alcohol, which is defined as three or more drinks per day. GMO corn, soy and canola have been linked to kidney and liver disease and may promote diabetes. I suggest removing all GMO foods and all packaged foods from your diet. Opt for products that are labeled organic or GMO-free. Because these oils are processed, treated at very high temperatures, and combined with bleaching agents and artificial dyes, consuming them has been linked to many health concerns, including diabetes.

Incorporate These Foods to Treat Diabetes To reverse or prevent type 2 diabetes, add the following foods into your diet:

Foods high in fiber: Research shows that 90 percent of the U. High-fiber foods help slow down glucose absorption, regulate your blood sugar levels and support detoxification. Aim to eat at least 30 grams of fiber per day, which can come from vegetables like Brussels sprouts, peas and artichokes , avocados, berries, nuts and seeds, especially chia seeds and flaxseeds. Foods high in chromium can improve the glucose tolerance factor in your body and naturally balance out blood glucose levels. It plays a role in insulin pathways, helping bring glucose into our cells so it can be used for bodily energy. Magnesium can help regulate blood sugar levels because it plays a role in glucose metabolism. Research shows that diabetes is frequently associated with magnesium deficiency. Eating magnesium-rich foods , like spinach, chard, pumpkin seeds, almonds, yogurt and black beans, can improve type 2 diabetes symptoms. Medium-chained fatty acids found in coconut and red palm oil can help balance blood sugar levels, and they serve as the preferred fuel source for your body rather than sugar. Using coconut milk, ghee and grass-fed butter can also help balance out your blood sugar levels, so include these foods into your meals and smoothies.

Foods with a low glycemic load: The glycemic index of a food tells you about the blood glucose-raising potential of the food. Foods that have a high glycemic index are converted into sugar after being eaten more quickly than low glycemic foods. If you are fighting diabetes, stick to low glycemic foods like non-starchy vegetables, stone fruits and berries, nuts, seeds, avocados, coconut, organic meat, eggs, wild-caught fish, and raw pastured dairy. One benefit of these foods is that they generally promote weight loss, which is a major factor in reversing diabetes. A study following diabetic individuals found that losing weight under a structured program with the supervision of a primary care physician resulted in almost half of the participants going into total diabetes remission. This means they were able to stay off their medications permanently assuming they stayed on a healthy diet. Quality of life also improved by over seven points on average for the patients on the dietary regimen, while it decreased by about three points for the control group.

Take These Supplements for Diabetes

1. Chromium Picolinate Taking micrograms of chromium picolinate three times daily with meals can help improve insulin sensitivity. A review published in *Diabetes Technology and Therapeutics* evaluated 13 studies that reported significant improvement in glycemic control and substantial reductions in hyperglycemia and hyperinsulinemia after patients used chromium picolinate supplementation. Other positive outcomes from supplementing with chromium picolinate included reduced cholesterol and triglyceride levels and reduced

requirements for hypoglycemic medication. Cinnamon Cinnamon has the ability to lower blood sugar levels and improve your sensitivity to insulin. Cinnamon consumption also helped increase HDL cholesterol levels. You can also take one to two drops of cinnamon essential oil internally by adding it to food or tea, or combine three drops of cinnamon oil with half a teaspoon of coconut oil and massage it into your wrists and abdomen.

Fish Oil Taking a fish oil supplement can help improve markers of diabetes by reducing triglyceride levels and raising HDL cholesterol levels. Research published in the *Journal of Research in Medical Sciences* shows that omega-3 fatty acids found in fish oil are necessary for proper insulin function, preventing insulin intolerance and reducing inflammation.

Alpha Lipoic Acid Alpha lipoic acid is an antioxidant that helps turn glucose into fuel for the body. Although we make alpha lipoic acid and it can be found in some food sources, like broccoli, spinach and tomatoes, taking an ALA supplement will increase the amount that circulates in your body, which can be extremely beneficial when trying to reverse diabetes naturally. Studies show that bitter melon extract can help reduce and manage symptoms of diabetes, including insulin resistance, heart complications, kidney damage, blood vessel damage, eye disorders and hormone irregularities.

Follow This Eating Plan to Reverse Diabetes If you want to balance your blood sugar and see results quickly, then follow this diabetes eating plan as closely as possible. Focus on getting plenty of clean protein, healthy fats and fiber into every meal, which can help reverse diabetes. Start by trying these first three days of the plan, and then use a combination of these foods going forward. Review the list of foods that you should be eating from Step 2, and bring those healthy, diabetes-fighting foods into your diet as well. It may seem like a major change to your diet at first, but after some time you will begin to notice the positive effects these foods are having on your body.

Chapter 2 : Can Diabetes Go Away? | Joslin Diabetes Center

Gestational diabetes is the third type, which refers to increased sugar level in blood during pregnancy and can probably lead to type-2 diabetes. Although diabetes is a severe disease for which, one should necessarily consult a doctor and take proper medication for its alleviation.

Are 2 times more successful at eliminating the need for diabetes medication than the diet recommended by the American Diabetes Association. End the need for insulin injections while normalizing blood sugar and cholesterol - without using prescription drugs. Page - Find out the nutrition tricks a Norwegian endocrinologist used to help many of his 18, patients completely come off insulin and other diabetes medications and how you too can apply these same methods to fight your diabetes. All using regular foods found right in your grocery store. Proven in a study at Loma Linda University in California. No need for drugs, pills, injections, shakes, powders or crazy diets. Page 48 - The reason why most people are always hungry, and the simple step you can take to reduce your food cravings to almost nothing. Page - How the FDA American Food and Drug Administration prohibited the sale of natural treatments even though they knew those remedies could save thousands of lives. Page 32 - Learn how high fructose corn syrup HFCS is making you gain weight and causing serious health detriments and why you need to avoid this sugar for your own good. Page - See how drug studies are specifically structured to get the positive results pharmaceutical companies want. Things like using younger, healthier people in studies for drugs that will be sold to older people. Page - Learn which foods and additives are causing thyroid imbalance and how you can easily improve your thyroid function by adding this mineral to your diet. Japanese women, who have one of the lowest breast cancer rates in the world, ingest this mineral Page 22 - This ingredient in bread is now being linked to countless diseases including cancer! This makes you more susceptible to the flu, colds, and other infections. Page 43 - People who eat this common sweetener showed enlarged livers, kidneys, and shrunken thymus glands. Page 49 - Why milk may actually be causing osteoporosis and other terrible health consequences. And learn the shocking truth about today's factory produced milk that has traces of up to 80 different antibiotics, growth hormones and animal pus. We also show you the top healthy alternatives. Page - Shocking scientific findings that discovered which foods when eaten in the right amounts work nearly two times better than Metformin; the leading diabetes drug at normalizing blood sugar! Proven in a study from the George Washington School of Medicine. Page - Discover the truth about a spice that you probably have in your kitchen cabinet right now and how it increases glucose metabolism twenty-fold! Thereby lowering blood sugar and helping stop diabetes. Page 62 - Learn which foods you can munch on all day without gaining weight and which so called "healthy" foods you have to stay far away from. Page - Learn why counting calories is completely unnecessary, and how you can lose weight without worrying about counting anything! Page - Find out what vitamins can replace a bad or improper diet and which vitamins are needed to stay healthy and rid your body of disease. Page 50 - How you can strengthen your immune system by changing a few things in your diet. Page 47 - Learn to distinguish between healthy fats and unhealthy fats. Omega 3, omega 6, saturated fats, unsaturated fats - which are healthy, and which do you need to stay away from. Page 61 - Find out the truth about protein, energy and meal replacement bars that the industry does not want you to know about. Loaded with dangerous fillers, preservatives, colors and sweeteners. Page 86 - We show you the truth about so called "healthy" butter alternatives like margarine that are nothing but synthetic lab made chemicals and have been linked to cancer. Page - Learn the 7 easy steps to perfect health, the culmination of all the research, studies, data, and thousands of testimonials into an easy, simple and complete step by step solution to kick your diabetes butt for good. Instantly Download all ebooks!

Chapter 3 : Rid Yourself of Diabetes: A Nutritional Approach that Can Help

Type 1 diabetes is similar to type 2 diabetes, but it usually develops during childhood and is largely unrelated to weight or diet. The exact causes of type 1 diabetes are unknown.

Share via Email Research suggests that eating a low calorie diet can reverse type 2 diabetes. At 59 I was 10st 7lb, 5ft 7in, and had never been overweight. In type 1 diabetes, the body produces none of the insulin that regulates our blood sugar levels. Patients with type 2 diabetes, however, do produce insulin - just not enough to keep their glucose levels normal. Because I was fit and not overweight obesity is a major risk factor in type 2 diabetes; however, a number of non-obese people, particularly members of south Asian communities, are also prone to it, my doctor told me I could control my condition with diet alone. Desperate for information, I headed to the web, where I found a report about a research trial at Newcastle University led by Professor Roy Taylor. His research suggested type 2 diabetes could be reversed by following a daily calorie diet for eight weeks. When our bodies are deprived of normal amounts of food they consume their own fat reserves, with the fat inside organs used up first. The diet was strict: Richard Doughty was diagnosed with type 2 diabetes, but a strict diet changed everything. By the third day, I weighed 9st 5lb. On day four, my glucose levels had dropped to 4. But on day six, I felt really cold. It was mid-July but in the morning my fingertips were white and I had to wear a T-shirt, shirt, jumper and jacket to work. I was hungry, and just walking around the office was tiring. But I was down to 9st 3lb. By day eight, I was being called the "disappearing man", and began to feel a bit detached from my colleagues. While my energy levels were fine and glucose levels were 4. Thankfully, laxatives cured this. By day 11, my glucose was 4. I waited two months to be sure, but on 24 September last year it was confirmed. Following a fasting glucose test at my surgery, my doctor declared: I had stuck to the diet for just 11 days and reduced my blood sugar to a healthy non-diabetic level.

Chapter 4 : Can you CURE yourself of Type 2 diabetes? Meet three people who have - Mirror Online

Type 2 diabetes is a modern-day epidemic, affecting more than 3 million people - with five million more at risk.. But while it brings serious health complications, a diagnosis doesn't mean a.

Molina has recently appeared in the international edition of CNN discussing the benefits of diet and exercise in the treatment and prevention of coronary heart disease. He is also a recipient of the Albert H. Douglas Award from the Medical Society of the State of New York for outstanding achievements as a clinical teacher interested in promoting and improving the medical education of physicians. Chaudhary, Molina, Schneider and Kaplan answer questions on diabetes. How can the Transcendental Meditation technique influence Type 2 diabetes? When you look at diabetes as a process of manifesting disease in several stages, in the initial stages the person develops insulin resistance. This means that your insulin is not working as efficiently as it should, and consequently your blood sugars start to rise. As a secondary consequence, when the pancreas has been overworked for decades, it starts secreting less and less insulin. Research published in the Archives of Internal Medicine in shows that the practice of the Transcendental Meditation technique can help during the initial stages, by lowering insulin resistance. Stress hormones such as cortisol, adrenaline and noradrenalin aggravate insulin and glucose levels. Reducing these neurohormones through the Transcendental Meditation technique helps to balance glucose and insulin in the blood. This helps to normalize metabolic syndrome and diabetes. Does stress play a role in Type 2 diabetes as well? Yes, for the same reason that it does in obesity. Eating at night is particularly bad for diabetics, because there is a natural five-minute spike in growth hormone at 3: This leads to a temporary increase in insulin resistance and subsequent higher blood sugar. If you have eaten something at midnight, blood sugars can spike even higher because of this growth hormone effect. This makes medication less effective. As shown by research, the Transcendental Meditation technique can help by decreasing stress and regulating sleep patterns, so the person is sleeping through the night and not eating at midnight because of stress or anxiety. Since the Transcendental Meditation technique is a stress reduction technique, and since diabetes can be worsened by both physiologic and psychological stress, it makes sense that the regular practice of the Transcendental Meditation technique may improve the ability to control diabetes. How does the Transcendental Meditation technique reduce stress? Stress is the inability of the physiology to maintain a steady state, a balanced state or homeostasis. The challenge may be caused by emotional stress, physical stress or an irregular daily routine. How does making better food choices help lower insulin resistance? If someone starts eating healthier foods—such as complex carbohydrates, healthier proteins and cooked vegetables with high fiber content—his pancreas will tend to secrete less insulin because he is not stressing his pancreas as much. If, on the other hand, he eats junk food, his blood sugars will go sky high; and because of that the pancreas will have to work extra hard to secrete more insulin, to bring the sugar down. Does practicing TM help lower insulin resistance? Research on insulin resistance, published in the Archives of Internal Medicine in , has shown that practitioners of the Transcendental Meditation program experience a significant decrease in insulin resistance, as measured by HOMA. People with more stable blood sugar levels tend to have more energy, whereas people with higher fluctuations in their blood sugars tend to experience more fatigue and reduction in mental clarity throughout the day. Medication can decrease the fluctuations in the blood sugars. Properly medicated, the patient can concentrate better and make it through the day better. The Transcendental Meditation technique creates balance at the deepest level of the physiology—at the level of consciousness itself. When a health intervention works at such a profound level, it creates more profound changes on the gross level of the human physiology as well. The TM technique allows one to make changes at this most fundamental level of existence, leading to greater changes—and healthier choices—in creating mental and physical health. Practicing the Transcendental Meditation technique, by reducing anxiety and stress, not only leads to better food choices, but the food is digested and assimilated into the body in a more efficient way. If I practice TM, will I need to take less insulin or oral diabetes drugs? The answer to that is to follow the advice of your doctor. Research indicates that if one practices the Transcendental Meditation technique and starts eating healthier, then in general, one will need

fewer medications. I have a patient who had diabetes for many years and was on many medications. She started the Transcendental Meditation technique, completed several sessions to remove toxins from her body, and started a healthier diet. Where her A1C test a measure of average blood sugar levels started at 9, which is relatively high, her A1C eventually dropped below 7, which is ideal for diabetics. So in my experience, when people start the TM technique and become more in tune with what the body needs, they spontaneously start eating foods that are healthier. Many people might be able to avoid the need for diabetes medications or lower their doses. As usual, continue to monitor your condition with the supervision of a qualified health care professional. Can the TM technique help control both blood sugar and cholesterol? Patients with metabolic syndrome are characteristically overweight, with high blood pressure, elevated blood sugar and triglycerides, and low HDL good cholesterol. Many people who have weight problems have Type 2 diabetes as well, right? It runs in familiesâ€”most people with Type 2 diabetes have a family member who also has it. This is one reason why Type 2 diabetes is becoming more prevalent in children. Add to that our national habits of eating fast food, exercising too little and living a stressful lifestyle, and you have a nation that is becoming more and more obese and has a higher and higher incidence of Type 2 diabetes. Then you start fixing many of these problems.

Chapter 5 : How to Get Rid of Diabetes Naturally

And Dr. Pordy was no exception. Nearly 10 years ago, he was diagnosed with type 2 diabetes, and for the next several years, "I simply ignored the fact that I was diabetic." He didn't change his diet. He didn't start exercising. And he refused to take any medications. His diabetes got worse and worse.

My doctor also told me this condition would be with me for life. I like to think I am a positive person, so I think that it is within my power to become healthy again. I have always been someone who likes to learn more, so I did my research when it came to this condition. What I found was nothing short of amazing. One thing that I thought was interesting was the large amount of patients who have diabetes, I just had no idea how frequently this disease struck. I will say that due to some of the medical jargon, it was a little hard to grasp at times. I found the best method to be simply reading and then thinking about what I read, giving myself time to understand it completely. For example, did you know that the liver is capable of creating a hormone that creates an effect much like insulin growth factor IGF. The liver actually helps with regulating glucose, it truly is amazing! My research has empowered me to take control of my diabetes and also to fix the situation without the intervention of medicine. This concept allowed me to get rid of my diabetes forever and all it took was a few months. The fact that my diabetes is completely gone has been diagnosed by a doctor, this healthcare professional was almost in shock at the quick turnaround I experienced. I even opted to have another doctor look into it, to confirm from multiple sources. Both confirmed my diabetes was gone! At first, my physician was skeptical, he had no idea that eliminating diabetes in this way was even possible. It is apparent that companies who sell the prescriptions make a fortune on the control of diabetes through pills. All it would take if for these large pharmaceutical companies to take advantage of the IGF solution and results would be almost instantaneous. However, we should remember that IGF occurs in our bodies so we have the cure within ourselves. I just want to say, though, that this treatment may not work for everyone with diabetes. But, for my personal type of diabetes, I am happy to report that I no longer have to take prescription pills to control my condition. You can also increase the natural formation of IGF with some changes to your lifestyle and your diet. For your convenience, take a look at this video that provides a lot of useful information. They are good for you and work in tandem to control your diabetes.

How to Reverse Diabetes Type 2 Dr. Fung's diabetes course part 1: How do you reverse your type 2 diabetes? More with Dr. Fung Dr. Fung has his own blog at calendrierdelascience.com

Fiona Duffy meets three former patients who reversed the condition and have never felt better. I cut out sugar and ate more fish Courtenay Hitchcock: He cut out sugar and ate more fish Dad-of-four Courtenay Hitchcock, 49, is a lifestyle photographer from Sturminster Newton, Dorset. He is married to Laura This can really help "Meanwhile, I researched it" reading about people who had improved, and even reversed, their diabetes through diet and exercise. Her attitude was like a red rag to a bull. I also adopted a Mediterranean diet with more fish. I bought a stationary bike too. The nurse was thrilled. He started walking and it had remarkable results Dad-of-two Julian Porter, 53, a wedding photographer, from Southampton, is married to Sue, also a photographer. I was prescribed Metformin "a drug to lower blood sugar levels" and statins for my high cholesterol. Julian made sure he emptied his house of the stuff Image: Then, each morning, I set off 6am, when there was no one to see me, for a five-mile walk. My doctor was, and still is, in awe. Just one week later, I did a 5k race with my son, Andy, now 30, who had been running for years "and beat him! Because if I can do it, anyone can. But my new GP in the UK suspected diabetes. I was put on a daily medication, Metformin, to reduce it. Cutting out the junk can really help Image: Healthy guidelines usually recommended that a third of our diet is made up of carbs. Within a month, my blood pressure improved. In just three months, my GP halved my diabetes medication. I started off slowly on an elliptical trainer until I was covering two miles every other day. My HbA1cs levels have dropped to 5. I still have three stone to lose but am happy to do it slowly and steadily. I feel amazing "better than I did in my 30s. You can cut your risk Image: PA Whereas Type 1 diabetes occurs when the pancreas stops producing insulin, Type 2 diabetes is caused by either the body not producing enough insulin a hormone which helps the body store and use the sugar from food or not using it correctly. Experts agree that diet and exercise changes can have a huge impact on improving and even reversing Type 2 diabetes. Reduce portion sizes, avoid cakes and biscuits and opt instead for fruit, nuts and seeds. Steer clear of sugary and sports drinks. Opt for a low-carbohydrate diet of around g of carbohydrates a day approx 30g for each meal. Swap breakfast cereal for eggs or natural yogurt with nuts and seeds "and sandwiches for soup or salad. A five-year DiRECT study, backed by Diabetes UK, is being carried out into the long-term effects of a restricted diet not suitable for those with active, or ongoing, medical problems on Type 2 diabetes. For further information on the study see diabetes. Where you can start to fit little bits of exercise into your day "so that it becomes a way of life. Or try the NHS programmes: Couch to 5k and Flex [www. Diabetes UK](http://www.diabetes.uk) recommends seeking medical advice before embarking on exercise "particular intense exercises like running and weightlifting, which can worsen retinopathy "a complication of diabetes that affects the eyes.

Chapter 7 : Can one get rid of diabetes naturally forever?

At the beginning, when they first got diagnosed, they were very determined to get rid of diabetes naturally. They started a very strict, diabetic diet ; and continued with garlic and cinnamon intake regularly along with certain local herbal teas for diabetics.

This is amongst the best diets for diabetes. How To Get Rid Of Diabetes It significant to include snacks together with your meal plan when you might have diabetes. Help to keep blood sugars steady the actual world day and overnight while you are in bed. Try out some in the snack suggestions you just learned here and great be making smarter and healthier snack choices. How To Get Rid Of Diabetes Exercising one other important generating new cells that accept insulin and normalizing glucose. Try to exercise used to be a day for not less than 30 minutes you could go longer. Exercising has shown to assistance the cure of troubles. Actos is meant for Type II diabetic people and should not be consumed by those dealing with Type I diabetes. There are millions of people are consuming this drug and some of them are contented with the end. Diabetes is the long term disease which can be controlled but cannot be cured completely. So to fight the problem Actos is an ideal generic drug available. This drug can last for a long time and ideal storing place and condition is considered necessary. Thus Actos can be to become the most reliable drug for all of the Type II diabetic people. This includes things since type 1 and diabetes type 2. Those two forms are chronic although each and every other regarding this disease is. In general diabetes is a kind of metabolic condition. In type 1 insufficient insulin is produced. In type 2 there can be a resistance to insulin although on a family member level the patient can also experience insufficient production. That is very relevant into a diabetic. You cant expect to consume a sugar laden cake or a chocolate bar or candies and dont you have an increased your when youve got.

Chapter 8 : Living With Diabetes: American Diabetes Association®

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Can one get rid of diabetes naturally forever? I am type 2 diabetes since 5 years. I am 34 years old male. Do I have any chance to get rid of diabetes naturally totally? I do not smoke, i drink alcohol, but not much, and do not consider my self overweight. Looking to hear from you. Let me tell you the sample of my 2 diabetic parents. At the beginning, when they first got diagnosed, they were very determined to get rid of diabetes naturally. They started a very strict, diabetic diet ; and continued with garlic and cinnamon intake regularly along with certain local herbal teas for diabetics. In fact, we do not have gymnema sylvestre or bitter gourd in our country. At the end, within the first month they followed these changes, they were "nearly" completely cured from diabetes. Their endocrinologist was astonished and told them they only need mg of Metformin half the tablet in the morning and the other half in the evening. After one month they should do the exams again to see if they would need drugs anymore. My parents were really enthusiastic, but not so strong. At the end, they increased the dose of Metformin, and Diabetyl was added half tablet in the morning. I found and gave them a new mixture of the extracts of herbs for diabetes, and their blood sugar was under control. I took medicine only for 10 days with a very strict diabetic diet. I even not tested sweet biscuit for 6 months. After 10 days of medication I started Having symptoms of low sugar so Doctor advised me to stop my medicine. After that, for complete 2 years I observed very strict diabetic diet with a regular walk evening of kms per day. Since then, my blood test regularly after one month never shows fasting level above and pp level above

Chapter 9 : # Can You Get Rid Of Diabetes Type 2 # Apple Cider Vinegar And Diabetes

The cure for type 2 diabetes is known, but few are aware. I recently posted to Facebook about a cure for diabetes and suggested someone try it.

Last updated on February 16, Most cases of diabetes is type-2 while there are some answers to prevent it and reverse it, in fact doctors often cannot answer the issue of how to get rid of it with certainty. The good news, the natural options lifestyle changes which include dietary changes and exercise are the primary part of the treatment. And the most important thing, most patients can cope with type-2 diabetes as long as they follow the treatment plan. In general, the treatment for this disease is a lifelong commitment to manage the level of blood sugar as normal as possible. This is not only important to manage the disease, but also crucial to eliminate the risk of some serious complications from the disease. Keep on moving with regular exercise! Exercise is one of best natural ways to help improve the insulin sensitivity in people with type-2 diabetes so thus the body can be better in managing the blood sugar level. Furthermore, exercise is important to maintain your healthy weight or lose your excessive weight if you are overweight , and also helpful to maintain the strength of your muscles. Overall, it is good for your fit status. Start it slowly until meets to your body needs. Doctors often say that about minutes of workout a week is pretty safe for people with diabetes however again, start and increase your exercise gradually! You can try with about 5 minutes of exercise a day, and then increase it gradually! In essence, make sure to make it as a part of lifetime commitment keep and do it regularly! Here are some helpful tips: At lunchtime schedule about 10 minutes for moderate walking. If now you are at healthy weight, should you continue or stop exercising? Again, getting plenty of physical activity is a lifetime commitment and crucial to maintain your healthy weight as noted before! If you have type-2 diabetes and you have achieved your ideal weight, then keep it by a well-balanced diet and regular exercise. Regardless of how far you weight goes, schedule at least about minutes per week for exercise. People with diabetes should get some moderate exercises for at least once in two days. Keep motivated in sticking with your diet and treatment plan Patients who sticking with the treatment plan can often successfully control the disease and prevent the risk of diabetes complications with less medication. You need to clearly understand that sticking with the treatment plan and just having a plan are two different things! The following are some major checklists about the dietary tenets for diabetes: Controlling the carbohydrate intake that you eat is very crucial. Too many carbohydrates that you eat can boost the level of your blood sugar. Therefore, it is very important to keep the balance of your carbohydrate intake eat it in moderation! Get plenty of some fiber a day. If you love eating breads choose some that also high in fiber. Get some healthy fats! Eating oily fish two times per week is one of good choices. Get used to read the nutrition labels of food that you want to eat! For more advice, discuss more with your nutritionist or doctor! Can you get rid of it by losing weight and exercise? There is still no answer and proofed effective way to cure it completely in fact is a chronic condition. You may not be able to get rid of it but you can put it in retreat by following some significant changes to your diet and boosting your physical activity particularly if you are physically inactive. I have an aunt diagnosed with type-2 diabetes in She received the diagnosis of the disease with little surprise. Therefore, she did not fully commit to the healthy lifestyle in lowering her risk of the disease. But now she knows clearly the consequences of ignoring this risk factor. Her diabetes had begun to affect her vision blurred vision which then generated other symptoms. If you are overweight and diagnosed with this disease, gradually losing your excessive pounds can significantly help control the disease and improve your chance to reverse it. How can type 2 diabetes be controlled without medical intervention? Again, managing this disease requires high commitment in long term which the main goal is to maintain the level of your blood sugar as close to the normal level as possible and to prevent the complications of the disease. As noted before, appropriate changes of diet and regular exercise are the primary answer if you are looking for natural ways to control the disease naturally. But sometime your doctor may also recommend some natural dietary supplements or even certain alternative treatments if necessary for best prognosis!